


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday! Kay Gaughan: 12/3		Please note that at anytime programming can change. Scenic Drives for Stillwater are on Thursdays. Weather permitting.	Julie May Estrellado: Executive Director Gina DiMaria: Sales Director Analyn Dolor: Business/HR Director Kathy Duran-Odom: Community Life/Transportation Director	Jose Ramirez: Maintenance/Housekeeping Director Heather Spears: Director of Residential Care Services	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Volleyball/SPR 4:00 Music Expression/SPR 6:00 Soundscape/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 VR Engagement/SPR 3:00 Table Game/SPR 4:00 Music Expression/SP 6:00 Movie Night/SPR
9:30 Spiritual Hymns/SPR 10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SM 2:00 Matching Game/SPR 3:00 Music Appreciation/SPR 4:00 Inspirational Stories /SPR 6:00 Sunday Meditation/SPR	10:00 Movement to Music /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 2:30 Non-Denominational Services with Pastor Josh/CR 3:00 Mini Golf/SPR 4:00 Music Appreciation/SPR 6:00 Monday Movie/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:00 Culinary Delight/SD 3:00 Wild Life Video/SPR 4:00 Let's Travel/SPR 6:00 After Dinner Trivia/SPR	9:00 Morning Coffee & Paper/SD 10:00 Chair Exercise/SPR 11:00 Spiritual Reflection /SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Dice Game/SPR 4:00 Karaoke /SPR 6:00 Hand Massage/SPR	10:00 Chair Exercise /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 1:15 Stillwater Scenic Drive 2:30 Afternoon Snack/SD 3:00 Reading of Stories/SPR 4:00 Music Appreciation/SPR 6:00 After Dinner Chat/SL	10:00 Movement to Music/SPR 11:00 Ball Exercise/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Reminiscing/SPR 4:00 Music Expression/SPR 6:00 Soundscape/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 VR Engagement/SPR 3:00 Table Game/SPR 4:00 Music Expression/SP 6:00 Movie Night/SPR
9:30 Spiritual Hymns/SPR 10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SM 2:00 Pass Ball/Question/SPR 3:00 Music Appreciation/SPR 4:00 Inspirational Stories /SPR 6:00 Sunday Meditation/SPR	10:00 Movement to Music /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 2:30 Non-Denominational Services with Pastor Josh/CR 3:00 Jenga /SPR 4:00 Music Appreciation/SPR 6:00 Monday Movie/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:00 Culinary Delight/SD 3:00 Wild Life Video/SPR 4:00 Let's Travel/SPR 6:00 After Dinner Trivia/SPR	9:00 Morning Coffee & Paper/SD 10:00 Chair Exercise/SPR 11:00 Spiritual Reflection /SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Stamp Art /SPR 4:00 Karaoke/SPR 6:00 Hand Massage/SPR	10:00 Chair Exercise /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 1:15 Stillwater Scenic Drive 2:30 Afternoon Snack/SD 3:00 Reader Digest Reading/SPR 4:00 Music Appreciation/SPR 6:00 After Dinner Chat/SL	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Name Ten /SPR 4:00 Music Expression/SPR 6:00 Soundscape/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 VR Engagement/SPR 3:00 Table Game/SPR 4:00 Music Expression/SP 6:00 Movie Night/SPR
9:30 Spiritual Hymns/SPR 10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SM 2:00 Flutist Ron Friedman will be performing a holiday program/BL 3:00 Music Appreciation/SPR 4:00 Inspirational Stories /SPR 6:00 Sunday Meditation/SPR	10:00 Movement to Music /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 2:30 Non-Denominational Services with Pastor Josh/CR 3:00 Table Tennis/SPR 4:00 Music Appreciation/SPR 6:00 Monday Movie/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:00 Culinary Delight/SD 3:00 Wild Life Video/SPR 4:00 Let's Travel/SPR 6:00 After Dinner Trivia/SPR	9:00 Morning Coffee & Paper/SD 10:00 Chair Exercise/SPR 11:00 Spiritual Reflection /SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Puzzles! Puzzles! /SPR 4:00 Karaoke/SPR 6:00 Hand Massage/SPR	10:00 Chair Exercise /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 1:15 Stillwater Scenic Drive 2:30 Afternoon Snack/SD 3:00 Finish the Nursery Rhyme/SPR 4:00 Music Appreciation/SPR 6:00 After Dinner Chat/SL	10:00 Movement to Music/SPR 11:00 Creative Expression/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Time Slips/SPR 4:00 Music Expression/SPR 6:00 Soundscape/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 VR Engagement/SPR 3:00 Table Game/SPR 4:00 Music Expression/SP 6:00 Movie Night/SPR
9:30 Spiritual Hymns/SPR 10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SM 2:00 Remembering Christmas Eve /SPR 3:00 Music Appreciation/SPR 4:00 Inspirational Stories /SPR 6:00 Sunday Meditation/SPR	10:00 Holiday Music SPR 11:00 Creative Expressions/SPR 12:00 Christmas Buffet/SD 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 2:30 Documentary: Full History of Christmas/SPR 3:00 SPR 4:00 Music Appreciation/SPR 6:00 Holiday Movie/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 2:00 Culinary Delight/SD 3:00 Wild Life Video/SPR 4:00 Let's Travel/SPR 6:00 After Dinner Trivia/SPR	9:00 Morning Coffee & Paper/SD 10:00 Chair Exercise/SPR 11:00 Spiritual Reflection /SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Red & Black Card Game/SPR 4:00 Karaoke/SPR 6:00 Hand Massage/SPR	10:00 Chair Exercise /SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SMG 1:15 Stillwater Scenic Drive 2:30 Afternoon Snack/SD 3:00 Reading of Stories/by Shel Silverstein/SPR 4:00 Music Appreciation/SPR 6:00 After Dinner Chat/SL	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 Afternoon Snack/SD 3:00 Rhyme Time/SPR 4:00 Music Expression/SPR 6:00 Soundscape/SPR	10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 11:45 Today in History/SPR 1:00 Garden Walk/SMG 2:30 VR Engagement/SPR 3:00 Table Game/SPR 4:00 Music Expression/SP 6:00 Movie Night/SPR
9:30 Spiritual Hymns/SPR 10:00 Movement to Music/SPR 11:00 Creative Expressions/SPR 1:00 Garden Walk/SM 2:30 New Years Eve Party with Debbie Davis performing/BL 3:00 Music Appreciation/SPR 4:00 Inspirational Stories /SPR 6:00 Sunday Meditation/SPR	<div> <div> <div>DECEMBER 2023</div> <div>  <div> <div>Stillwater Calendar</div> <div>THE COTTAGES OF CARMEL</div> <div>A WATERMARK RETIREMENT COMMUNITYSM</div> </div> </div> </div> </div>		ACTIVITY LOCATOR KEY SD: Stillwater Dining SP: Stillwater Patio	SPR: Stillwater Program Room BR: Bridge Program CR: Bixby Club Room BB: Bixby Bistro MD: Main Dining Room	KC: Kitchen Courtyard BP: Bixby Patio FD: Front Desk WUC: Watermark University	GAZ: Gazebo Area Julie May Estrellado: Executive Director Gina DiMaria: Sales Director