

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Dining Room Brunch Served 11:45-2</div> <div>10:00 Catholic Mass - Auditorium</div> <div>2:30 Plnochle Resident Meet-Up - 3rd FL</div> <div>2:30 Afternoon Movie - A</div> <div>5:00 Bingo - Main Lounge</div> <div>1</div>	<div>Active Aging Week</div> <div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 Stretch & Balance w/ Kayti - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:00 Pokeno w/ Joey - ML</div> <div>2:00 October Birthday Celebration - WL</div> <div>3:00 WU - Tom Lee, Professional Storyteller & Museum Educator - A</div> <div>2</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:15 Outing - Clinton Crossing Outlets</div> <div>10:30 Aqua Fitness w/ Lisa - FC</div> <div>11:00 LCR w/ Joey - ML</div> <div>12:30 Balance thru Ballet w/ Lisa - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Strength Train Bone Health - FC</div> <div>2:00 Family Feud w/ Joey - ML</div> <div>3:00 WU - Life Stories w/ Carol Mack - 2nd FL</div> <div>3</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>10:00 Shopping Outing - FL</div> <div>10:00 Catholic Mass - IFC</div> <div>11:00 WU-Beginners Ladies Poker w/ Joey - ML</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 WU - Beginner Spanish - ML</div> <div>1:00 Watercolor w/ Kayti - CAS</div> <div>2:30 Resident Chorus Rehearsal -A</div> <div>3:00 Worship Service w/ Rev. Rowe</div> <div>3:30 Ukulele Rehearsal - A</div> <div>4</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:00 Happy Knitters - 4th FL</div> <div>10:30 Aqua Fitness w/ Cindy - FC</div> <div>11:00 Wheel of Fortune w/ Joey - ML</div> <div>1:30 Strength Train Bone Health - FC</div> <div>1:30 Blood Pressure Screening - WC</div> <div>2:00 Bingo w/ Joey - M</div> <div>3:30 New Resident Cocktail Party - A</div> <div>5</div>	<div>9:00 Yoga Stretch w/ Lisa - FC</div> <div>10:00 Shopping Outing - FL</div> <div>11:00 Dominos w/ Joey - ML</div> <div>11:00 Standing Drumming w/ Cindy - FC</div> <div>11 - 2 Alzheimer's Raffle & Bake Sale - FL</div> <div>11:30 Zumba Gold w/ Cindy- FC</div> <div>1:00 LCR Special Edition w/ Joey ML</div> <div>2:00 Shabbat w/ Rabbi Paris - IFC</div> <div>3:00 Ping Pong w/ Joey - FC</div> <div>3:00 WU - Mr. BoJangles Documentary - A</div> <div>4:00 Eucharistic Service - IFC</div> <div>6</div>	<div>10:00 Channel 138 Shabbat Morning Service</div> <div>11:00 Independent Activities - ML</div> <div>1:00 Channel 591 Afternoon Movie - A</div> <div>1:00 & 3:00 Afternoon Movie - Screening Room - 2nd FL</div> <div>15 Seats per viewing</div> <div>Sign up in the book on the table in the screening room</div> <div>7</div>
<div>Dining Room Brunch Served 11:45-2</div> <div>10:00 Catholic Mass - A</div> <div>2:30 Plnochle Resident Meet-Up - 3rd FL</div> <div>3:00 Roger Young, Pianist - ML</div> <div>5:00 Bingo - ML</div> <div>8</div>	<div>COLUMBUS DAY</div> <div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 Yoga Stretch & Balance w/ Kayti - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Pokeno w/ Joey - ML</div> <div>2:00 Book Club - 2nd FL</div> <div>3:00 WU -HealthPRO, Physical Therapy Dept.-A</div> <div>9</div>	<div>9:00 Yoga Stretch w/ Kayti- FC</div> <div>10:00 FLU & COVID Vaccine Clinic</div> <div>10:30 Aqua Fitness - FC</div> <div>11:00 LCR - ML</div> <div>12:30 Balance Thru Ballet w/ Lisa - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Strength Train Bone Health - FC</div> <div>2:15 WU - Wine Travels w/ Jon Haight - WL</div> <div>3:00 WU - Life Stories w/ Carol Mack - 2nd FL</div> <div>3:30 Family Feud w/ Joey- ML</div> <div>7:30 Advanced Coed Poker w/ Joey - 10th</div> <div>10</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>10:00 Shopping Outing - FL</div> <div>10:00 Catholic Mass - IFC</div> <div>11:00 Beginners Ladies Poker w/ Joey - ML</div> <div>11:00 Seated Drumming w/ Cindy - FL</div> <div>1:00 WU - Beginner Spanish - ML</div> <div>1:00 Watercolor w/ Kayti - CAS</div> <div>1:30 WU - JIn Shin Jyutsu-Zoom - 2nd FL