

| SUNDAY                                                                                                                                                                                                                                | MONDAY                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                               | FRIDAY                                                                                                                                                                                             | SATURDAY                                                                                                                                                                   |
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|                                                                                                                                                                                                                                       | Activities, events and outings are subject to change.                                                                                                                                                                                        |                                                                                                                                                                     | 10:00 Morning Exercise<br>11:00 Bible Study with Anne & Tony<br>1:30 Bingo<br><b>2:30 Music Therapy</b><br>3:30 Balloon Volleyball<br>6:00 Card Sharks <div>1</div>                                                                                                                                                                                                                                                                                                                                  | 10:00 Ball Exercises<br>11:00 Chorus<br>1:30 Turkey Day Words<br>2:30 Specialty Coffee's<br>3:30 Afternoon Stretch<br>6:00 Manicures <div>2</div>                                      | 10:00 Aerobics<br>11:00 Scarecrow Plate Door Hangers<br><b>1:30 Trip to Memorial Art Gallery</b><br>3:00 Drum Circle<br>6:00 Game Night <div>3</div>                                               | 10:00 Upper Body Exercise<br>11:00 Sing-Along<br>1:30 Bingo<br>3:00 November Trivia<br>3:30 Afternoon Exercise<br>6:00 Pleasant Puzzling <div>4</div>                      |
| 10:00 Colored Pencil Art<br>11:00 Devotions<br>1:30 Upper Body Stretches<br>2:30 Card Sharks<br>6:00 Hallmark movie <div>5</div>                                                                                                      | 10:00 Morning Stretch<br><b>11:00 WU: Classic Cartoons</b><br>1:30 Basketball Challenge<br>2:30 Fall Chorus Performance-GV<br>3:30 Blackjack<br>6:00 After Dinner Strolls <div>6</div>                                                       | 10:00 Full Body Work Out<br>11:00 Manicures & Music<br>1:30 Bingo<br>2:30 Gratitude Circle<br><b>3:30 WU: Cupcake Fun</b><br>6:00 Word Searches <div>7</div>        | 10:00 Full Body Workout<br>11:00 Whiteboard Games<br>11:00 Ring Toss<br>1:30 Bingo<br><b>2:30 Music Therapy</b><br>3:30 Afternoon Exercise<br>6:00 Card Sharks <div>8</div>                                                                                                                                                                                                                                                                                                                          | 10:00 Exercise Class<br>11:00 Chorus<br>1:30 Head to Toe Cardio<br>2:00 Snack & Fall Trivia<br>3:00 Idioms Word Game<br>6:00 Manicures <div>9</div>                                    | 10:00 Move and Groove<br>11:00 Table Golf<br><b>11:30 Bill Grays Lunch Outing</b><br>1:30 Name that Tune<br>2:30 WU:Classic Cartoons: WWII<br>3:00 Cone Ring Toss<br>6:00 Game Night <div>10</div> | <b>Veteran's Day</b><br>10:00 Lower Body Exercise<br>11:00 What is Veteran's Day<br>1:30 Bingo<br>3:00 Word Games<br>6:00 Pleasant Puzzling <div>11</div>                  |
| 10:00 Colored Pencil Art<br>11:00 Devotions<br>1:30 Lower Body Exercise<br>2:30 Puzzles<br>6:00 Hallmark Movie <div>12</div>                                                                                                          | 10:00 Morning Stretch<br>11:00 Easy Listening<br>1:30 Twister Toss<br><b>2:30 WU: All About Kansas</b><br>3:30 Walking Club<br>6:00 After Dinner Strolls <div>13</div>                                                                       | 10:00 Full Body Work Out<br>11:00 Baking Group: Pies<br>1:30 Bingo<br>2:30 Pie Social<br>3:00 Wii Games<br>6:00 Word Searches <div>14</div>                         | 10:00 Aerobics<br>11:00 Bible Study with Anne & Tony<br>11:00 Turkey Banner Craft<br>1:30 Bingo<br><b>2:30 Music Therapy</b><br>3:30 Name that Instrument<br>6:00 Card Sharks <div>15</div>                                                                                                                                                                                                                                                                                                          | 10:00 Weight Exercises<br>11:00 Chorus<br>1:30 Head to Toe Wake Up<br>2:00 Snack & Holiday Trivia<br>3:00 Holiday Prize Bingo<br>3:30 Music/Pencil Art<br>6:00 Manicures <div>16</div> | 10:00 Aerobics<br>11:00 Drum Circle<br><b>1:30 Starbucks Outing</b><br>2:30 Gratitude Circle<br>3:00 Afternoon Exercise<br>6:00 Game Night <div>17</div>                                           | 10:00 Upper Body Exercise<br>11:00 Sing-Along<br>1:30 Bingo<br><b>2:30 WU: All about Alice in Wonderland</b><br>3:00 Game Stations<br>6:00 Pleasant Puzzling <div>18</div> |
| 10:00 Colored Pencil Art<br>11:00 Devotions<br>1:30 Bingo<br>2:30 Card Sharks<br>6:00 Hallmark movie <div>19</div>                                                                                                                    | 10:00 Morning Stretch<br>11:00 Classic Cartoons: All About Food<br>1:30 Basketball Challenge<br>2:00 Themed Hangman<br><b>2:30 WU: History of Thanksgiving</b><br>3:00 Dominoes<br>3:30 Blackjack <div>20</div>                              | 10:00 Full Body Work Out<br>11:00 WU: History of Thanksgiving<br>1:30 Bingo<br>2:30 Gratitude Circle<br>3:30 Balloon Volleyball<br>6:00 Word Searches <div>21</div> | 10:00 Morning Exercise<br>11:00 Whiteboard Games<br>11:00 Winter Collages<br>1:30 Bingo<br>2:30 Music Therapy<br>3:30 Jeopardy<br>6:00 Card Sharks <div>22</div>                                                                                                                                                                                                                                                                                                                                     | <b>Thanksgiving</b><br>9:30 Macy's Day Parade<br>11:00 Manicures<br>1:30 Bingo<br>3:30 Miracle on 34th Street<br>6:00 Thanksgiving Art <div>23</div>                                   | 10:00 Move and Groove<br>11:00 Table Golf<br><b>11:30 Panera Bread Lunch Outing</b><br>2:00 Turkey Cracker Craft<br>3:00 Whiteboard Word Game<br>6:00 Game Night <div>24</div>                     | 10:00 Upper Body Exercise<br>11:00 Sing-Along<br>1:30 Bingo<br>3:00 Trivia<br>6:00 Pleasant Puzzling <div>25</div>                                                         |
| 10:00 Colored Pencil Art<br>11:00 Devotions<br>1:30 Lower Body Exercise<br>2:30 Puzzles<br>6:00 Hallmark Movie <div>26</div>                                                                                                          | 10:00 Morning Stretch<br>11:00 Christmas Decorating<br>1:30 Left, Right, Center<br>2:00 Puzzle Time<br><b>2:30 WU: The Revolutionary War</b><br>3:00 Card Games: Go Fish/War<br>3:30 Walking Club<br>6:00 After Dinner Strolls <div>27</div> | 10:00 Full Body Work Out<br>11:00 Manicures & Music<br>1:30 Bingo<br>2:30 Drum Circle<br>3:30 Wii Games<br>6:00 Word Searches <div>28</div>                         | 10:00 Full Body Workout<br>11:00 Word Games<br>11:00 Jewelry Making Class<br>1:30 Bingo<br><b>2:30 Music Therapy</b><br>3:30 Name that Tune<br>6:00 Card Sharks <div>29</div>                                                                                                                                                                                                                                                                                                                        | 10:00 Ball Exercises<br>11:00 Chorus<br>1:30 Afternoon Stretch<br>2:00 Cider & Donuts<br>2:30 Making our Family Christmas Wreath/Music<br>6:00 Manicures <div>30</div>                 |                                                                                                                                                                                                    |                                                                                                                                                                            |
| <div>NOVEMBER 2023</div> <div>  <b>LEGACY</b><br/>           AT GRANDE'VIE<br/> <small>A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup></small> </div> |                                                                                                                                                                                                                                              | <div>ACTIVITY LOCATOR KEY</div> <div>GV- Grande' Vie</div> <div>Gardens Calendar</div>                                                                              | <div>           With any questions reach out to: Jamie Barbara<br/><br/>           Program Director MC &amp; CL         </div> <div>           100 Village Wood Lane<br/>           Penfield, N.Y. 14526<br/>           (585) 381-4210 Ext. - 1121<br/>           jbarbara@watermarkcommunities.com         </div> <div>           Residents, family and friends are urged to sign up to teach a class any time.<br/><br/>           This month we highlight:<br/> <b>WU:All About Kansas</b> </div> |                                                                                                                                                                                        |                                                                                                                                                                                                    |                                                                                                                                                                            |