

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|---|
| | | | <ul style="list-style-type: none">● Strength & Balance● Gratitude & Reflections● Scenic Drive W/Sara● Energy Burst● Coffee Social● Catholic Mass● Music Program of Andre Rieu● Hymns We Know & Love | <ul style="list-style-type: none">● Slow Flow Yoga● Brain Games● Virtual Adventure● Energy Burst● WU: First Ladies from the Revolution to the Gilded Age● One on One Activities● Sing Along with Susie Q | <ul style="list-style-type: none">● Joyful Movement● Manicures and Music● Sing Along W/Laura● Energy Burst● Balloon Volleyball● One on One Activities● Music Music Music● The Golden Girls | <ul style="list-style-type: none">● Stretch & Strength● Energy Burst● Bubble Burst (IN2L)● Movie Matinee● Music Therapy W/ Nancy● IN2L Interaction● Chair Exercise Class● One on One Activities● Americas Got Talent |
| <ul style="list-style-type: none">● Communion W/Nativity● Rosary● Virtual Catholic Mass● Hymnal Sing Along● Sole to Sole Walking Club● 1:00 Eagles Vs Broncos Tailgate● One On One Activities● Movie | <ul style="list-style-type: none">● Joyful Movement● WU: Culinary Creations Pumpkin Treats● WU: Person of Interest● Energy Burst● Makers Studio: Lady Bird's Wildflowers● One on One Activities● Rosary | <ul style="list-style-type: none">● Tai Chi● Brain Games● WU: Artistry Unleashed: Water Painting● Energy Burst● Bingo● Matching Time W/Tunes● One on One Activities● Movie | <ul style="list-style-type: none">● Strength & Balance● Guided Imagery● Scenic Drive W/Sara● Energy Burst● Coffee Social● One on One Activities● Music Program W/ Andre Rieu● Hymns We Know & Love | <ul style="list-style-type: none">● Slow Flow Yoga● Brain Games● Table Top Jigsaw Puzzles● Energy Burst● WU: First Ladies of the World War I & World War II● One On One Activities● 8:15 Eagles Vs Giants | <ul style="list-style-type: none">● Joyful Movement● Manicures and Music● Sing Along W/Laura● Energy Burst● IN2L Interaction● Balloon Volleyball● Music Music Music● One on One Activities● The Golden Girls | <ul style="list-style-type: none">● Stretch & Strength● Energy Burst● Trivia● Movie Matinee● Pumpkin Toss● WU - Cooking Class with Angie (CL)● One on One Activities● Americas Got Talent |
| <ul style="list-style-type: none">● Communion W/Nativity● Rosary● Virtual Catholic Mass● Hymnal Sing Along● Sole to Sole Walking Club● WU: Bible Study W/Angie● One On One Activities● Andre Rieu | <ul style="list-style-type: none">● Joyful Movement● WU: Culinary Creations: Carmel Apples● Energy Burst● WU: Person of Interest● Makers Studio: Make a Mola Design● One on One Activities● Rosary | <ul style="list-style-type: none">● Tai Chi (IN2L)● Brain Games● WU: An Eye for Art Portrait of a Lady● Energy Burst● Bingo● Matching Time W/ Tunes● One on One Activities● Movie | <ul style="list-style-type: none">● Strength & Balance● Guided Imagery● Scenic Drive W/Sara● Energy Burst● Coffee Social● One on One Activities● Music Program W/ Andre Rieu● Hymns We Know & Love | <ul style="list-style-type: none">● Slow Flow Yoga● Brain Games● Junk Drawer Detective● Fall Farmers Market● Energy Burst● WU: Every Picture Tells a Story● One on One Activities● Sing Along with Susie Q | <ul style="list-style-type: none">● Joyful Movement● Manicures and Music● Sing Along W/Laura● Energy Burst● IN2L Interaction● Balloon Volleyball● Music Music Music● One on One Activities● The Golden Girls | <ul style="list-style-type: none">● Stretch & Strength● Energy Burst● Hang Man● Movie Matinee● Music Therapy W/ Katie● Trivia● Chair Exercises● One on One Activities● Americas Got Talent |
| <ul style="list-style-type: none">● Communion W/Nativity● Rosary● Virtual Catholic Mass● Hymnal Sing Along● Sole to Sole Walking Club● Energy Burst● IN2L Interaction● One on One Activities● Andre Rieu | <ul style="list-style-type: none">● Joyful Movement● WU: Culinary Creations: Millie● WU: Person of Interest● Energy Burst● Makers Studio: Fall Foliage Collage● One on One Activities● Rosary | <ul style="list-style-type: none">● Strength & Balance● Guided Imagery● WU: Artistry Unleashed Pumpkin Decorating● Oktoberfest● Bingo● Matching Time W/Tunes● One on One Activities● Movie: | <ul style="list-style-type: none">● Strength & Balance● Gratitude & Reflections● Scenic Drive W/Sara● Energy Burst● 2:00 pm Birthday Bash W/Debbie Doo Wop● One on One Activities● Music W/ Andre Rieu● Hymns We Know & Love | <ul style="list-style-type: none">● Slow Flow Yoga● Brain Games● Word Search Wonders● Energy Burst● WU: Post-War First Ladies to The Current Era● One on One Activities● Sing Along with Susie Q | <ul style="list-style-type: none">● Joyful Movement● Manicures and Music● Sing Along W/Laura● Energy Burst● IN2L Interaction● Balloon Volleyball● Music Music Music● One on One Activities● The Golden Girls | <ul style="list-style-type: none">● Media Halloween Parade● Stretch & Strength● Energy Burst● Movie Matinee● Boggle● WU - Cooking Class with Angie (CL)● One on One Activities● Americas Got Talent |
| <ul style="list-style-type: none">● Communion W/Nativity● Rosary● Virtual Catholic Mass● Hymnal Sing Along● Sole to Sole Walking Club● WU: Bible Study W/Angie● Energy Burst● One on One Activities● 8:20 Eagles Vs Lions | <ul style="list-style-type: none">● Joyful Movement● WU: Culinary Creations● WU: Writers Collective● Energy Burst● Makers Studio: Leaf Prints● One on One Activities● Rosary | <ul style="list-style-type: none">● Tai Chi (IN2L)● Brain Games● Reminiscing Hay Rides● Energy Burst● Bingo● Matching Time W/Tunes● One on One Activities● Movie | <ul style="list-style-type: none">● Slow Flow Yoga● Guided Imagery● Guided Tour of Lauren Hill Cemetary● Energy Burst● Coffee Social● One on One Activities● Music Program W/ Andre Rieu● Hymns We Know & Love | <ul style="list-style-type: none">● Slow Flow Yoga● Brain Games● Energy Burst● Junk Drawer Detective● Reading Four: Post-War First Ladies to The Current Era● One on One Activities● Sing Along with Susie Q | <ul style="list-style-type: none">● Joyful Movement● Manicures and Music● Sing Along W/Laura● Energy Burst● IN2L Interaction● Balloon Volleyball● Music Music Music● One on One Activities● The Golden Girls | |

October 2025

Prema Memory Support



WATERMARK

RETIREMENT COMMUNITIES®

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit