

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <div><div></div> Body</div> <div><div></div> Community</div> <div><div></div> Entertainment</div> <div><div></div> Mind</div> <div><div></div> Outing</div> <div><div></div> Spirit</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <div><div></div> 9:30-10:00 Naya Guided Stretch and Strength</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:00-11:00 Virtual Adventure</div> <div><div></div> 10:30-11:00 iN2L Seasonal Triva</div> <div><div></div> 11:00-11:30 Courtyard Stroll</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; Music</div> <div><div></div> 2:30-3:30 Art By Number &amp; Music</div> <div><div></div> 3:30-4:00 Pages, Pictures &amp; Music</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>      |
| <div><div></div> Morning Fall Back 1 Hour</div> <div><div></div> 9:30-10:00 Foundry Church &amp; Communion</div> <div><div></div> 10:00-10:30 Naya Guided: Faith and Friends Trivia</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:15-11:45 Soul 2 Soul Walking Group</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:00 Naya Guided: Afternoon Delights &amp; Music</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                              | <div><div></div> 9:30-10:00 Joyful Movement</div> <div><div></div> 10:00-10:30 I Went Shopping</div> <div><div></div> 10:30-11:00 Trivia &amp; Morning Munchies</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 WU: Culinary Creations &amp; Recipe Reminisce</div> <div><div></div> 3:00-3:30 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                                                                                                                       | <div><div></div> 9:30-10:00 Gentle Movement</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 12:00-1:00 Uber Eats: Publix Lunch - Popcorn Chicken Meal</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Heather Rae</div> <div><div></div> 3:00-3:30 Afternoon Delights</div> <div><div></div> 3:30-4:00 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                             | <div><div></div> 9:30-10:00 HealthPro Exercise</div> <div><div></div> 10:00-10:30 Word Chains</div> <div><div></div> 12:00-1:00 Porch Picnic</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:30 Afternoon Delights &amp; Porch Bingo</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                                                                                                                                                                    | <div><div></div> 9:30-10:00 Slow Flow Yoga</div> <div><div></div> 10:00-11:00 iN2L Seasonal Triva</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 10:30-11:00 Mom's Kitchen: Deviled Eggs</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Professor Mental</div> <div><div></div> 2:30-3:00 Virtual Adventure</div> <div><div></div> 3:00-4:00 Personalized Postcards</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                              | <div><div></div> 9:30-10:00 Joyful Movement</div> <div><div></div> 10:00-10:30 Passport To Australia</div> <div><div></div> 10:30-11:30 Wicked Wildlife Encounters</div> <div><div></div> 11:00-11:30 Porch Time Bingo or Virtual Adventure</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 1:30-3:00 4th Annual Fall Health Fair</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Seasonal Craft Kit</div> <div><div></div> 3:00-4:00 Classic Holiday Sitcom</div> <div><div></div> 3:00-4:00 Happy Hour Sing-Along with Charmaine &amp; Carlos</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> 9:30-10:00 Naya Guided Stretch and Strength</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:00-11:00 Virtual Adventure</div> <div><div></div> 11:00-11:30 Courtyard Stroll</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; Music</div> <div><div></div> 2:30-3:30 Art By Number &amp; Music</div> <div><div></div> 3:30-4:00 Pages, Pictures &amp; Music</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> |
