

November 2025 Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Body - Community - Entertainment - Mind - Outing - Spirit	HAPPY BIRTHDAY!!! Carol M. – 11th Sylvia D. – 15th 					- Coffee and Magazines Meetup 10:15 Taoist YOGA w/ Stew (WU) - Energy Burst - Saturday Night Fever (MC) - Saturday Puzzle Hour
- Sole to Soul Walking Club - Hymn Singing (MC) - Poppin' Nostalgic Movie Matinee (MC)	9:00 Watermark Walking Club 10:00 Monday Flower Club (MC) 11:00 Fit to Stretch w/ Sheila (MC) 2:00 Culinary Creations: The Rice Krispie Creation 3:00 Garden Grooves (L)	9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 11:00 IN2L Brain Games 1:30 Drum Fit w/ Ken Staub (MC) 2:30 General Movement w/ Sheila (MC) 3:00 Evening Watch: Night on Earth (Netflix) (MC)	9:00 Watermark Walking Club 10:00 Soft Hands & Pamper Hour 11:00 Melodies in the Garden 11:30 Fit to Stretch w/ Sheila (MC) 2:00 An Eye for Art with Jack 3:00 Dose of Daily Delight (MC)	9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 11:00 The Trivia Hour - Virtual Adventure 2:00 Melodies w/ Sweet Lou (MC) 3:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 10:00 Coffee & Doughnuts (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (MC)	- Stretch & Strength 10:15 Taoist YOGA w/ Stew (WU) - Energy Burst - Saturday Night Fever (MC)
- Sole to Soul Walking Club - Energy Burst - Music In The Air (MC) - Poppin' Nostalgic Movie Matinee (MC)	9:00 Watermark Walking Club 10:00 Noodle Ball Exercises 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 The Violin & Candlelight Session w/ Kiara 3:00 Color & Calm (MC)	Veterans Day 9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 11:00 Community Karaoke 2:30 General Movement w/ Sheila (MC) 3:00 Coffee & Poetry in the Garden	9:00 Watermark Walking Club 10:00 Miniature Golf Outing 11:00 Fit to Stretch w/ Sheila (MC) 2:00 An Eye for Art with Jack 3:00 Sundae Session (MC)	9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 11:00 Sense Aromas w/ Calusa Garden Club - Virtual Trip Down Memory Lane 2:30 General Movement w/ Sheila (MC) 3:00 BINGO	9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (TR)	- Stretch & Strength 10:15 Taoist YOGA w/ Stew (WU) - Energy Burst - Saturday Night Fever (MC) - Saturday Puzzle Hour
- Sole to Soul Walking Club - Energy Burst - Music In The Air (MC) - Poppin' Nostalgic Movie Matinee (MC) 2:00 Melodies w/ Sweet Lou (MC)	9:00 Watermark Walking Club 10:30 Music Therapy - Movement to Music with Ken S. (MC) 11:30 These Boots Keep Walkin' - WU: Culinary Creations 2:00 Fit to Stretch w/ Sheila (MC) 3:00 Noodle Ball	9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 11:00 Dose of Daily Delight (MC) 2:00 Entertainer: "Music w/ Brad" 3:00 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 10:00 The Marco Cast at Watermark (Fishing Club) (L) 11:00 Fit to Stretch w/ Sheila (MC) 2:00 An Eye for Art with Jack 3:00 The Domino Table	- Brain Games - Slow Flow Yoga 9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew - Virtual Roadtrippers 2:30 General Movement w/ Sheila (MC)	- Joyful Movement 9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (TR)	- Stretch & Strength 10:15 Taoist YOGA w/ Stew (WU) - Energy Burst - Saturday Night Fever (MC)
- Sole to Soul Walking Club - Energy Burst - Music In The Air (MC) - Poppin' Nostalgic Movie Matinee (MC)	- Joyful Movement 9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' - WU: Culinary Creations 2:00 Autumn Elegance: Flower Arrangement Class	- Brain Games - Gentle Movement 9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew - WU: Artistry Unleashed 2:30 General Movement w/ Sheila (MC)	- Gratitude and Reflections 9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Sound Healing w/ Joanna	Thanksgiving Day 9:40 Walking Club (MC) 10:00 Friends Giving Celebration (MC) 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 10:00 Seasonal Reset Autumn Wrap-Up (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (TR)	- Stretch & Strength 10:15 Taoist YOGA w/ Stew (WU) - Energy Burst - Saturday Night Fever (MC) - Saturday Puzzle Hour
- Sole to Soul Walking Club - Energy Burst - Music In The Air (MC) - Poppin' Nostalgic Movie Matinee (MC)						