

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED		9:30 Aquasize 10:00 Full Body Stretch 1:00 Ladies Bridge 1:30 Strengthening & Exercise 2:00 Wii Bowling 3:00 WU: Current Events 3:00 Ping Pong 7:15 BINGO	P FR CR MR LL MR LL AR	9:30 Engage VR 10:00 WU: Holy Bible! 11:00 Balance & Strength 11:30 Wii Bowling 1:00 Balance & Strength 1:00 Euchre 1:30 Wii Bowling 7:00 Beginners Bridge	MR SR FR FR FR CR LL C	10:00 Lap Swim 10:00 Full Body Stretch 10:00 WU: Knitting Club 11:00 Wii Bowling 1:00 Drama Club 1:00 Dominoes 2:00 Rosary 3:00 Ping Pong 7:00 Left, Right, Center	P FR ML LL MR AR CH LL OP	10:00 WU: Painting with Diana 11:00 Balance & Strength 11:30 Wii Bowling 1:00 Balance & Strength 2:00 BINGO 3:30 Shuffleboard 7:15 Rummikub	AR FR LL FR AR GL AR	11:00 Strengthening & Exercise 11:30 Painting Hour 1:00 Full Body Stretch 1:00 Ladies Bridge 1:30 Wii Bowling 3:00 Ping Pong 4:30 Billiards 7:00 Phase 10	MR AR FR CR LL LL B AR	10:00 Lap Swim 10:00 Full Body Stretch 1:30 Wii Bowling 2:00 BINGO 3:00 Learn Chess 3:30 Mahjong 7:00 Poker	P FR LL AR B CR C
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
To hear daily listings of our activities & events, call the Activities Hotline! (585) 280- 1591 *updated by 8:00am each morning*		10:00 Pittsford Wegmans 12:00 Men's Club 1:00 Craft: Flower Bookmarks 2:00 Happier @ Home Meet & Greet 2:30 Fitness Center Training 3:00 Mango Water Smoothies	C OP AR MR FR C	10:00 Instacart Hour 11:00 Nature Walk 11:30 Engage VR: What is it? 1:15 Euchre Tournament 1:30 Cinco De Mayo DIY Desserts 3:00 Yoga & Stretch 4:00 Ladder Ball	C C MR OP C FR CY	11:00 WU: History of Central Park 1:00 Craft: Ladybug Flower Pots 2:00 Corn Hole 2:30 Music with Bobby Neusatz 3:00 Bocce Ball 3:00 Mercy Girls: Zumba	MR AR CY PR B MR	10:00 WU: Intro to ASL 11:00 Yoga with Tozzi Yoga 11:00 Movie: Star Wars 1:00 Line Dancing 1:00 WU: History of Cinco De Mayo 3:00 WU: Charles Shultz & "The Peanuts"	C BLS MR PR MR MR	Cinco De Mayo 10:00 WU: Gates of the Arctic 1:00 Community Meeting 2:00 Happy Hour Fiesta 3:00 Intellectual Exploration	MR MR PR LR	11:00 TV Series: 1923 1:00 Yoga & Stretch 1:45 Kentucky Derby Party 6:30 Kentucky Derby Viewing 7:30 Movie: A League of Their Own	MR FR C MR MR
7		8	1	2	3	4	5	6					
10:30 TV Series: Peaky Blinders 2:30 Mass 3:30 Scat Game 4:00 Movie: The Wonder 5:30 Shuffleboard		10:00 Tops & Dollar Tree 11:00 360 Well 1:30 Craft: Clothespin Dragonfly Magnets 2:00 Music with Amps Senior Choir 2:30 Fitness Center Training 3:30 Milkshakes	C CF AR PR FR C	10:00 Instacart Hour 11:00 Nature Walk 1:00 Craft: Canvas Pouch Painting 2:00 TALE- Preserving Your Legacy 3:00 Yoga & Stretch 4:00 Ladder Ball 7:00 Closer to Jesus	C C AR MR FR CY CH	11:00 WU: Photography Class 1:00 Women' s Club 2:00 Craft: Layered Flower Magnets 2:30 Music with John Culligan 3:00 Mercy Girls: Manicures 4:00 Dinner @ PF Chang's	MR LR AR PR MR C	10:00 WU: Discovery Series with Health Pro 11:00 Documentary: Dolly Parton 1:00 Non Denom Bible Study 3:00 Karaoke Sing Along	MR MR CH MR	10:30 Mother's Day Celebration 11:00 WU: Journaling Journey 1:30 WU:Yellowstone Ntl Park 2:00 WU: Nature Walk & Sunshine Stretch 3:00 Intellectual Exploration	PR JR MR C LR	11:00 TV Series: 1923 11:45 Garden Club 1:00 Yoga & Stretch 1:45 Lemonade & Cookies 2:30 May Birthday Party 7:00 Movie: New in Town	MR RB FR C C MR
