

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTERNATIOANL DAY OF OLDER PERSONS Morning Warm-Up Exercise w/ Nayas - G Brisk Walk in the Garden w/ Nayas - G Bible Stories w/ Nayas - G Ring Toss Game w/ Nayas - G Refreshments & Chat w/ Nayas - G Musical Memories w/ Nayas - G Weekend TCM Movie Classic w/ Nayas - G 1	ACTIVE AGING WEEK 10:30 Fun Fitness w/ VH - G All About Nature w/ Nayas - G Todays News w/ Nayas - G Don't Break The Ice w/ Nayas - G <i>2:00 Interactive Culinary Program w/ VH - G</i> 3:30 Music Appreciation w/ Marvel - G Dominos w/ Nayas - G 2	EMOTIONAL & ENVIRONMENTAL WELLNESS 10:00 Wake me up Exercise w/ VH - G 10:30 Andy Griffith Show w/ VH - G Afternoon Fun Club w/ LaDrina - G Mandela Art w/ Nayas - G 2:30 Name 5 Game w/ VH - G 3:30 Bingo w/ VH - G Classical Music YouTube w/Nayas-G 3	INTELLECTUAL/COGNITIVE WELLNESS <i>10:00 Tai Chi w/ Jonathan - G</i> Fresh Air Stroll w/ Nayas - G Theme Bingo w/ Nayas - G Daily Chronicle w/ Nayas - G Snack Attack! w/ Nayas - G 3:30 7 Dimensions of Wellness w/ MJ - G Armchair Exercise w/ Nayas - G 4	PHYSICAL & PROFESSIONAL/VOCATIONAL WELLNESS 10:00 Exercise Dice w/ VH - G 10:30 World Teacher Day w/ VH - G Joggin' Your Noggin' w/ Nayas - G Music 50's and 60's w/ Nayas - G 2:30 Pictionary w/ VH - G 3:30 Corn Hole w/ VH - G Evening Walk in the Garden w/Nayas-G 5	SOCIAL WELLNESS 10:00 Armchair Exercise w/ VH - G 10:30 National Poetry Day w/ VH - G Checkers w/ Nayas - G Easy Does It Trivia w/ Nayas - G 2:30 Art & Craft Pumpkins w/ VH - G 3:30 Oktoberfest Facts w/ VH - G Humor Time w/ Nayas - G 6	CHOWDER DAY 10:00 Saturday Sittercise w/ VH - G Bible Stories w/ Nayas - G Snack & Music Fun w/ Nayas - G Local News Report w/ Nayas - G 3:30 VR Experience w/ VH - G Gentle Hand Rubs w/ Nayas - G Evening Movie w/ Nayas - G 7
CLERGY APPRECIATION DAY 10:00 Sunday Fitness w/ VH - G Game Show Fun w/ Nayas - G Would You Rather w/ Nayas - G Sunday Fun w/ Nayas - G Horoscope w/ Nayas - G <i>3:30 Armchair Travel: Transylvania w/VH-G</i> Sunday YouTube Concert 8	COLUMBUS DAY 10:30 1-2-3 Stretch w/ MJ - G 11:00 All About October w/ MJ - G History of Columbus Day w/ Nayas - G Snacks & Chat w/ Nayas - G 2:30 Yahtzee Dice Game w/ MJ - G Music Appreciation w/ Marvel - G Checkers w/ Nayas - G 9	NATIONAL HANDBAG DAY 10:30 Rise & Shine Fitness w/ MJ - G 11:00 What's in a Suitcase? w/ MJ - G I Spy Game w/ Nayas - G Afternoon Fun Club w/ LaDrina - G <i>2:00 Interactive Culinary Program w/ MJ - G</i> 3:30 October in History w/ MJ - G Hand Rubs & Music w/ Nayas - G 10	SOUTHERN FOOD HERITAGE DAY 10:00 Moovin' & Groovin' w/ MJ - G Silly Sentences w/ Nayas - G Card Sharks w/ Nayas - G Southern Food Discussion w/ Nayas - G Daily Chronicle w/ Nayas - G 3:30 Bow Wow Bingo w/ MJ - G Musical Memories w/ Nayas - G 11	WORLD ARTHRITIS DAY 10:30 Exercise to Music w/ MJ - G 11:00 Facts about Arthritis w/ MJ - G <i>11:15 Pumpkin Pick'in & Lunch w/ VH</i> Snack Attack! w/ Nayas - G Mandala Art w/ Nayas - G 2:30 Left-Center-Right