

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Happy July Birthdays!</b> <b>Galo A.- 3<sup>rd</sup></b> <b>Lucy G.- 6<sup>th</sup></b> <b>Ruth C. H.- 7<sup>th</sup></b> <b>Sonja Z. - 9<sup>th</sup></b> <b>Bernard W.- 14<sup>th</sup></b>	<b>Lawrence J.- 20<sup>th</sup></b> <b>Linda T. - 21<sup>st</sup></b> <b>Nancy F. - 30<sup>th</sup></b> <b>Helen O.- 30<sup>th</sup></b>	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:30 Dining Meeting w/ John - ILDR 2:30 Bingo BASH! - AR 3:30 Walking Club -Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise - AR 10:45 Anniversary of the Civil Rights Act - MR 1:30 Famous Canadians Trivia- AR 2:30 Bocce Ball - AR 3:30 Happy Hour - AR 6:15 Board Games - Independent	10:00 Seated Strength Training - AR 10:45 Jenga - AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 History of Independence Day - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 11:00 4th of July Social - AR 1:00 Crosswords & Word Searches - Independent 2:00 Board Games - Independent 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - AR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Duck Relay - AR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: Wegmans</b> 1:15 <b>Bus Trip: The Garden Factory</b> 3:30 DARTS! - AR 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga 10:45 National Video Game Day-AR 1:30 TED Talk Tuesday-12 Truths I Learned from Life & Writing - MR 2:30 Bingo BASH! -AR 3:30 Walking Club - Lobby 6:15 Word Searches-Independent	9:00 TOPS Club - LR 10:00 Seated Exercise- AR 10:00 <b>Bus Trip: Irondequoit Public Library</b> 1:30 Afternoon Coffee and Conversations - AR 3:30 Happy Hour - AR 6:15 Board Games (Independent	10:00 Ageless Aerobics 10:45 Shuffleboard - GR 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! - AR 3:30 Seated Biking - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 11:30 <b>Bus Trip: Genesee Brew House</b> 2:00 Sing-A-Long with Kathy - LR 3:30 Slurpee Day- AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - AR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Old Maid - AR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 11:00 <b>Bus Trip: Wild Wings with a Packed Lunch</b> 1:30 Afternoon Coffee and Conversations - AR 2:30 <b>July Birthday Social</b> - AR 3:30 Bocce Ball - AR 6:00 <b>Senior Helpers Meet &amp; Greet -LR</b>	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:30 Dining Meeting w/ John - ILDR 2:00 <b>Tom Dunn</b> - LR 3:30 Walking Club -Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise - AR 10:00 <b>Bus Trip: Dollar Tree</b> 1:30 Assisted Living Resident Council -AR 2:30 Independent Living Resident Council -LR 3:30 Happy Hour - AR 6:15 Board Games (Independent	10:00 Seated Strength Training - AR 10:45 Ladder Ball- AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 Cardio Drumming - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 Whipped Frozen Creamsicle -LR 2:30 <b>Magician Josh Farley</b> - LR 3:30 Remembering the Titanic Day - MR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - AR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Shirley Temple Documentary-MR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: Wegmans</b> 1:30 Mango Day - Let's Try and Learn All About Mangos- AR 2:30 Wind Down with Robin Williams Movies Marathon - MR 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga 10:45 UNO! - AR 1:30 TED Talk Tuesday- My Stroke of Insight - MR 2:30 Bingo BASH! -AR 3:30 Walking Club - Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise - AR 10:00 <b>Bus Trip: Irondequoit Public Library</b> 1:30 Seated Biking - AR 3:30 Happy Hour - AR 6:15 Board Games - Independent	10:00 <b>Bus Trip: Roch. Red Wings Game and Lunch</b> 10:00 Ageless Aerobics 10:45 Scrabble - AR 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! -AR 3:30 Seated Biking - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 Christmas in July - LR 2:00 Sing-A-Long with Kathy - LR 3:30 Food for Thought Kiwi Fruit - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - AR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Love is Kind Day/ Love Songs - AR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: 5 Below</b> 1:15 <b>Bus Trip: Casino</b> 3:30 Explore Earth's Tropical Islands BBC Earth Documentary- MR 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:30 When it was a Game a Baseball Documentary - MR 2:30 Bingo BASH! -AR 3:30 Walking Club - Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Active Yoga- AR 1:30 National Cheese Cake Day -AR 2:30 Happy Hour - AR 3:30 <b>Don Mancuso</b> - LR 6:15 Board Games - Independent	10:00 Seated Strength Training - AR 10:45 Cards - AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 Cardio Drumming - AR 6:15 Brain Teasers - Independent	<b>AR- Activity Room</b> <b>MR- Media Room</b> <b>CH- Chapel</b> <b>GR- Game Room</b> <b>ILDR- Independent Living Dining Room</b> <b>Independent- Self directed, materials are available in the activity room</b>	<b>FD- Front Desk</b> <b>AS- Art Studio</b> <b>LR- Living Room</b> <b>PA- Patio</b>

#### ACTIVITY LOCATOR KEY

\*\*Calendar subject to change.  
 Please refer to Daily Activity  
 Sheets for the most accurate  
 information. \*\*

Casey Jurs  
 Community Life Director  
 (585)244-3630  
 CLJURS@watermarkcommunities.com  
 Activities Led By  
 Kristen, Lukus, Tammy, Lauren & Casey

**W.U.** - Watermark University, educational programming  
**Italics** - Entertainer Performance Bus  
**Trips** - Sign up in Lobby (Bus Trips must be signed up for before the day of the outing)