

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note: Activities in bold denote special programs such as live music, religious services, & Watermark University Courses.</p>	<p>Pet Therapy Reduce anxiety, increase socialization, improve your overall quality of life by spending time with our visiting dog: Karma</p>	<p><u>Transportation/Medical</u> Appointments: Appointments can be made on Tuesdays and Thursdays, 9-3 only, through Judy Gagnon. For Memory Care, a family member or staff person must accompany the resident</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle Discussion 1:00 - Aroma Therapy 1:30 - Body in Motion 2:00 - Artistic Expression 3:00 - Discussion: All Saints Day 4:00 - Music Hour: Elton John 6:00 - Manicures</p> <div>1</div>	<p>9:45 - Conductorcise 10:30 - WU: Music Appreciation: The 1950's 1:00 - WU: Engage VR 1:00 - Walking Club 1:30 - Just Len Performs 2:30 - Refreshments 3:00 - iN2L: Cats and Kittens 4:00 - Music Hour: Billy Idol 6:00 - Objects BINGO</p> <div>2</div>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:00 - Aroma Therapy 1:30 - Mass w/Father Wayne 2:00 - Moving & Shaking 3:00 - Autumn Scenes 3:15 - Karma the Dog Visits 4:00 - Music Hour: James Taylor 6:00 - Comedy Club: <i>Once Upon a Crime</i></p> <div>3</div>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Malibu Rescue</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 4:00 - Music Hour: Glenn Miller 6:00 - Volleyball</p> <div>4</div>
<p>Daylight Savings 10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion 1:30 - Dominoes 2:30 - Sorting 3:00 - Ball Toss 4:00 - Music Hour: Chamber Music 6:00 - Watercolor Painting</p> <div>5</div>	<p>9:45 - Cardio Exercise 10:30 - Art Appreciation: Wtr Color 1:00 - Jigsaw Puzzle 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Dancing with Birds</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: The 20's 6:00 - Game Night: Matching</p> <div>6</div>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Table Top Bowling 2:30 - Stretching 3:00 - WU: Hearthside Book Club: Classical Music 4:00 - Music Hour: The Beatles 6:00 - Artistic Expression</p> <div>7</div>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle Discussion 1:00 - Aroma Therapy 1:30 - Afternoon Walk 2:00 - Jose Paulo Performs 3:30 - Gratitude: Card Making 4:00 - Music Hour: The 40's 6:00 - Manicures</p> <div>8</div>	<p>9:45 - Conductorcise 10:30 - WU: Music Appreciation: Queen 1:00 - WU: Engage VR 1:30 - Target Practice 2:00 - Body in Motion 2:30 - Discussion: Emotions 3:00 - iN2L: Dogs and Puppies 4:00 - Music Hour: C. Church 6:00 - Objects BINGO</p> <div>9</div>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:00 - Aroma Therapy 1:30 - Veteran's Day Program 2:00 - Moving & Shaking 3:00 - Autumn Scenes 3:15 - Karma the Dog Visits 4:00 - Music Hour: Manilow 6:00 - Comedy Club: <i>Kevin James</i></p> <div>10</div>	<p><u>Veteran's Day</u> 9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>The Adventures of Tin Tin</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 4:00 - Music Hour: Benny Goodman 6:00 - Volleyball</p> <div>11</div>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion 1:30 - Dominoes 2:30 - Sorting 3:00 - Ball Toss 4:00 - Music Hour: Singing Nuns 6:00 - Watercolor Painting</p> <div>12</div>	<p>9:45 - Cardio Exercise 10:30 - WU: Remember When: Gene Kelly 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary:<i>Night on Earth</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Big Band 6:00 - Game Night:Dominoes</p> <div>13</div>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Country Duo Performs 2:30 - Walking Club 3:00 - WU: Hearthside Book Club: John Deere 4:00 - Music Hour: Jeffrsn Airplane 6:00 - Artistic Expression</p> <div>14</div>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle Discussion 1:00 - Aroma Therapy 1:30 - Body in Motion 2:00 - Group Quilt Project 3:00 - Pen Pals 4:00 - Music Hour: the 50's 6:00 - Manicures</p> <div>15</div>	