Game w/ MJ - G 3:30 Halloween Jokes w/ MJ - G Shake a Memory Loose w/ Nayas - G 12	ENGLISH LANGUAGE DAY 10:00 Friday Fitness w/ MJ - G <i>10:30 Entertainer: Pianist John Lamb - G</i> Name 5 Game w/ Nayas - G Daily Devotional w/ Nayas - G <i>2:30 October Birthday Party w/ MJ - G</i> 3:30 Ganzenbord Game w/ MJ - G YouTube: Burl Ives Concert w/ Nayas - G 13	UNIVERSAL MUSIC DAY <i>10:00 Tai Chi w/ Jonathan - G</i> 10:30 Music & Laughter w/ Lisa - G Famous Musician Bio w/ Nayas - G Rhyme Thyme w/ Nayas - G Table Top Bowling w/ Nayas - G 2:30 Variety of Engaging Fun w/ Lisa - G Sittercise w/ Nayas - G 14
NATIONAL GROUCH DAY Sit & Be Fit w/ Nayas - G Quiddler Word Game w/ Nayas - G Fresh Air Stroll in the Garden w/ Nayas - G Bible Stories w/ Nayas - G Watercolors w/ Nayas - G Mini Basketball Game w/ Nayas - G Weekend News w/ Nayas - G 15	MOVIE MONSTERS MONDAY 10:00 Monday Fitness w/ VH - G <i>10:30 Entertainer: Singer MOJO - G</i> The Beatles YouTube w/ Nayas - G Snack & Chat w/ Nayas - G 2:30 Bingo w/ VH - G Music Appreciation w/ Marvel - G Domino w/ Nayas - G 16	NATIONAL GEOGRAPHIC DAY 10:00 Fun Fitness w/ VH - G 10:30 Bible Stories w/ VH - G Big word little word w/ Nayas - G Lets talk about Flowers w/ Nayas - G 2:30 Balloon Toss & Music w/ VH - G 3:30 Trivia Fun w/ VH - G Mini Basket ball Game w/ Nayas - G 17	NATIONAL CHOCOLATE CUPCAKE DAY <i>10:00 Tai Chi w/ Jonathan - G</i> 10:00 Mid-Week Fitness w/ VH - G Chicken Soup For The Soul w/ Nayas - G Ring Toss w/ Nayas - G Word Pair w/ Nayas - G <i>2:30 Piano Music w/ Joey - G</i> 3:30 Deja Vu w/ VH - G <i>Evening Snacks & Games w/ Nayas - G</i> 18	SPIRIT DAY 10:00 Dancercise w/ VH - G 10:30 What Is Spirit Day w/ VH - G Snacks & Chat w/ Nayas - G Daily Bible Reading w/ Nayas - G <i>2:30 Interactive Culinary Program w/ VH - G</i> 3:30 Countries & Music w/ VH - G Evening Netflix Movie w/ Nayas - G 19	BRIDGE DAY 10:00 Friday Fitness w/ VH - G 10:30 Facts Salem Witch Trials w/ VH - G Word Chain w/ Nayas - G Checkers w/ Nayas - G <i>2:30 Entertainer: Jennifer DiSapio - G</i> 3:30 Pumpkin Carving w/ VH - G Board Games w/ Nayas - G 20	NATIONAL APPLE DAY <i>10:00 Music & Dance w/ Jennifer - G</i> B-I-N-G-O w/ Nayas - G Words within a Word w/ Nayas - G Daily Chronicle w/ Nayas - G Afternoon Snacks & Music w/ Nayas - G 3:30 World of Science w/ MJ - G Seated Stretch w/ Nayas - G 21
MAKE A DIFFERENCE DAY 10:00 "Wake Me Up" Exercise w/ MJ - G Puzzles Puzzles Puzzles w/ Nayas - G Balloon Volley w/ Nayas - G Opposites Attract! w/ Nayas - G UNO Stacko w/ Nayas - G 3:30 Arts & Crafts w/ MJ - G Chicken Soup for the Soul w/ Nayas - G 22	A BOO-TIFUL! DAY 10:30 Well-Being Workout w/ MJ - G 11:00 The Origins of Halloween w/ MJ - G Parachute Game w/ Nayas - G Daily Chronicle w/ Nayas - G <i>2:30 Entertainer: Singer Lynn Lewis - G</i> Music Appreciation w/ Marvel - G Horseshoes w/ Nayas - G 23	GOING OVER NIAGARA FALLS IN A BARREL DAY 10:30 Reach for the Sky Exercise w/ MJ - G 11:00 Historical October w/ MJ - G Nail