

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy Labor Day! 10:00 Sit & Be Fit - AR 11:00 Skee-ball - GR 1:00 History of Labor Day- AR 1:30 Matinee- Silkwood -MR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 10:00 Bus Trip: Wegmans 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 Tai Chi - AR 11:00 Air Hockey - GR 10:00 Bus Trip: Scenic Drive 2:00 Happy Hour - AR 3:30 Fruit and Veg Quiz- AR 6:15 Board Games - Independent	10:00 Seated Strength Training - AR 10:00 Bus Trip: Farmer's Market 10:45 Jenga - AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 Walking Club -Lobby 6:15 Brain Teasers - Independ	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 Friday Floats - LR 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 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 Sunday Matinee - MR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 Bus Trip: Aldi 11:00 Cards - AR 1:30 Flavor Experience - AR 2:30 Grand Parent's Day Wit -AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 10:00 Bus Trip: Irondequoit Public Library 11:00 Random Trivia - AR 1:30 TED Talk Tuesday - MR 3:00 Mike Kornrich -LR 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise- AR 11:00 Giant Bowling - GR 10:00 Bus Trip: Scenic Drive 2:00 Noodle Ball - AR 3:30 Happy Hour - AR 6:15 Board Games - Independent	10:00 Ageless Aerobics - AR 10:45 Shuffleboard - AR 11:15 Lunch trip: Applebee's 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! - AR 3:30 09/11 Remembrance - MR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:00 Bus Trip: Wild Wings 10:45 Bible Study with Mike - CH 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 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 Sunday Matinee - MR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 Bus Trip: Wegmans 11:00 Ring Toss - AR 1:30 Flavor Experience - AR 2:30 Casino Games - AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	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 Tai Chi - AR 10:00 Bus Trip: Scenic Drive 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 10:00 Bus Trip: Farmer's Market 11:00 Chess/Checkers- AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 Cardio Drumming - AR 6:30 Cindy Sue & Brian - LR	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 Friday Floats - AR 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 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 Sunday Matinee - MR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 Bus Trip: Aldi 11:00 UNO- AR 1:30 Flavor Experience- AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 10:00 Bus Trip: Irondequoit Public Library 11:00 Emoji Quiz - AR 1:30 TED Talk Tuesday - MR 2:30 Bingo BASH! -AR 3:30 Walking Club - Lobby 6:15 Word Searches - Indepen	9:00 TOPS Club - LR 10:00 Seated Exercise- AR 10:00 Bus Trip: Scenic Drive 11:00 Giant Bowling -GR 1:15 Bus Trip: Casino 2:00 Happy Hour - AR 3:30 Random Music Trivia - AR 6:15 Board Games - Independent	10:00 Ageless Aerobics - AR 10:45 Shuffleboard - AR 11:00 Guess the Emoji - AR 11:15 Lunch trip: Chick Magnet 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! - AR 3:30 Seated Biking - AR 6:15 Brain Teasers - Independ	10:00 Silver Sneakers Exercise-AR 10:00 Bus Trip: Garden Factory 10:45 Bible Study with Mike - CH 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 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 Sunday Matinee - MR 3:00 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 Bus Trip: Wegmans 11:00 Darts - AR 1:30 Flavor Experience - AR 2:30 Casino Games - AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:00 September Birthday Social -AR 2:30 Bingo BASH! -AR 3:30 Walking Club -Lobby 6:15 Word Searches - Independent				**Calendar subject to change. Please refer to Daily Activity Sheets for the most accurate information. ** Lukus DeMoney Community Life Director (585)244-3630 ldemoney@watermarkcommunities.com Activities Led By Kristen, Lukus and Tammy Happy September Birthdays! James F. -11th Dawn C - 14th Douglas F. - 7th Elaine G. - 15th Jean M. - 28 th
September 2025 Independent & Assisted Living 		ACTIVITY LOCATOR KEY 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)		AR- Activity Room MR- Media Room CH- Chapel GR- Game Room ILDR- Independent Living Dining Room Independent- Self directed, materials are available in the activity room FD- Front Desk AS- Art Studio LR- Living Room PA- Patio		