L</div> <div>2:30 Resident Chorus Rehearsal - A</div> <div>3:30 Ukulele Rehearsal</div> <div>11</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:00 Happy Knitters - 4th FL</div> <div>10:30 Aqua Fitness w/ Cindy - FC</div> <div>11:00 Wheel of Fortune w/ Joey - ML</div> <div>1:30 Strength Train Bone Health - FC</div> <div>1:30 Blood Pressure Screening - WC</div> <div>2:00 Bingo w/ Joey - ML</div> <div>3:00 Laughter Yoga w/ Cindy - 2ND FL</div> <div>12</div>	<div>9:00 Yoga Stretch w/ Lisa - FC</div> <div>10:00 Shopping Outing - ML</div> <div>11:00 Dominos w/ Joey - ML</div> <div>11:00 Standing Drumming w/ Cindy - FC</div> <div>11:30 Zumba Gold w/ Cindy - FC</div> <div>1:00 Special Edition Pokeno w/ Joey - ML</div> <div>2:00 Shabbat Led by Residents - IFC</div> <div>3:00 Ping Pong - FC</div> <div>3:00 WU - Brahms Piano Concerto (YouTube)- A</div> <div>13</div>	<div>10:00 Channel 138 Shabbat Morning Service</div> <div>11:00 Independent Activities - ML</div> <div>1:00 Channel 591 Afternoon Movie - A</div> <div>2:00 Tea & Chat - W Lounge</div> <div>3:00 Afternoon Movie - A</div> <div>6 - 7:30 Chris & Michele Entertainers - DR</div> <div>14</div>
<div>Dining Room Brunch Served 11:45-2</div> <div>10:00 Catholic Mass - A</div> <div>2:30 Pinochle Resident Meet-Up - 3rd FL</div> <div>2:30 Channel 591 Afternoon Movie</div> <div>5:00 Bingo - ML</div> <div>5:00 Mystery Dinner w/ Kayti</div> <div>15</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 Yoga Stretch & Balance w/ Kayti - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Pokeno w/ Joey - ML</div> <div>3:00 One Day University - A</div> <div>16</div>	<div>9:00 Yoga Stretch - FC</div> <div>8:30 Outing - Mohegan Sun Casino</div> <div>10:30 Aqua Fitness w/ Lisa - FC</div> <div>11:00 LCR - ML</div> <div>12:30 Balance Thru Ballet w/ Lisa - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Strength Train Bone Health - FC</div> <div>2:00 Family Feud - ML</div> <div>3:00 WU - Life Stories w/ Carol Mack - 2nd FL</div> <div>17</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation - FC</div> <div>10:00 Shopping Outing - FL</div> <div>10:00 Catholic Mass - IFC</div> <div>10:30 WU - Mark Albertson, Historian - A</div> <div>10:30 Ladies Poker w/ Joey - ML</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 WU - Beginner Spanish - ML</div> <div>1:00 Watercolor w/ Kayti - CAS</div> <div>2:30 Resident Chorus Rehearsal - A</div> <div>3:30 Ukulele Rehearsal - A</div> <div>18</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:00 Happy Knitters - 4th FL</div> <div>10:30 Aqua Fitness w/ Cindy - IFC</div> <div>11:00 Wheel of Fortune w/ Joey - ML</div> <div>1:30 Strength Train Bone Health - FC</div> <div>1:30 Blood Pressure Screening - WC</div> <div>2:00 Bingo w/ Joey - ML</div> <div>3:00 WU - Literature, News & Faith w/ Rev. Rowe - A</div> <div>19</div>	<div>BREAST CANCER FUNDRAISER</div> <div>9:00 Yoga Stretch w/ Lisa - FC</div> <div>10:00 Shopping Outing - ML</div> <div>11:00 Dominos w/ Joey - ML</div> <div>11:00 Standing Drumming w/ Cindy - FC</div> <div>11:30 Zumba Gold w/ Cindy - FC</div> <div>1:30 Resident Council Meeting - 10th FL</div> <div>2:00 Shabbat w/ Rabbi Paris - IFC</div> <div>2:00 Nutrition Talk /Candace Rodak, R.D.-2ND FL</div> <div>3:00 Ping Pong - FC</div> <div>4:00 Eucharistic Service - IFC</div> <div>20</div>	<div>10:00 Channel 138 Shabbat Morning Service</div> <div>11:00 Independent Activities - ML</div> <div>1:00 Channel 591 Afternoon Movie - A</div> <div>2:00 Tea & Chat - W Lounge</div> <div>3:00 Alturos Duo - A</div> <div>21</div>