<p>9:45 - Conductorcise 10:30 - WU: Music Appreciation: Buddy Holly 1:00 - WU: Engage VR 1:30 - Table Top Bowling 2:00 - Dance Party 2:30 - Stretching 3:00 - iN2L: Crossword Puzzle 4:00 - Music Hour: Chuck Berry 6:00 - Objects BINGO</p> <div>16</div>	<p>9:45 - Flexibility Exercise 10:30 - WU: Autumn Painting Transformation w/Emily 1:00 - Aroma Therapy 1:30 - Parachute Fun! 2:00 - Moving & Shaking 3:00 - Autumn Scenes 3:15 - Karma the Dog Visits 4:00 - Music Hour: Temptations 6:00 - Comedy Club: Sinbad</p> <div>17</div>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Forever My Girl</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 4:00 - Music Hour: Celtic Dawn 6:00 - Volleyball</p> <div>18</div>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion 1:30 - Dominoes 2:00 - Grace Church Service 2:30 - Sorting 3:00 - Ball Toss 4:00 - Music Hour: Celine Dion 6:00 - Watercolor Painting</p> <div>19</div>	<p>9:45 - Cardio Exercise 10:30 - WU: History: Old News 1:00 - Jigsaw Puzzle 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:30 - Reborns with Reason 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Classic Country 6:00 - Game Night: Crazy 8's</p> <div>20</div>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Disco Dance Party 2:15 - Walking Club 2:30 - Refreshments 3:00 - Hearthside Book Club: Jazz 4:00 - Music Hour: Elvis 6:00 - Artistic Expression</p> <div>21</div>	<p>9:45 - Morning Exercise 10:30 - Coffee Social 10:00 - Luncheon Out to Olive Garden 11:00 - Daily Chronicle Discussion 1:00 - Homemade Butter 1:30 - Body in Motion 2:30 - Discussion: Dating Advice 3:00 - Happy Hour 4:00 - Music Hour: Classic Country 6:00 - Manicures</p> <div>22</div>	<p><u>Thanksgiving Day</u> 9:45 - Conductorcise 10:30 - Thanksgiving Day Parade 12:00 - Holiday Luncheon 1:30 - Musical Meditation 2:00 - Artistic Expression 2:30 - Stretching 3:00 - Holiday Movie: Jingle Jangle 4:00 - Music Hour: Bing Crosby 6:00 - Objects BINGO</p> <div>23</div>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:00 - Aroma Therapy 1:30 - Noodles Ball 2:00 - Moving & Shaking 3:00 - Autumn Scenes 3:15 - Karma the Dog Visits 4:00 - Music Hour: Piano 6:00 - Comedy Club: Lucy</p> <div>24</div>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>The Starling</i> 2:30 - Refreshments 3:00 - Lisa Roll & Stroll- Guitar 4:00 - Music Hour: Classical 6:00 - Volleyball</p> <div>25</div>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion 1:30 - Dominoes 2:30 - Sorting 3:00 - Ball Toss 4:00 - Music Hour: Mariah Carey 6:00 - Watercolor Painting</p> <div>26</div>	<p>9:45 - Cardio Exercise 10:30 - Book Club 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary:<i>Kiss the Grnd</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Dolly Parton 6:00 - Game Night: High/Low</p> <div>27</div>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Table Top Bowling 2:30 - Stretching 3:00 - WU: Hearthside Book Club: Birds of America 4:00 - Music Hour: Perry Como 6:00 - Artistic Expression</p> <div>28</div>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle Discussion 1:00 - Aroma Therapy 1:30 - Body in Motion 2:00 - Holiday Tree Decorating 3:00 - Holiday Sing Along 4:00 - Music Hour: Jazz 6:00 - Manicures</p> <div>29</div>	<p>9:45 - Conductorcise 10:30 - WU: Music Appreciation: Show tunes 1:00 - WU: Engage VR 1:30 - Artistic Expression 2:00 - Ice Cream Social 2:30 - Musical Meditation 3:00 - iN2L: Name that Sound 4:00 - Music Hour: Frank Sinatra 6:00 - Objects BINGO</p> <div>30</div>		<p><u>Dates to Remember</u></p> <p>11/2 Just Len Entertains</p> <p>11/3 Catholic Mass</p> <p>11/8 Jose Paulo Performs</p> <p>11/14 Country Duo Performs</p> <p>11/19 Grace Chrch Service</p> <p>11/21 Recycle Craft Fair</p> <p>11/25 Lisa- Roll and Stroll</p>
<p>NOVEMBER 2023</p> <p>Pathways</p> <p>EAST VILLAGE PLACE A WATERMARK RETIREMENT COMMUNITY™</p>		<p>ACTIVITY LOCATOR KEY</p> <p>* Schedule Subject to Change</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>	