

March



THE WATERMARK

AT BROOKLYN HEIGHTS

ÉLAN COLLECTION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29		
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Coffee & Conversations 9:30am ROF (JK) Studio Sketching 10:45am AST (JK) Shoot a Game of Pool 11:45am PT Chair Yoga with Gigi 2pm YOG Ping Pong 2pm PA (BC) Needlework & Knitting 2pm LOB High Tea & Pastries 3pm GUS WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Daffodil Painting 10:30am AST (KL) Catholic Communion Service 11am LIB Tech Help 11am 1st Floor (JK) 500 Rummy 1:15pm CR (KL) Trader Joe's Outing 2pm LOB Talent Agent Elliot Gordon 2pm PA Zumba Dance Exercise 3pm YOG (KL) WU: Poetry Spotlight 3pm LIB (JK) Bingo! 3:45pm PA (BC) Parkinson's Support Group 4pm LIB Cornhole 5-7pm PA (JK)	Water Aerobics 9:30am POL (KL) WU: Theraband Class with Mark Wicks 10am YOG WU: Art History – Jackson Pollock 10:45am MOV (JK) VR: Fruit Ninja 11:45am MOV (BC) Jigsaw Puzzles 12:45pm ROF (JK) Attention Lab: Strother School of Radical Attention 2pm PA Ping Pong 2:45pm PA Jewelry Making 2:45pm AST (AC) Happy Hour 3:45pm W	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:45pm ROF (AC) Resident Council 1:45pm PA Dance For Parkinson's 2pm LOB Watermark Walking Club 3pm LOB (AC) Blast From The Past: Paul McCartney - Live from NYC 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Shape, Build & Sculpt 1:15pm AST (BC) Outing: NY Transit Museum 1:30pm LOB WU: Mobility & Musicality 2:30pm YOG (KL) Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm LIB (BC)	Water Aerobics 9:30am POL (KL) Writing Group 11am ROF Tech Help 11am 1st Floor (FW) Meditation & Breathwork 11:15am MOV (AC) NY Times: Group Crossword 11:45am MOV (FW) Scrabble with Fellow Residents 1:30pm ROF Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Gratitude Wreath Making 2:45pm AST (AC) Musical Performance: Chatham Chamber Ensemble 3:45pm PA Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Watermark Pets: Cannoli Rose 11am PA Neighborhood Walk 2:30pm LOB (FW) Getting To Know You 3:30pm LIB Wine O'clock 4pm LIB (FW)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Coffee & Conversations 9:30am ROF (JK) Studio Sketching 10:45am AST (JK) Shoot a Game of Pool 11:45am PT Chair Yoga with Gigi 2pm YOG Ping Pong 2pm PA (BC) Needlework & Knitting 2pm LOB High Tea & Pastries 3pm GUS WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) St. Patrick's Day Painting 10:30am AST (KL) Catholic Communion Service 11am LIB Tech Help 11am 1st Floor 500 Rummy 1:15pm CR (KL) Trader Joe's Outing 2pm LOB Scenes of Brooklyn: History 2pm PA Zumba Dance Exercise 3pm YOG (KL) WU: Poetry Spotlight 3pm LIB (JK) Bingo! 3:45pm PA (BC) Parkinson's Support Group 4pm LIB Cornhole 5-7pm PA (JK)	Water Aerobics 9:30am POL (KL) Cardio & weights 10am YOG (AC) WU: Art History – Hokusai 10:45am MOV (JK) VR: Fruit Ninja 11:45am MOV (BC) Jigsaw Puzzles 12:45pm ROF (JK) Jewelry Making 2:45pm AST (AC) Ping Pong 2:45pm PA Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:45pm ROF (AC) Dining Council 1:45pm PA Dance For Parkinson's 2pm LOB Watermark Walking Club 3pm LOB (AC) Blast From The Past: Engelbert Humperdinck - Totally Amazing 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Shape, Build & Sculpt 1:15pm AST (BC) WU: Mobility & Musicality 2:30pm YOG (KL) Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Art Gallery Opening 5pm First Floor GAL Trivia Night 5-7pm LIB (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Writing Group 11am ROF Tech Help 11am 1st Floor (FW) Meditation & Breathwork 11:15am MOV (AC) NY Times: Group Crossword 11:45am MOV (FW) Scrabble with Fellow Residents 1:30pm ROF Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Stained Glass Butterfly 2:45pm AST (AC) Musical Performance: Peter Clark 4pm PA Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Tech Help: Brooklyn Tech 11am LIB Watermark Pets: Henry 11:15am PA Neighborhood Walk 2:15pm LOB (FW) Getting to Know You 3pm LIB (AC) Wine O'clock 4pm LIB (FW)