<div>Dining Room Brunch Served 11:45-2</div> <div>10:00 Catholic Mass - A</div> <div>2:30 Pinochle Resident Meet-Up - 3rd FL</div> <div>3:00 Nicole Wang, Pianist - A</div> <div>5:00 Bingo - ML</div> <div>22</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 Yoga Stretch & Balance w/ Kayti - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Pokeno w/ Joey - ML</div> <div>1:30 Rosary - IFC</div> <div>3:00 Art Gottlieb, LCSW, CSA Lecturer: Cuban Missile Crisis- A</div> <div>23</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:00 Outing - Fall Foliage w/ Lunch</div> <div>10:30 Aqua Fitness w/ Lisa - FC</div> <div>11:00 LCR w/ Joey - ML</div> <div>12:30 Balance Thru Ballet w/ Lisa - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Strength Train Bone Health - FC</div> <div>2:00 Family Feud w/ Joey - ML</div> <div>3:00 WU - Life Stories w/ Carol Mack - 2nd FL</div> <div>24</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti- FC</div> <div>10:00 Shopping Outing - FL</div> <div>10:00 Catholic Mass - IFC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 WU - Beginner Spanish - ML</div> <div>1:00 Watercolor w/ Kayti - CAS</div> <div>2:30 Resident Chorus Rehearsal - A</div> <div>3:00 Health & Wellness w/ Marilyn Diamondstone- ML</div> <div>3:30 Ukulele Rehearsal - A</div> <div>25</div>	<div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:00 Town Hall w/ E.D. Joan King - A</div> <div>11:00 Aqua Fitness w/ Cindy - IFC</div> <div>11:00 Wheel of Fortune w/ Joey - ML</div> <div>1:30 Strength Train Bone Health - FC</div> <div>1:30 Blood Pressure Screening - WC</div> <div>2:00 Bingo w/ Joey - ML</div> <div>3:00 WU - Literature, News & Faith w/ Rev. Rowe - A</div> <div>26</div>	<div>9:00 Yoga Stretch w/ Lisa - FC</div> <div>10:00 Shopping Outing - ML</div> <div>11:00 Dominos w/ Joey - ML</div> <div>11:00 Standing Drumming w/ Cindy - FC</div> <div>11:30 Zumba Gold w/ Cindy - FC</div> <div>1:00 Special Edition LCR w/ Joey - ML</div> <div>2:00 Shabbat w/ Rabbi Shulman - IFC</div> <div>3:00 Watermark's Got Talent - A</div> <div>4:00 Eucharistic Service - IFC</div> <div>27</div>	<div>10:00 Channel 138 Shabbat Morning Service</div> <div>11:00 Independent Activities - ML</div> <div>2:00 Tea & Chat - W Lounge</div> <div>3:00 Dean Snellback - A</div> <div>28</div>
<div>Dining Room Brunch Served 11:45-2</div> <div>10:00 Catholic Mass - A</div> <div>2:30 Plnochle Resident Meet-Up - 3rd FL</div> <div>2:30 Afternoon Movie - Screening Room</div> <div>5:00 Bingo - Main Lounge</div> <div>29</div>	<div>9:00 Seated Yoga w/ Kayti - FC</div> <div>9:30 Guided Meditation w/ Kayti - FC</div> <div>11:00 Seated Drumming w/ Cindy - FC</div> <div>1:00 Yoga Stretch & Balance w/ Kayti - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Pokeno w/ Joey - ML</div> <div>3:00 Dr. Susan Krutt, Audiologist - A</div> <div>30</div>	<div>HAPPY HALLOWEEN!</div> <div>9:00 Yoga Stretch w/ Kayti - FC</div> <div>10:30 Aqua Fitness w/ Lisa - FC</div> <div>11:00 LCR w/ Joey - ML</div> <div>12:30 Balance Thru Ballet w/ Lisa - FC</div> <div>1:00 Channel 591 Movie</div> <div>1:30 Strength Train Bone Health - FC</div> <div>2:30 HALLOWEEN PARTY & COSTUME PARADE - WL</div> <div>31</div>				<div>-</div> <div>*Tune into Channel "591"</div> <div>*Check "Weekly" for updates or changes to planned programs.</div> <div>THANK YOU!</div>
<div>Recurring Programs:</div> <div>12:00 Channel 591 In-Room Seated Stretch - Daily</div> <div>3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge</div> <div>1:00 Wednesday's Watercolor Painting w/ Kayti</div> <div>12:30 Thursday Learn Bridge w/ The Mehta's - 3rd FL Lounge</div>	<div>Anyone interested in presenting a Watermark University (WU) program please contact Cindy McGuire, Director of Living Well Ext.6108</div>	<div>OCTOBER 2023</div> <div>Town Center</div>		<div>ACTIVITY LOCATOR KEY</div> <div>A - AUDITORIUM</div> <div>AG - ART GALLERY</div> <div>CL - COMPUTER LOUNGE (1st Floor)</div> <div>CAS - CREATIVE ARTS STUDIO</div> <div>CP - CAFE PATIO</div> <div>DR - DINING ROOM</div> <div>FC - FITNESS CENTER</div> <div>FL - FRONT LOBBY</div>	<div>GC - GALLERY CAFE</div> <div>IFC - INTERFAITH CHAPEL</div> <div>ML - MAIN LOUNGE</div> <div>RC - REHAB CLINIC</div> <div>WC - WELLNESS CENTER</div> <div>WL - W LOUNGE</div> <div>2ND FL - 2ND FLOOR LOUNGE</div> <div>3RD FL - 3RD FLOOR LOUNGE</div> <div>4TH FL - 4TH FLOOR LOUNGE</div> <div>10TH FL - 10TH FL LOUNGE</div>	