14		15	16	9	10	11	12	13					
Happy Mother's Day 10:30 TV Series: Peaky Blinders 2:30 Mass 3:30 Scat Game 4:00 Movie: Roma 5:30 Shuffleboard		10:00 Eastway Wegmans 11:00 360 Well 1:30 Shopping @ TJ Maxx & Target 2:00 Happier @ Home Meet & Greet 2:30 Fitness Center Training 3:30 Mango Water Smoothies	C CF C MR FR C	10:00 Instacart Hour 10:30 Music & Life: 11:00 Nature Walk 1:00 Game: Price is Right 2:00 Step by Step Painting 3:00 Yoga & Stretch 4:00 Ladder Ball	C MR C MR AR FR CY	10:00 Meet & Greet with Seniors Helping Seniors 11:00 Lunch @ Lilac Festival 2:00 Corn Hole 2:30 WU: Travelogue: Hawaii 3:00 Mercy Girls: Games 7:00 Music by Laura Dubin & Antonio Guerrero Jazz Duo	C C CY MR MR PR	Pharmaceutical Drop off 9am-12pm 10:00 WU: Intro to ASL 11:00 Yoga with Tozzi Yoga 1:00 Line Dancing 3:00 WU: American Musical Theater 4:30 Jewelry Making	C BLS PR MR AR	Taste Of Legacy 5:00pm-9:00pm 1:30 WU: Saguario National Park 3:00 Intellectual Exploration 5:30pm Music by Greece Jazz Band	MR AR CY	11:00 TV Series: 1923 1:00 Yoga & Stretch 1:45 Lemonade & Cookies 2:30 Craft: Spring Dish Towels 7:00 Movie: How to Lose a Guy in 10 Days	MR FR C AR MR
21		22	16	23	24	25	19	20					
10:30 TV Series: Peaky Blinders 2:30 Mass 3:30 Scat Game 4:00 Movie: Outlaw King 5:30 Shuffleboard		10:00 Tops & Dollar Tree 11:00 WU: Inspired Aging 11:00 360 Well 1:00 Patriotic Flower Arrangements 2:30 Fitness Center Training 3:30 Milkshakes	C MR CF C FR C	10:00 Instacart Hour 11:00 Nature Walk 1:00 Craft: Bumble Bee Magnets 3:00 Discussion Group 3:00 Yoga & Stretch 4:00 Ladder Ball 7:00 Closer to Jesus	C C AR LR MR CY CH	11:00 WU: Photography Class 1:00 Community Life Calendar Planning Meeting 2:30 Music by Mike Sidoti 3:00 Mercy Girls: Manicures 3:00 Bocce Ball	MR LR PR AR B	10:00 Nazareth: Senior Insights 11:00 Nazareth: Senior Insights 1:00 Non Denom Bible Study 2:00 Documentary: Barbara Streisand 3:00 Karaoke Sing Along	MR MR CH MR MR	11:00 WU: Journaling Journey 1:30 WU: Grand Canyon Ntl Park 2:00 Happy Hour 3:00 Intellectual Exploration 3:30 50 Years of Disney	JR MR PR LR MR	11:00 TV Series: 1923 11:45 Garden Club 12:00 Movie: Book Club @ AMC Theaters 1:45 Lemonade & Cookies 7:00 Movie: Notting Hill	MR RB C C MR
28		29	23	30	31	POOL HOURS: Monday- Friday: 8:00am-4:00pm Saturday & Sunday: 8:00am-4:00pm		CALENDAR KEY: Bold: Activities/ Outings that require a sign up! WU: Watermark University Courses Italicized: Weekly Entertainment		Sign up for outings such as casinos & restaurants at the front desk. Sign up for weekly shopping trips in the binder by the dining room.			
360 Wellness Key: Mind Body Spirit Community Entertainment Outings/Shopping		Kristy Rawson Community Life Director 585-999-5030 karawson@watermarkcommunities.com		MAY 2023				ACTIVITY LOCATOR KEY 1L Lounge by 124 2E 2nd Floor Elevator Game Room AR Arts & Crafts Room BLS 2nd Floor Balance Studio C Café CF Conference Room		CH Chapel CR 2nd Floor Card Room CY Courtyard FR Fitness Room GL 3rd Floor Game Lounge JR 3rd Floor Journaling Room L Library LL Legacy Lanes		LR Living Room MB Main Building ML Music Lounge MR Media Room OP Optima Dining Room PDR Private Dining Room PR Piano Room SR Sunroom	