


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00am Total Body Workout L 11:00am Corn Hole Game! L 1:30pm Collage Making L 2:30pm Music Therapy L 3:30pm Bingo L 6:00pm Puzzlin at night L	10:00am Exercise W/ Theo L 11:00am Whiteboard Games L 1:30pm Bingo L 2:30pm WU: All about Indiana L 3:30pm Memory Madness L 6:00pm Evening Coloring L	10:00am Noodlecise L 11:00am Craft Corner L 11:30am Patriotic Sing-A-Long L 1:30pm name that Tune L 2:30pm UNO L 3:30pm Total Body Workout L 6:00pm Sensory Room Strolls SR	10:00am Move and Groove L 11:00am Patriotic Sing-A-Long L 12:00pm 4th of July Dinner 1:30pm Music and Lawn games GV-CY 3:30pm Total Body Workout L 6:00pm Friday night movie L	10:00am Youtube Chair Fitness L 11:30am Word Games L 3:00pm Free Draw L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L
		1	2	3	4	5
10:00am Aerobics w/ Andy L 2:30pm Creative Coloring L 4:00pm Courtyard Chats CY 6:00pm Movie Night L	10:00am Chair Exercise L 11:00am Garden Walks CY 1:30pm UNO L 2:00pm Live Music: AMPS GA 3:30pm Milkshake Monday L 6:00pm Trivia L	10:00am Total Body Workout L 11:00am Pamper and Polish L 1:30pm Jigsaw Puzzle L 2:30pm Music Therapy L 3:30pm Finish the Phrase L 6:00pm Puzzlin at night L	10:00am Bible Study W/ Anne and Tony L 11:00am Exercise W/ Theo L 1:30pm Musical Memory Lane L 2:30pm Left, Right, Center L 3:30pm Total Body Workout L 6:00pm Evening Coloring L	10:00am Stretch and Flex L 11:00am Card Bingo L 11:30pm WU Perry Como L 1:30pm Trivia L 2:30pm Matching Card Game L 3:30pm Sit and Stretch L 6:00pm Sensory Room Strolls SR	10:00am Move and Groove 11:00am Rochester Bagpiping 1:30pm Garden Walks CY 2:30pm Memory Madness L 3:30pm Brain Teasers L 6:00pm Friday night movie L	10:00am Youtube Chair Fitness L 11:30am Word Games L 3:00pm Free Draw L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L
6	7	8	9	10	11	12
10:00am Aerobics w/ Andy L 2:30pm Creative Coloring L 4:00pm Courtyard Chats CY 6:00pm Movie Night L	10:00am Chair Exercise L 11:00am Fun with Foam- Craft L 1:30pm July Trivia L 2:30pm WU: Elephants 3:30pm Mocktail Monday L 6:00pm Trivia L	10:00am Total Body Workout L 11:00am Water Color Painting L 1:30pm Sticker Art L 2:30pm Music Therapy L 3:30pm Bingo L 6:00pm Puzzlin at night L	10:00am Exercise W/ Theo 11:00am Whiteboard Games L 1:00pm Painting W/ Diane L 3:00pm July Birthday Party w/ DJ Chuck GA 6:00pm Evening Coloring L	10:00am Move and Groove L 11:00am Craft Corner L 11:30am Mind Teasers L 1:30pm Name that Tune L 2:30pm UNO L 3:30pm Motion and Mindfulness L 6:00pm Sensory Room Strolls SR	10:00am Move and Groove L 11:00am Move and Groove L 11:15am WU: Red Skeleton L 1:30pm Explore around Highland Park 3:30pm Total Body Workout L 6:00pm Friday night movie L	10:00am Youtube Chair Fitness L 11:30am Word Games L 3:00pm Trivia w/ Theo L 3:30pm Afternoon Stretch L 6:00 Creative Coloring L
13	14	15	16	17	18	19
10:00am Morning News L 11:00am Open Coloring L 2:30pm Courtyard time CY 3:30pm Puzzles L 6:00pm Movie Night L	10:00am Chair Exercise L 11:00am WU: Cat Stevens L 11:30am Word Games L 1:30pm UNO L 2:30pm WU: Lake Erie L 3:30pm Mocktail Monday L 6:00pm Trivia L	10:00am Total Body Workout L 11:00am Balloon Toss L 11:30am That's puzzling L 1:30pm Watercoloring Painting GA 2:30pm Music Therapy L 3:30pm Finish the Phrase L 6:00pm Puzzlin at night L	10:00am Bible Study W/ Anne and Tony L 11:00am Exercise W/ Theo L 1:30pm Musical Memory Lane L 2:30pm WU: Giraffe L 3:30pm Total Body Workout L 6:00pm Evening Coloring L	10:00am Strength Training L 11:00am Bocce Ball L 11:30am Summer Sing-A-Long L 1:30pm Memory Madness L 2:30pm Matching Card Game L 3:30pm Bend and Breathe L 6:00pm Sensory Room Strolls SR	10:00am Move and Groove L 11:00am Weekly News L 11:15am Garden Conversation CY 1:30pm Rochester Science Center 3:30pm Total Body Workout L 6:00pm Friday night movie L	10:00am Youtube Chair Fitness L 11:30am Word Games L 3:00pm Trivia w/ Theo L 3:30pm Afternoon Stretch L 6:00 Creative Coloring L
20	21	22	23	24	25	26
10:00am Morning News L 11:00am Open Coloring L 2:30pm Courtyard time CY 3:30pm Puzzles L 6:00pm Movie Night L	10:00am Movie and Popcorn! L 1:30pm US Foods Trivia L 2:30pm WU: State Foods Part 1 L 3:30pm Milkshake Monday L 6:00pm Trivia L	10:00am Total Body Workout L 11:00am Pamper and Polish L 11:30am Armchair travels L 1:30pm Coloring L 2:30pm Music Therapy L 3:30pm Bingo L 6:00pm Puzzlin at night L	10:00am Exercise W/ Theo L 11:00am Whiteboard Games L 1:30pm Bingo L 2:30pm WU: Lake Ontario L 3:30pm Total Body Workout L 6:00pm Evening Coloring L	10:00am Stretch and Flex L 11:00am Brain Games L 11:30am Corn Hole L 1:30pm Name that Tune L 2:30pm UNO L 3:30pm Move and Groove L 6:00pm Sensory Room Strolls SR	July Birthdays: Eugenie G.- 1 st	
27	28	29	30	31		
July 2025 The Gardens 		ACTIVITY LOCATOR KEY GA- Grande Vie Activities WU- Watermark University CY- Courtyard SR- Sensory Room DR- Dining Room L- Lounge GVC- Grande Vie Chapel	With any questions please reach out to: George Kimball Community Life Director (585) 381-0680 Ext. 1118 gkimball@watermarkcommunities.com		**All Activities are Subject to Change All Outings are Weather Permitting**	