| <div><div></div> 9:30-10:00 Foundry Church &amp; Communion</div> <div><div></div> 10:00-10:30 Naya Guided: Faith and Friends Trivia</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:15-11:45 Soul 2 Soul Walking Group</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:00 Naya Guided: Afternoon Delights &amp; Classical Radio"</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                   | <div><div></div> 9:30-10:00 Joyful Movement</div> <div><div></div> 10:00-10:30 Naya Guided: Virtual Trip Down Memory Lane</div> <div><div></div> 10:30-11:00 Trivia &amp; Morning Munchies</div> <div><div></div> 11:00-12:00 Dollar Tree</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; WU: Artistry Unleashed</div> <div><div></div> 3:00-3:30 Mom's Kitchen: Corn Dog Muffins &amp; Culinary Reminisce</div> <div><div></div> 3:30-3:30 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> Morning Veterans Day</div> <div><div></div> 9:30-10:00 Gentle Movement</div> <div><div></div> 10:00-11:00 A Salute to Our Veterans</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:30 Afternoon Delights &amp; WU: Artistry Unleashed</div> <div><div></div> 3:30-4:00 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> 9:30-10:00 Healthy Chair Cardio</div> <div><div></div> 10:00-10:30 Word Association</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Chat</div> <div><div></div> 10:30-11:30 Mom's Kitchen: Surprise Cookies</div> <div><div></div> 12:00-1:00 Porch Picnic - Weather Permitting</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:30 Afternoon Delights &amp; Porch Bingo</div> <div><div></div> 3:30-4:00 Reading Circle</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                       | <div><div></div> Morning Happy Birthday Norvelle</div> <div><div></div> 9:30-10:00 Slow Flow Yoga</div> <div><div></div> 10:00-11:00 iN2L Seasonal Triva</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:30-1:00 Park Picnic</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Mario the Entertainer</div> <div><div></div> 3:00-4:00 Personalized Postcards</div> <div><div></div> 3:30-4:00 Virtual Trip Down Memory Lane</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                       | <div><div></div> 9:30-10:00 iN2L: Naya Guided Chair Dancing</div> <div><div></div> 10:00-10:30 The Daily Chuckle</div> <div><div></div> 10:30-11:00 iN2L: Naya Guided Trivia &amp; Morning Munchies</div> <div><div></div> 11:00-11:30 Porch Time Bingo or Virtual Adventure</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Drum Beat Circle</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 3:00-4:00 Classic Holiday Sitcom</div> <div><div></div> 3:00-4:00 Happy Hour Sing-Along with Charmaine &amp; Carlos</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                               | <div><div></div> 9:30-10:00 Naya Guided Stretch and Strength</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:00-11:00 Virtual Adventure</div> <div><div></div> 11:00-11:30 Courtyard Stroll</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; Music</div> <div><div></div> 2:30-3:30 Art By Number &amp; Music</div> <div><div></div> 3:30-4:00 Pages, Pictures &amp; Music</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> |
| <div><div></div> 9:30-10:00 Foundry Church &amp; Communion</div> <div><div></div> 10:00-10:30 Naya Guided: Faith and Friends Trivia</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:15-11:45 Soul 2 Soul Walking Group</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:00 Naya Guided: Afternoon Delights &amp; Music</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                              | <div><div></div> 10:00-10:30 I Went Shopping</div> <div><div></div> 10:30-11:00 Trivia &amp; Morning Munchies</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:30 WU: Culinary Creations &amp; Recipe Reminisce</div> <div><div></div> 3:00-3:30 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                                                                                                                                                                         | <div><div></div> 9:30-10:00 Gentle Movement</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-1:30 HealthPro Health Talk</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; WU: An Eye For Art</div> <div><div></div> 3:30-4:00 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>             | <div><div></div> 9:30-10:00 Healthy Chair Cardio</div> <div><div></div> 10:00-10:30 Word Chains</div> <div><div></div> 10:30-11:00 Gratitude &amp; Reflections with Morning Munchies</div> <div><div></div> 12:00-1:00 Porch Picnic - Weather Permitting</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:30 Afternoon Delights &amp; Porch Bingo</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                                                        | <div><div></div> 9:30-10:00 Slow Flow Yoga</div> <div><div></div> 10:00-11:00 iN2L Seasonal Triva</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Luke Zandy "Pickin' &amp; Prasing"</div> <div><div></div> 3:00-4:00 Personalized Postcards</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> <div><div></div> 4:00-4:30 Virtual Roadtrippers</div>                                                                                                                                        | <div><div></div> 9:30-10:00 Joyful Movement</div> <div><div></div> 10:00-10:30 Passport To Australia</div> <div><div></div> 10:30-11:00 iN2L: Naya Guided Trivia &amp; Morning Munchies</div> <div><div></div> 11:00-11:30 Porch Time Bingo or Virtual Adventure</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-3:00 Ukulele Drifters</div> <div><div></div> 2:30-3:00 Seasonal Craft Kit</div> <div><div></div> 3:00-4:00 Classic Holiday Sitcom</div> <div><div></div> 3:00-4:00 Happy Hour Sing-Along with Charmaine &amp; Carlos</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> 9:30-10:00 Naya Guided Stretch and Strength</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:00-11:00 Virtual Adventure</div> <div><div></div> 11:00-11:30 Courtyard Stroll</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; Music</div> <div><div></div> 2:30-3:30 Art By Number &amp; Music</div> <div><div></div> 3:30-4:00 Pages, Pictures &amp; Music</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> |
| <div><div></div> 9:30-10:00 Foundry Church &amp; Communion</div> <div><div></div> 10:00-10:30 Naya Guided: Faith and Friends Trivia</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:00-12:00 Oviedo City Church</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:00 Nya Guided: Afternoon Delights &amp; Classical Radio"</div> <div><div></div> 3:30-4:00 Creative Color</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                           | <div><div></div> 10:00-10:30 These Hands</div> <div><div></div> 10:30-11:00 Trivia &amp; Morning Munchies</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Mom's Kitchen: Cookie Bake &amp; Culinary Reminisce</div> <div><div></div> 3:00-3:30 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                                                                                                                                                                                       | <div><div></div> 9:30-10:00 Gentle Movement</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; WU: Artistry Unleashed</div> <div><div></div> 3:30-4:00 Courtyard Quiet Time &amp; Sunshine</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                                                    | <div><div></div> 9:30-10:00 Healthy Chair Cardio</div> <div><div></div> 10:00-10:30 Dancing With Jesse</div> <div><div></div> 10:00-10:30 Word Association</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Chat</div> <div><div></div> 10:30-11:30 Mom's Kitchen: Surprise Cookies</div> <div><div></div> 12:00-1:00 Porch Picnic - Weather Permitting</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 2:30-3:30 Afternoon Delights &amp; Porch Bingo</div> <div><div></div> 3:30-4:00 Reading Circle</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> Morning Thanksgiving</div> <div><div></div> 9:30-10:00 Slow Flow Yoga</div> <div><div></div> 10:00-11:00 iN2L Seasonal Triva</div> <div><div></div> 10:30-11:00 Courtyard Cafe' &amp; Retro Recall</div> <div><div></div> 11:30-12:30 Guitarist Fred Hodes</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:20 Energy Burst</div> <div><div></div> 3:00-4:00 Personalized Postcards</div> <div><div></div> 3:30-4:00 Virtual Trip Down Memory Lane</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> | <div><div></div> 9:30-10:00 iN2L: Naya Guided Chair Dancing</div> <div><div></div> 10:00-10:30 The Daily Chuckle</div> <div><div></div> 10:30-11:00 iN2L: Naya Guided Trivia &amp; Morning Munchies</div> <div><div></div> 11:00-11:30 Porch Time Bingo or Virtual Adventure</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Seasonal Craft Kit</div> <div><div></div> 3:00-4:00 Classic Holiday Sitcom</div> <div><div></div> 3:00-4:00 Happy Hour Sing-Along with Charmaine &amp; Carlos</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div>                             | <div><div></div> 9:30-10:00 Naya Guided Stretch and Strength</div> <div><div></div> 10:00-11:00 Bingo</div> <div><div></div> 10:00-11:00 Virtual Adventure</div> <div><div></div> 11:00-11:30 Courtyard Stroll</div> <div><div></div> 11:30-12:00 Slow-Pace TV</div> <div><div></div> 1:00-2:00 iN2L Classic TV</div> <div><div></div> 2:00-2:30 Naya Guided Energy Burst</div> <div><div></div> 2:30-3:00 Afternoon Delights &amp; Music</div> <div><div></div> 2:30-3:30 Art By Number &amp; Music</div> <div><div></div> 3:30-4:00 Pages, Pictures &amp; Music</div> <div><div></div> 4:00-5:00 Sensory Dining Experience</div> |
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Watermark at Vistawilla Assisted Living & Memory Care

1519 . East State Road 434 . Winter Springs . FL . 32708