Care & Music w/ Nayas - G Afternoon Fun Club w/ LaDrina - G <i>2:00 Interactive Culinary Program w/ MJ - G</i> 3:30 The Wonder of Niagara Falls w/MJ - G TCM Movie Classic w/ Nayas - G 24	INTERNATIONAL ARTISTS DAY 10:30 Energizing Exercise w/ MJ - G 11:00 ABC's of October w/ MJ - G Sing-a-Long w/ Nayas - G Theme Bingo w/ Nayas - G 2:30 Sensory Hour w/ MJ - G 3:30 Puzzles w/ MJ - G Daily Chronicle w/ Nayas - G 25	HOWL AT THE MOON NIGHT NATIONAL PUMPKIN DAY 10:30 Be Fit & Fabulous Exercise w/MJ - G 11:00 Halloween Folklore w/ MJ - G Inspirational Stories w/ Nayas - G Mandala Art w/ Nayas - G <i>2:30 Fall Foliage & Coffee Shop w/ VH</i> 2:30 Race Car Derby w/ MJ - G 3:30 Pumpkin Chuckin' w/ MJ - G Soothing Hand Rubs w/ Nayas - G 26	FRANKENSTEIN FRIDAY BLACK CAT DAY 10:00 Move To The Music w/ VH - G Mandela Art w/ Nayas - G Tic Tac Toe w/ Nayas - G Bible Stories w/ Nayas - G Ring Toss w/ Nayas - G 3:30 Halloween Music Volleyball w/VH - G YouTube: 60's Pop Rock w/ Nayas - G 27	ST. JUDE'S DAY <i>10:00 Tai Chi w/ Jonathan - G</i> Bible Scriptures w/ Nayas - G The Story of St. Jude w/ Nayas - G Qwirkle Game w/ Nayas - G Joggin' your Noggin' w/ Nayas - G 3:30 Bingo w/ Joey - G Exercising to Music w/ Nayas - G 28
NATIONAL OATMEAL DAY 10:30 Exercise Dice w/ Joey - G Say the Last Word w/ Nayas - G Benefits of Eating Oatmeal w/ Nayas - G Hangman w/ Nayas - G Daily Chronicle w/ Nayas - G 3:30 Wheel of Fortune w/ Joey - G Weekend TCM Movie w/ Nayas - G 29	MISCHIEF NIGHT CANDY CORN DAY 10:30 Monday Morning Exercise w/ MJ - G Origins of Halloween Traditions w/Nayas-G Candy Corn Bingo w/ Nayas - G Trick or Treat Snacks w/ Nayas - G Music Appreciation w/ Marvel - G 3:30 ABC's of Halloween w/ MJ - G Halloween Pictionary w/ Nayas - G 30	HAPPY HALLOWEEN! 10:00 Monster Mash Exercise w/ MJ - G Halloween Jokes w/ Nayas - G Halloween Bingo w/ Nayas - G Afternoon Fun Club w/ LaDrina - G Spooky Halloween Stories w/ Nayas - G <i>3:00 Halloween Party w/ MJ - G</i> Halloween Charades w/ Nayas - G 31	PET THERAPY VISITS WITH PAISLEY THE DOG SEE WEEKLY ACTIVITIES CALENDAR FOR DAYS AND TIMES	SHABBAT IS CELEBRATED THE SECOND FRIDAY OF EACH MONTH IN THE INN LOUNGE AT 1 P.M.	Catholic Communion 11:00 a.m. to 12 noon with Sister Maureen The Inn The Gardens Springs Check Weekly Activity Calendar for Date	If you are interested in presenting a Watermark University program, please call Cindy McGuire Director of Living Well Ext. 6108
NATIONAL DENTAL HYGIENE MONTH NATIONAL APPLE MONTH CLERGY APPRECIATION MONTH AMERICAN CHEESE MONTH	"May you fall in love with October and all the beauty it brings, May your life be as colorful as the turning of the leaves, On each blessed autumn day" ~ Charmaine J. Forde	<div>OCTOBER 2023</div> <div>THE GARDENS</div>		ACTIVITY LOCATOR KEY AG - Art Gallery AS - Art Studio A - Auditorium FC - Fitness Center G - Gardens TC - Town Center	CL - Community Life IL - Inn Lounge MJ - Mary Jo S - Springs VH - Victoria SC - Springs Conference Room DR - Dining Room	