

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Note:</u> Activities in bold denotes special programs such as: live music, religious services, & Watermark University classes.</p>	<p>Engage VR - Virtual Reality</p> <p>If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset.</p>	<p>Transportation for Medical Appointments</p> <p>Appointments can be made on Tuesdays and Thursdays.</p> <p>Shopping trips are scheduled for Wednesday mornings.</p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- Resident Council 1:30- WU: EVP Choral Group 3:00- WU: Timely Topics Around the World 4:15- iN2L: Dance History: Ballet 4:30- Word Scramble Game 6:30- Music Expression in the Lobby</p>	<p>9:30- WU: Yoga Exercise 10:30- WU: Health Talk "Dining As We Age" 1:30- WU: Engage VR 1:30- Just Len Entertains 3:00- Hallway Walks 4:15- iN2L: Relaxation 4:30- Fill in the Blanks 6:00- Family Trivia Night w/Visiting Angels</p>	<p>9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- Catholic Mass with Father Wayne 2:30- Karma The Dog Visits 3:00- Pitch & Putt 4:15- iN2L: Breathe 4:30- Scattergories 6:30- Old Time Radio in Cafe</p>	<p>9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "The Monuments Man" 4:15- Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>Daylight Savings 9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Monet 4:30- One Long Word 6:30- EWTN Worship Service</p>	<p>9:45- Resistance Exercise 10:30- Scattergories 1:00- Jigsaw Puzzles 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Jim Harris 4:15- iN2L: Animal Adventures: Alligators 4:30- Trivia Games 6:30- Comedy Club: "The Carol Burnett "</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 1:30- WU: All About Cheese 3:00- WU: Timely Topics Around The World 4:15- iN2L: Meditation 4:30- Word Find Game 6:00- Prize Bingo</p>	<p>9:45- Cardio Exercise 10:30- WU: Discovery Series "Meditation" 2:00- Jose Paulo Entertains 3:00- Hallway Walks 4:15- iN2L: Dance History: Cha Cha 4:30- Word Scramble Game 6:30- Music Expression in the Lobby</p>	<p>9:30- WU: Yoga Exercise 10:30- WU: Scrumptious Delights 1:30- WU: Engage VR 1:30- WU: Arm Chair Travel Nevada/Arizona w/Krysten 3:00- Poker Challenge 4:15- iN2L: Relaxation 4:30- Fill in the Blanks 6:30- Game Night in the Cafe</p>	<p>9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- Veteran's Day Program in the Activity Room 2:30- Karma The Dog Visits 3:00- Ladder Golf 4:15- iN2L: Breathe 4:30- Scattergories 6:30- Old Time Radio in Cafe</p>	<p>Veteran's Day 9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Forgotten Love" 4:15- Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Michaelangelo 4:30- One Long Word 6:30- EWTN Worship Service</p>	<p>9:45- Resistance Exercise 10:30- WU: Gingerbread Project 1:00- Communion 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Trivia 4:15- iN2L: Animal Adventures: Zebras 4:30- Trivia Games 6:30- Comedy Club: "Shirley Temple & Friends"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 1:30- Country Duo Entertains 1:30- WU: Engage VR 3:00- Hallway Walks 4:15- iN2L: Meditation 4:30- Word Find Game 6:00- Prize Bingo</p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- WU: Gingerbread Project 11:00- Lunch Trip- Classic Burger 1:30- Hallway Walks 3:00- Cribbage Challenge 4:15- iN2L: Dance History: Flamenco 4:30- Word Scramble Game 6:30- Music Expression/Lobby</p>	<p>10:00 Jeff The Plant Guy 11:00- Hallway Walks 1:30- WU: Engage VR 1:30- WU: Timely Topics Around The World 3:00- WU: Gingerbread Project 4:15- iN2L: Relaxation 4:30- Fill in the Blanks 