SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: Activities in **bold** denote special programs such as : live music, religious services, & Watermark University courses.	**Transportation/ Medical Appointments:** Appointments can be made on **Tuesdays** and **Thursdays, 9-3** only, through Judy Gagnon. For Memory Care residents, a family member or staff person **must** accompany them.	Strengthening Exercise **10:30 - Culinary Creations** Outdoor Walks **1:30 - WU: Timely Topics Around the World** **3:00 -** Patriotic Sing Along Music Hour: Patsy Cline Hearthside Book Club 1	Cardio Exercise Brain Games/ Plinko Guided Imagery Energy Burst **2:00- WU: Chopped Challenge** Reminisce: "Back Yard BBQ" Word Game: Catergories Music Hour: Stevie Wonder BINGO 2	Balance Exercise **10:30 - WU: Health Talk: *Dehydration*** **11:00 -** Word Game **1:30 - Chet Kerr Performs** Walking Club Music Hour: Peter Paul & Mary Comedy Club: I Love Lucy 3	Flexibility Exercise Cafe' Social/Reminisce Daily Chronicle Energy Burst Karaoke Outdoor Relaxation Artistic Expression Music Hour: Sammy Davis Jr. Card Games 4	Conductorcise BINGO **1:30-** Saturday Matinee: *Intern* Energy Burst Billiards Outdoor Reflection Music Hour: Tom Jones Cafe' Social/ Daily Chronicle 5
10:00- Mass on TV Ch.9 Yoga Brain Games **2:00 - Chaplet of Divine Mercy** Sole to Soul Walking Club **3:00 -** Volleyball Music Hour: John Denver **6:15-** EWTN Worship Service Ch. 18 6	Joyful Movement **WU: Writers Collective** Bird Watching on the Patio Energy Burst **WU: Person of Interest: Ringo Starr** Noodle Ball Music Hour: Beatles Dominoes 7	Strengthening Exercise **10:30 - Culinary Creations** Outdoor Walks **1:30 - Jazzy Flute** Energy Burst Relaxation Music Hour: Sam Cooke Hearthside Book Club 8	Cardio Exercise **10:30- WU: Discovery Series: *Nurture Your Natural Glow*** Gratitude Reflections **1:30 - WU: Timely Topics Around the World** **3:00 -** Swifferboard Music Hour: The Eagles Dominoes 9	Balance Exercise **10:30 - WU: Scrumptious Delights** Energy Burst **1:30- Ice Cream Trip** Happy Hour: The Carpenters Sing Along Music Hour: Connie Francis Comedy Club: Carol Burnett 10	Flexibility Exercise Cafe' Social/Reminisce Daily Chronicle **1:30 - Catholic Mass w/ Father Wayne** Energy Burst **Karma the Dog Visits** Karaoke Card Games 11	Conductorcise BINGO **1:30-** Saturday Matinee: *Our Times* Energy Burst Billiards Outdoor Reflection Music Hour: Chubby Checkers Cafe' Social/ Daily Chronicle 12
10:00- Mass on TV Ch.9 Yoga Brain Games **1:30 - Lisa's Roll & Stroll** **3:00 - Chaplet of Divine Mercy** Sole to Soul Walking Club Music Hour: Elton John **6:15-** EWTN Worship Service Ch. 18 13	Joyful Movement **WU: Artistry Unleashed** Bird Watching on the Patio **1:00- Communion** **1:30 - WU: Family Recipes** Energy Burst **WU: Person of Interest: Woodie Guthrie** Music Hour: Elvis Presley Dominoes 14	Strengthening Exercise **10:30 - Culinary Creations** Outdoor Walks **1:30 - WU: Chef's Kitchen** **1:30- Ice Cream Trip** **3:00 - WU: Timely Topics Around the World** Music Hour: Van Morrison Hearthside Book Club 15	Cardio Exercise **10:30- WU: The Wild Side** Guided Imagery Outdoor Reflection Energy Burst **3:00 -** Corn Hole Music Hour: James Taylor BINGO 16	Balance Exercise **10:00- Jeff the Plant Guy** Energy Burst **1:30 - WU: The Story of Man's Best Friend** **3:00 -** Horse Racing Music Hour: America Comedy Club: Dean Martin 17	Flexibility Exercise Cafe' Social/Reminisce Daily Chronicle Energy Burst **1:30 Disco Dance Party** **Karma the Dog Visits** Karaoke Music Hour: E. Humperdinck Card Games 18	Conductorcise BINGO **1:30-** Saturday Matinee: *ABBA Against the Odds* Energy Burst Billiards Outdoor Reflection Music Hour: Roy Orbison Cafe' Social/ Daily Chronicle 19
10:00- Mass on TV Ch.9 Yoga Brain Games **2:00 - Piano Entertainment** **3:00 - Grace Church Service** Sole to Soul Walking Club Music Hour: Tina Turner **6:15-** EWTN Worship Service Ch. 18 20	Joyful Movement **WU: Writers Collective** Bird Watching on the Patio Energy Burst **WU: Person of Interest: Robin Williams** Noodle Ball Music Hour: Frankie Valli Dominoes 21	Strengthening Exercise **10:30 - Culinary Creations** Outdoor Walks **1:30 WU: Fruit Pizza Demonstration** Energy Burst Word Games Music Hour: Louis Armstrong Hearthside Book Club 22	Cardio Exercise Gratitude Reflections **11:30- Lunch Trip to Olive Garden** Energy Burst **1:30 - WU: Timely Topics Around the World** **2:30 - Ice Cream Social** Dominoes 23	Balance Exercise Walking Club **11:00 - 360 Well, Mind, Body, & Spirit** Energy Burst Happy Hour Billiards Music Hour: Gordon Lightfoot Comedy Club: Johnny Carson 24	Flexibility Exercise Cafe' Social/Reminisce Daily Chronicle Energy Burst **1:30 - Pitch & Putt Golf** **Karma the Dog Visits** **3:00 - Beverly on Piano in Lobby** Music Hour: Beach Boys Card Games 25	Conductorcise BINGO **1:30-** Saturday Matinee: *And the Breadwinner Is...* Energy Burst Billiards Outdoor Reflection Music Hour: Paul Anka Cafe' Social/ Daily Chronicle 26
10:00- Mass on TV Ch.9 Yoga Brain Games **2:00 - Chaplet of Divine Mercy** Sole to Soul Walking Club **3:00 -** Volleyball Music Hour: Dolly Parton **6:15-** EWTN Worship Service Ch. 18 27	Joyful Movement **WU: An Eye for Art** Bird Watching on the Patio **1:00 - Communion** Energy Burst **WU: Person of Interest: Beatrix Potter** Pitch & Putt Golf Music Hour: Willie Nelson Dominoes 28	Strengthening Exercise **10:30 - Culinary Creations** Outdoor Walks **1:30- Red & Yellow Duo Perform for Birthday Party** Energy Boost Music Hour: The Temptations Hearthside Book Club 29	Cardio Exercise Gratitude Reflections Energy Burst **1:30 - WU: Timely Topics Around the World** **3:00 -** Ladder Golf Music Hour: Simon & Garfunkel BINGO 30	Balance Exercise **10:30- WU: History of Jazz** Brain Games Energy Burst Happy Hour Bird Watching on Patio Sing Along Music Hour: Dean Martin Comedy Club: 31	**Pet Therapy** **Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.**	**As the weather improves we will be making every effort to host our activities outside in the courtyard.**

JULY 2025

Prema Memory Support OP

EAST VILLAGE PLACE
A WATERMARK RETIREMENT COMMUNITY℠

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Happy Birthday!
12th Joe Campbell
22nd Carlton Craft
25th Al Riberdy
27th Sue Peterson
27th Tina Smith
27th Larry Radner
29th Debbie Omer

Dates to Remember
3rd Chet Kerr
4th Catholic Mass w/Fr Wayne
8th Jazzy Flute
10th Ice Cream Out Trip
13th Lisa's Roll & Stroll
20th Piano Entertainment
20th Grace Church Service
25th Beverly on Piano
29th Red & Yellow Duo

*** Schedule Subject to Change**