

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 & Thursdays through the receptionist. For Memory Care, a family member must accompany the resident.</p>	<p>9:45- Cardio Exercise 10:30- Word Games 1:30- WU: EVP Choral Group 2:30- Afternoon Stretch 3:00- WU: Timely Topics 4:00- Autumn Cafe Meditation 6:00- Book Club: "We Pulled Together Ch. 1"</p>	<p>9:45- Balance Exercise 10:30- WU: Health Talk 1:30- "Just Len" Entertains 2:30- Afternoon Stretch 3:00- WU: Engage VR 4:00- Music Hour: Cher 6:00- Comedy Club: I Love Lucy</p>	<p>9:45- Strength Exercise 10:30- iN2L: Armchair Travel to Germany 1:30- Mass with Father Wayne 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00- Pitch & Putt 4:00- Music & Reminisce 6:00- Game Night: Dominoes</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30- Movie Matinee: "The Monuments Man" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Poetry Corner: Longfellow 6:00- Manicures & Music</p>
<p>Daylight Savings 10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Elton John 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- Coffee Social/Daily Chronicle 1:30- Musical Meditation 2:00- Chaplet of Divine Mercy 2:45- Happy Hour & Chat 4:00- Watercolor Painting 6:00- Music Appreciation: Jazz</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- WU: All About Cheese 2:30- Afternoon Stretch 3:00- WU: Timely Topics 4:00- Peaceful Reflections 6:00- Game Night: Uno</p>	<p>9:45- Cardio Exercise 10:30- Dunkin Donuts Trip 1:15 - 50's Music 2:00- Jose Paulo Entertains 3:00- Afternoon Stretch 4:00- Ocean Wave Meditation 6:00- Book Club: " We Pulled Together Ch. 2"</p>	<p>9:45- Balance Exercise 10:30- WU: Biography: Suzanne Somers 1:30- WU: Armchair Travel to NV/AZ with Krysten 2:30- Afternoon Stretch 3:00- WU: Engage VR 4:00- Music Hour: Billy Joel 6:00- Comedy Club: Dean Martin</p>	<p>9:45- Strength Exercise 10:30- iN2L: Armchair Travel: Egypt 1:30- Veterans Day Program 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00- Ladder Golf 4:00- Music & Reminisce 6:00- Game Night: Crazy 8's</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30- Movie Matinee: "Forgotten Love" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Poetry Corner: Whitman 6:00- Manicures & Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: James Taylor 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- WU: Daily Chronicle 1:00- Communion 2:00- Chaplet of Divine Mercy 2:45- Happy Hour & Chat 4:00- Watercolor Painting 6:00- Music Appreciation: Whitney Houston</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- Country Duo Performs 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Peaceful Reflection 6:00- Game Night: Dominoes</p>	<p>9:45- Cardio Exercise 10:30- Word Games 1:30- Thanksgiving Craft: Cornucopia Part 1 2:30- Afternoon Stretch 3:00- Today in History 4:00- Paris Cafe Meditation 6:00- Book Club: " We Pulled Together Ch. 3"</p>	<p>9:45- Balance Exercise 11:30- Lunch Trip To 99 1:30 - WU: Timely Topics 2:30- Afternoon Stretch 3:00- WU: Engage VR 4:00- Music Hour: Rat Pack 6:00- Comedy Club: Bewitched</p>	<p>9:45- Strength Exercise 10:30- iN2L: Armchair Travel: Naples 1:30- WU: Biography: James Dean 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00- Corn Hole 4:00- Music & Reminisce 6:00- Game Night: Checkers</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30- Movie Matinee: "Big Eyes" 2:30- Afternoon Stretch 3:00- Positive Reflections 4:00- Poetry Corner: Emily Dickinson 6:00- Manicures & Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:00- Grace Church Service 3:00- Artistic Expression 4:00- Music Hour: Garth Brooks 6:00- Group Trivia</p>	<p>9:45 Resistance Exercise 10:30- Coffee Social/ Daily Chronicle 1:30- Musical Meditation 2:00- Chaplet of Divine Mercy 3:00- Reborns/Reason 4:00- Watercolor Painting 6:00- Music Appreciation: Motown</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- Disco Dance Party 2:30- Afternoon Stretch 3:00- WU: Timely Topics 4:00- Peaceful Reflections 6:00- Game Night: Table Games</p>	<p>9:45- Cardio Exercise 10:30- Word Games 1:30- Thanksgiving Craft: Cornucopia Part 2 2:30- Afternoon Stretch 3:00- Today in History 4:00- Italian Cafe Meditation 6:00- Book Club: " We Pulled Together Ch. 4"</p>	<p>Thanksgiving Day 9:45- Music N' Motion Exercise 10:00- Parade on TV 12:00- Holiday Luncheon 1:30- Artistic Expression 3:00- Musical Meditation 6:00- Comedy Club: Green Acres</p>	<p>9:45- Strength Exercise 10:30- iN2L: Armchair Travel: England 1:30- WU: Music Appreciation with Judy 2:30- Afternoon Stretch 2:45- Karma the Dog Visits 3:00- Swifferboard 4:00- Music & Reminisce 6:00- Game Night: Uno</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 1:30- Movie Matinee: "Jingle Jangle" 2:30- Lisa Pernice-Gomes: Roll & Stroll 3:00- Positive Reflections 4:00- Poetry Corner: Emerson 6:00- Manicures & Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: 60's & 70's 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- WU: Daily Chronicle 1:00- Communion 2:00- Chaplet of Divine Mercy 2:45- Happy Hour & Chat 4:00- Watercolor Painting 6:00- Music Appreciation: 30's & 40's</p>	<p>9:45- Yoga Exercise 10:30- WU: Baking Club 1:30- Deer Hunting Game 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Peaceful Reflections 6:00- Game Night: Crazy 8's</p>	<p>9:45- Cardio Exercise 10:30- Word Games 1:30- WU: Music/Decades 2:30- Afternoon Stretch 3:00- WU: National Parks & Historic Sites 4:00- Autumn Cafe Meditation 6:00- Book Club: " We Pulled Together Ch. 5"</p>	<p>9:45- Balance Exercise 10:30- Holiday Decorating Project 1:30- WU: Timely Topics 2:30- Ice Cream Social 3:00- WU: Engage VR 4:00- Music Hour: Aretha Franklin 6:00- Comedy Club: I Love Lucy</p>		<p>Dates to Remember</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 Performs 11/16 Lunch Trip to 99 11/19 Grace Church Service 11/21 Recycle Craft Fair 11/23 Thanksgiving Luncheon 11/25 Lisa - Roll & Stroll 11/28 Deer Hunter Game</p>
<p>NOVEMBER 2023</p> <p>Our Place</p> <p>EAST VILLAGE PLACE A WATERMARK RETIREMENT COMMUNITY™</p>		<p>ACTIVITY LOCATOR KEY</p> <p>*Activities Subject to Change</p>	<p>Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>	<p>Happy Birthday! 9th Donald Makarawicz 10th Teddy Quick 13th Marigold Hiser 13th Nancy Ryan 28th Joanne DeLong</p>		