6:30- Game Night in the Cafe</p>	<p>9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- WU: Holiday Card Making 2:30- Karma The Dog Visits 3:00- Corn Hole 4:15- iN2L: Breathe 4:30- Scattergories 6:30- Old Time Radio in Cafe</p>	<p>9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Big Eyes" 4:15- Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 2:00- Grace Church Service 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Rembrandt 4:30- One Long Word 6:30- EWTN Worship Service</p>	<p>9:45- Resistance Exercise 10:30- Scattergories 1:00- Jigsaw Puzzles 2:00- Chaplet of Divine Mercy 3:00- WU: Brews Around the World 4:15- iN2L: Animal Adventures: Ospreys 4:30- Trivia Games 6:30- Comedy Club: "Groucho"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 1:30- Disco Dance Party 3:00- WU: Timely Topics Around The World 4:15- iN2L: Meditation 4:30- Word Find Game 6:00- Prize Bingo</p>	<p>9:45- Cardio Exercise 10:30- Food For Thought Mtg. 1:30- WU: Fall Painting Workshop 3:00- Poker Challenge 4:15- iN2L: Dance History: Samba 4:30- Word Scramble Game 6:30- Music Expression in the Lobby</p>	<p>Thanksgiving Day 9:30- Exercise Video 10:00- Parade on TV CH 12:00- Special Holiday Luncheon 1:30- Walks and Jigsaw Puzzle 3:00- Cafe Social 4:15- iN2L: Relaxation 4:30- Fill in the Blanks 6:30- Game Night in the Cafe</p>	<p>9:45- Theraband Exercise 10:30- Group Crossword Puzzle 1:30- WU: Music Appreciation with Judy 2:30- Karma The Dog Visits 3:00- Swifferboard 4:15- iN2L: Breathe 4:30- Scattergories 6:30- Old Time Radio in Cafe</p>	<p>9:45- Strengthening Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 2:00- Lisa Pernice-Gomes Roll & Stroll 2:30- Movie Matinee "Jingle Jangle" 4:15- Spa Afternoon 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Cafe 4:15- iN2L: Art History: Van Gough 4:30- One Long Word 6:30- EWTN Worship Service</p>	<p>9:45- Resistance Exercise 10:15- Balance Assessments 10:30- Scattergories 1:00- Communion 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Reminisce 4:15- iN2L: Animal Adventures: Blue Whale 6:30- Comedy Club: "The Three Stooges"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 1:30- Deer Hunting Game 3:00- Cribbage Challenge 4:15- iN2L: Meditation 4:30- Word Find Game 6:00- Prize Bingo</p>	<p>9:45- Cardio Exercise 10:30- WU: Seasonal Baking 1:30- WU: Music Across the Decades 3:00- WU: National Parks & Historic Sites 4:15- iN2L: Dance History: Tango 4:30- Word Scramble Game 6:30- Music Expression in the Lobby</p>	<p>9:30- WU: Yoga Exercise 10:30- Holiday decorating 1:30- WU: Engage VR 1:30- WU: Timely Topics Around The World 2:30- Ice Cream Social 4:15- iN2L: Relaxation 4:30- Fill in the Blanks 6:30- Game Night in the Cafe</p>		
<p>NOVEMBER 2023</p> <p>Assisted Living</p> <p>EAST VILLAGE PLACE A WATERMARK RETIREMENT COMMUNITY™</p>		<p>ACTIVITY LOCATOR KEY</p>	<p><u>Pet Therapy</u></p> <p>Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>	<p><u>Happy Birthday</u></p> <p>9th Donald Makarawicz 10th Teddy Quick 13th Marigold Hiser 13th Nancy Ryan 28th Joanne DeLong</p>	<p><u>Recycled Materials Craft Fair</u></p> <p>Tuesday, November 21st in the lobby!</p> <p>Visit our first annual craft fair, where all the proceeds benefit Watermark For Kids</p>	<p><u>Dates to Remember</u></p> <p>11/2 Just Len Entertains 11/3 Catholic Mass 11/8 Jose Paulo Performs 11/10 Veteran's Program 11/14 Country Duo Plays Burger 11/15 Lunch Trip- Classic 11/19 Grace Church Service 11/21 Recycle Craft Fair 11/23 Thanksgiving Meal 11/25 Lisa-Roll & Stroll 11/28 Deer Hunter Game</p>