

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday! 10/04- Anna K. 10/13- Karen R. 10/08- Arden P. 10/27- Elisabeth B. A. 10/31- Thomas S.			YOM KIPPUR BEGINS 9:45 Brain Games: Trivia Challenge 10:00 Active Aging: Beach Boardwalk & Pizza Outing 1:00 360 Wellness/Wisdom 2.0 10 ways to a Conversation(BR) 2:00 Bayada Fun & Fit Workout (BR) 3:00 Social Hour: Warm Apple Dumplings (AR) 1	YOM KIPPUR ENDS World Smile Day 9:45 Happy Trails Walking Club 10:00 Pool Noodle Workout (2nd Fl) 10:30 Insightful Talk with Tim T. 1:00 Bingo Bonanza with Candy (BR) 3:00Thirsty Thursday: Spiced Cocktails (BR) 2	9:45 Power Weight Workout (BR) 10:30 Brain Games: Word within a Word (BR) 1:00 Brandywine Zoo Outing 12:30 Friday Fic: Freaky Friday (2nd FL TV) 2:20 Mini Golf Game 4:30 WU- Documentary: Secrets of the Worlds Most Isolated Island (BR) 3	9:45 Relaxed Seated Tai Chi(3 rd FL) 10:30 Name that Tune(2nd FL) 1:00 Corn Hole Challenge-Patio 1:00 Brain Games: Family Feud 3:00 Anna Kennedy: 100th Birthday Celebration Party(BR) 4:00 Comedy Hour: 50's & 60's TV Series (2ndFL) 4
9:45 Spiritual Music Offering(BR) 10:15 Communion (BR) 10:30 Mass in DC Basilica (BR) 11:15 Sit Down Soccer 1:00 Bingo Bonanza (AR) 2:00 Outreach Ministries(BR) 3:00 Sunday Cinema: Pearl Harbor (BR) 3:30 Table Game Rally - Patio 5	Breast Cancer Awareness- Wear Pink Day 9:45 Fall Prevention: Legs 10:30 WU- Bayada Health Talk: Health Joints with Kerry 1:00 WU-Kitchen Creations: Pumpkin Bread with Maria 2:00 Book Lovers Club-Library Outing 3:00 Name 10 Game & 50's Trivia Happy Hour 6	9:45 Happy Trails Walking Club 10:30 WU- Breast Cancer Bracelet Making with Carol 11:00 Bible Discussion with Mrs. Grady(BR) 11:00 Word within a Word (2 nd FL) 3:00 Mini Golf Challenge & Hot Spiced Cider Refreshments-Patio 4:00 Documentary: Fall Foliage Film 7	9:45 Sit Down Soccer(AR) 10:30 Eye on Art: Breast Cancer Survivor Bracelet Making (AR) 1:00 Brain Game: Giant Crossword Puzzle(BR) 2:00 Bayada Fun & Fit Workout (BR) 3:00 Social Hour: Pumpkin Muffins & Carmel Ice cream 4:00 Fall Trivia Challenge IN2L Lobby 8	9:45 Happy trails Walking 10:00 Seated Yoga Exercise(AR) 10:30 Insightful Talk with Tim T. 1:00 Bingo Bonanza with Candy (AR) 3:00- 6:30 Murder Mystery: Clue Who Dun It ! (Dining Room & BR) 4:00 Comedy Hour: TV Classics & Cards (2 nd FL) 9	9:45 Power Stretch with Bands 10:30 Hand & Shoulder Massage 1:00 Deliver Cancer Bracelets to Hospitals Outing 2:00 Brian Games : Giant Crossword Puzzle (2nd Fl TV) 3:00 WU- Creative Cooking: Making Spice Bread with Maria 4:00 Friday Fic: Elvis Movie (BR) 10	9:45 Ball Toss Exercise 10:30 Brain Games: Name 10 & Trivia 10:30 4 Legged Friends SPCA 12:00 Ageless Adventure: Brandywine Park Wagon Hayride Outing 3:00Trivia Challenge & Family Feud (Lobby) 4:00 Saturday Documentary: Liz Elizabeth Taylor (2nd Fl) 11
9:45 Stretch Band Workout (AL) 10:15 Communion (BR) 10:30 Mass in DC Basilica (BR) 11:15 Afternoon Stretch with Bands(AL) 1:00 Fall Trivia Challenge - IN2L(BR) 2:00 Reverend Dorman Speaks (BR) 3:00 Brain Games: Giant Cross word Puzzle(BR) 12	Indigenous People's Day 9:45 Deep Breath Exercise 10:30 Journaling with Norma: Keep it Real -Best Advice (3rd Fl) 10:30 WU- Indigenous People's History Film (2nd Fl) 1:00 WU-Halloween Banner with Carol 1:30 Book Lovers Club (3 rd Fl) 3:00 Family Feud & Ice Tea (BR) 13	9:45 Happy Trails Walking Club 9:45 Fall Prevention: Legs 10:30 WU-Active Aging: How to Cultivate African Violets with Dale T. 2:00 Sean Reilly Performs (BR) 3:00 Fairfax Shopping Outing 3:00 Brain Games: Word with in a word (2 nd Fl) 14	9:45 Power Weight Workout 10:30 Giant Crossword Puzzle 1:00 Documentary: When Looking for Wisdom Remember Wisdom is looking for you(BR) 2:00 Bayada Fun & Fit Workouts (BR) 3:00 Social Hour: Snickerdoodles & Ice Cream 15	9:45 Happy Trails Walking Club 10:30 Insightful Talks with Tim T. 12:00 Dine -in-Movie Theater: Classic Breakfast at Tiffany's 3:00 WU- Mini Ghost Craft with Carol 4:00 Soothing Meditation & Refreshments 16	9:45 Seated Tai Chi . 10:30 Balloon Badminton 11:00 Dollar Tree Shopping Outing 1:00 Bingo Bonanza with Candy 2:00 Brain Games: Word within a word (3 rd FL Library) 3:00 Cash in Bingo Tickets & Sweet Treats (BR) 17	9:45 Sit Down Soccer 10:00 Alzheimer's Riverfront Walk Outing/Visit 10:00 Documentary: PBS Lost Tombs of Notre Dame 2:30 University of Delaware Singing Performance(Lobby) 3:30 Giant Cross Word Puzzle(Lobby) 18
