

September 2025 Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><div>Labor Day</div><div><div>9:00 Watermark Walking Club</div><div>10:00 Patriotic Sing-Along (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst- Motown Mondays (MC)</div><div>2:00 Backyard Games</div><div>6:00 Evening Puzzle</div></div></div> <div>1</div>	<div><div>WU: An Eye for Art</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>WU: Artistry Unleashed</div><div>1:30 Drum Fit w/ Ken Staub (MC)</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Throwback Tuesdays (MC)</div></div> <div>2</div>	<div><div>Gratitude and Reflections</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Wild Wednesday (MC)</div><div>2:00 An Eye for Art with Jack</div></div> <div>3</div>	<div><div>Slow Flow Yoga</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>Virtual Adventure</div><div>2:00 Melodies w/ Sweet Lou (MC)</div><div>3:00 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Thankful Thursdays (MC)</div></div> <div>4</div>	<div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Funky Fridays (MC)</div><div>2:00 Mystery Bus Ride (MC)</div><div>3:00 Movie Night and Popcorn (TR)</div></div> <div>5</div>	<div><div>Stretch & Strength</div><div>10:15 Taoist YOGA w/ Stew (WU)</div><div>Energy Burst - Saturday Night Fever (MC)</div><div>2:00 Sing Along w/ John Ferris (MC)</div></div> <div>6</div>
<div><div>Sole to Soul Walking Club</div><div>Energy Burst - Music In The Air (MC)</div><div>Poppin' Nostalgic Movie Matinee (MC)</div></div> <div>7</div>	<div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>10:00 Noodle Ball Exercises</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>2:00 Kiara: Live Violin Player (MC)</div><div>3:00 WU: Culinary Creations</div></div> <div>8</div>	<div><div>Gentle Movement</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>11:00 Flower Painting w/ Calusa Garden Club (AS)</div><div>WU: An Eye for Art</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Throwback Tuesdays (MC)</div></div> <div>9</div>	<div><div>Guided Meditation</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Wild Wednesday (MC)</div><div>2:00 An Eye for Art with Jack</div><div>3:15 Melodies in Motion w/ Jency (MC)</div></div> <div>10</div>	<div><div>Slow Flow Yoga</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>11:00 HeadPinz Bowling</div><div>Virtual Trip Down Memory Lane</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Thankful Thursdays (MC)</div></div> <div>11</div>	<div><div>Community Life Committee Meeting</div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Funky Fridays (MC)</div><div>2:00 Mystery Bus Ride (MC)</div><div>3:00 Movie Night and Popcorn (TR)</div></div> <div>12</div>	<div><div>Stretch & Strength</div><div>10:15 Taoist YOGA w/ Stew (WU)</div><div>Energy Burst - Saturday Night Fever (MC)</div></div> <div>13</div>
<div><div>Sole to Soul Walking Club</div><div>Energy Burst - Music In The Air (MC)</div><div>Poppin' Nostalgic Movie Matinee (MC)</div></div> <div>14</div>	<div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>10:30 Music Therapy - Movement to Music with Ken S. (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>WU: Culinary Creations</div><div>3:00 Mystery Bus Ride</div></div> <div>15</div>	<div><div>Gentle Movement</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>WU: Artistry Unleashed</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Throwback Tuesdays (MC)</div></div> <div>16</div>	<div><div>Gratitude and Reflections</div><div>9:00 Watermark Walking Club</div><div>10:00 Goddess Glamour: A Divine Photoshoot Experience (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Wild Wednesday (MC)</div><div>2:00 An Eye for Art with Jack</div></div> <div>17</div>	<div><div>Slow Flow Yoga</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>Virtual Roadtrippers</div><div>2:30 General Movement w/ Sheila (MC)</div><div>3:00 BINGO</div><div>4:30 Energy Burst - Thankful Thursdays (MC)</div></div> <div>18</div>	<div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Funky Fridays (MC)</div><div>2:00 Kiara: Live Violin Player (MC)</div><div>3:00 Movie Night and Popcorn (TR)</div></div> <div>19</div>	<div><div>Stretch & Strength</div><div>10:15 Taoist YOGA w/ Stew (WU)</div><div>Energy Burst - Saturday Night Fever (MC)</div></div> <div>20</div>
<div><div>Sole to Soul Walking Club</div><div>Energy Burst - Music In The Air (MC)</div><div>Poppin' Nostalgic Movie Matinee (MC)</div><div>2:00 Melodies w/ Sweet Lou (MC)</div></div> <div>21</div>	<div><div>Autumn Equinox</div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>WU: Culinary Creations</div><div>2:00 Ice Cream Outing</div></div> <div>22</div>	<div><div>Gentle Movement</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Throwback Tuesdays (MC)</div></div> <div>23</div>	<div><div>Guided Meditation</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Wild Wednesday (MC)</div><div>2:00 An Eye for Art with Jack</div><div>3:15 Melodies in Motion w/ Jency (MC)</div></div> <div>24</div>	<div><div>Slow Flow Yoga</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Thankful Thursdays (MC)</div></div> <div>25</div>	<div><div>Joyful Movement</div><div>WU: Lives Well Lived</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>Energy Burst - Funky Fridays (MC)</div><div>2:00 Mystery Bus Ride (MC)</div><div>3:00 Movie Night and Popcorn (TR)</div></div> <div>26</div>	<div><div>Stretch & Strength</div><div>10:15 Taoist YOGA w/ Stew (WU)</div><div>Energy Burst - Saturday Night Fever (MC)</div><div>2:00 Sing Along w/ John Ferris (MC)</div></div> <div>27</div>
<div><div>Sole to Soul Walking Club</div><div>Energy Burst - Music In The Air (MC)</div><div>Poppin' Nostalgic Movie Matinee (MC)</div></div> <div>28</div>	<div><div>Joyful Movement</div><div>9:00 Watermark Walking Club</div><div>10:00 Dose of Daily Delight (MC)</div><div>11:00 Fit to Stretch w/ Sheila (MC)</div><div>11:30 These Boots Keep Walkin'</div><div>WU: Culinary Creations</div></div> <div>29</div>	<div><div>Gentle Movement</div><div>9:40 Walking Club (MC)</div><div>10:15 Taoist YOGA w/ Stew</div><div>WU: Artistry Unleashed</div><div>2:30 General Movement w/ Sheila (MC)</div><div>4:30 Energy Burst - Throwback Tuesdays (MC)</div></div> <div>30</div>	<div><div>Body</div><div>Community</div><div>Entertainment</div><div>Mind</div><div>Outing</div><div>Spirit</div></div>	<div><div>HAPPY BIRTHDAY!!!</div><div>Dan L. – 4th</div><div>Glenn D. – 5th</div><div>Dorris G. – 15th</div><div>Kathleen R. – 15th</div></div>	<div><div></div></div>	<div><div></div></div>