9:45 Spiritual Music Offering(BR) 10:15 Communion (BR) 10:30 Mass in DC Basilica (BR) 11:15 Bean Bag Challenge 1:00 Bingo Bonanza 2:00 Reverend Gloria (BR) 3:00 Brain Games: Fall Trivia 4:00 Sunday Cinema: There's Something about Mary & Popcorn (BR) 19	National Cookie & Diwali Month 9:45 Foot & Toe Tapping Fitness 10:30 Sit down Soccer 1:00 WU-Norma Poetry Corner: Friendship & Closeness (3rd Fl) 1:00 Documentary: What is Diwali (BR) 2:00 Balloon Badminton Exercise (AR) 3:00 Social Hour: Pumpkin Milk Shakes & Cookies 20	9:45 Happy Trails Walking Club 10:30 WU- All about Clay Molding Workshop with Ananda from the MET in NY(AR) 11:00 Bible Study with Mrs. Grady 1:00 Word within a Word 2:00 Carol Regan Performs (BR) 3:00 Brain Games:Giant Cross Word Puzzle & Treats 21	9:45 Fall Prevention: Arms 10:30 Activity, Residents & Food Council Meeting(AR) 1:00 Book Lovers Club (3 rd Fl) 1:00 Giant Cross Word Game 2:00 Bayada Fun & Fit Workouts(BR) 3:00 Ice Cream & Snickerdoodles (BR) 4:00 Documentary: History of Halloween 22	National Gumbo Month 9:45 Happy Trails Walking Club 10:30 Insightful Talks with Tim T. 1:00 Name 10 Game 2:00 WU- Crafting Corner: Making Fall Door Swags 3:00 Trivia Challenge Happy Hour (BR) 4:00 Brain Game: Word Within a Word Game(BR) 23	9:45 Pool Noodle Workout 10:30 Bingo Bonanza with Candy 1:30 WU-Savory Gumbo Tasting with Mike 2:30WU-Fall Crafting with Carol 3:30 Social Hour: Cocktails & Mocktails & Trivia(2nd Fl) 24	National Miniature Golf Day 9:45 Seated Yoga Exercise 10:30 Mini Golf Game - Patio 1:00 Brain Game: Word within a Word 2:00 Olga's Music School Performs(BR) 3:30 Saturday Cinema: Romantic Comedy- Leap Year. 25
9:45 Spiritual Music Offering(BR) 10:15 Communion (BR) 10:30 Mass in DC Basilica (BR) 11:15 Bean Bag Challenge 1:00 Bingo Bonanza 2:00 Reverend Gloria (BR) 3:00 Brain Games: Fall Trivia & Cinnamon Cider with Ginger Snaps 26	9:45 Power Stretch with Bands 10:30 Journaling with Norma: How Pets Bring us happiness (3rd Fl) 1:00 WU Ted Talk -The Difference between Winning & Succeeding by John Wooden/ Discussion with Sharon 2:00 Active Aging: Nature Walk & Fall Bird Watching 2:30 WU- Fall Gnome Craft with Carol 27	9:45 Happy Trails Walking Club 10:30 Fall Prevention-Power Weights Workout 11:00 Bible Discussion with Mrs. Grady 1:00 Zen Self Care: Facial, Hand and Shoulder Massages 2:30 Fairfax Shopping Trip 3:30 Movie Matinee: Robin Williams in RV 28	9:45 Seat Yoga Exercise 10:30 Eye on Art: Winter Bird Feeders with Carol 1:00 Book Lovers Club (3 rd Fl) 1:00 Brain Games: Word within a Word 2:00 Fun & Fit Class with Bayada (BR) 3:00 Halloween Costume Birthday Party! (BR) 29	9:45 Happy Trails Walking Club 10:30 Insightful Talk with Tim T. 10:30 Balloon Badimton Exercise 1:00 Fall Foliage Scenic Drive Outing 1:00 Bingo Bonanza with Candy 2:30 Brain Games : Giant Cross Word (2 nd Fl) 3:30 Name that Tune & Cocktails (BR) 30	9:45 Slow Flow Breathe 10:30 WU-Creative Baking: Peanut butter Cookies with Maria 1:00 Name 10 & Trivia 2:00 Get up and Move to the Music with Bongos 3:30 Documentary: Ancient Civilizations of the World / Oceans 31	

October 2025

Assisted Living



WATERMARK
RETIREMENT COMMUNITIES®

ACTIVITY LOCATOR KEY

(BR): Brandywine Room (2nd Fl.): Second Floor
TV Room
(3rd Fl.): Third Floor
Library

Walking Club meets in the Lobby on Tuesday and Thursday at 9:45 am

Please sign up early for all outings & shopping trips!! Seating is limited!

Dates and times for schedules events, entertainment, and outings are subject to change without notice

Sorry for any inconvenience.