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB Coffee & Conversations 9:30am ROF (JK) Studio Sketching 10:45am AST (JK) Musical Performance: Magee Hickey & Friends 11am PA Yale Open Course: Premiere Authors of American Modernism 11am MOV Ping Pong 11:45am PA (BC) Portraits of Josephine Outing 1pm LOB High Tea & Pastries 3pm GUS WU: Hidden History 4pm MOV (JK) Happy St. Patrick's Day!	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Watercolor Garden Painting 10:30am AST (KL) Tech Help 11am 1st Floor GAL Catholic Communion Service 11am LIB 500 Rummy 1:15pm CR (KL) Trader Joe's Outing 2pm LOB Talent Agent Elliot Gordon 2pm PA WU: Poetry Spotlight 3pm LIB (JK) Zumba Dance Exercise 3pm YOG (KL) Bingo! 3:45pm PA (BC) Parkinson's Support Group 4pm LIB Cornhole 5-7pm PA (JK) Monthly Restaurant Club: The Lobster Pound 5pm LOB	Water Aerobics 9:30am POL (KL) Cardio & weights 10am YOG (AC) WU: Art History – Mark Rothko 10:45am MOV (JK) VR: Travel The World 11:45am MOV (BC) Jigsaw Puzzles 12:45pm ROF (JK) Floral Arrangements with Senior Helpers 2pm AST Jewelry Making 2:45pm AST (AC) Shoot a Game of Pool 2:45pm PT (BC) Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA First Day of Spring	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:45 ROF (AC) Political Lecture: Muneeb Zia 1:45pm PA Dance For Parkinson's 2pm LOB Watermark Walking Club 3pm LOB (AC) Blast From The Past: Whitney Houston: Live at Jerudong Park Garden 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Shape, Build & Sculpt 1:15pm AST (BC) Tech Time with Wendy 2pm PA WU: Mobility & Musicality 2:30pm YOG (KL) Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm LIB (BC) Evening News Group 7pm LIB Leni's Last Lament 7:15pm LOB	Water Aerobics 9:30am POL (KL) Writing Group 11am ROF Tech Help 11am 1st Floor (FW) Meditation & Breathwork 11:15am MOV (AC) NY Times: Group Crossword 11:45am MOV (FW) Scrabble with Fellow Residents 1:30pm ROF Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Paint an Easter Egg 2:45pm AST (AC) WU Brian Rose: The 39 Steps 4pm MOV Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Neighborhood Walk 2:15pm LOB (FW) Catholic Service: Celebrate & Observe Lent 3pm PA Getting To Know You 3pm LIB Wine O'clock 4pm LIB (FW) Celebrate the Jewish Holiday of Purim
Assumption of The Blessed Virgin Mary Church Trip 9:15am LOB St. Ann's Palm Sunday Service 9:15am LOB Coffee & Conversations 9:30am ROF (JK) Studio Sketching 10:45am AST (JK) Yale Open Course: Premiere Authors of American Modernism 11am MOV Shoot a Game of Pool 11:45am PT Chair Yoga with Gigi 2pm YOG Ping Pong 2pm PA (BC) Needlework & Knitting 2pm LOB High Tea & Pastries 3pm GUS WU: Hidden History 4pm MOV (JK)	Morning Meditation 9:15am MOV (BC) Strength Training 10am YOG (BC) Spring Poppy Painting 10:30pm AST (KL) Catholic Communion Service 11am LIB Tech Help 11am 1st Floor (JK) 500 Rummy 1:15pm CR (KL) Purim Concert: The Yiddish Cabaret 2pm PA Trader Joe's Outing 2pm LOB Zumba Dance Exercise 3pm YOG (KL) WU: Poetry Spotlight 3pm LIB (JK) Bingo! 3:45pm PA (BC) Parkinson's Support Group 4pm LIB Cornhole 5-7pm PA (JK) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Cardio & weights 10am YOG (AC) WU: Art History – Willem De Kooning 10:45am MOV (JK) VR: Fruit Ninja 11:45am MOV (BC) Jigsaw Puzzles 12:45pm ROF (JK) Jewelry Making 2:45pm AST (AC) Ping Pong 2:45pm PA Happy Hour 3:45pm W Rock Voices Choir 7-8 pm PA	Gratitude Journaling 9:30am ROF (JK) Boxing Fitness 9:45am YOG (BC) Tai Chi 10:15am YOG (AC) WU: Doug Brin Lecture 10:45am PA Shoot A Game of Pool 11:45am PT (BC) Dominos 12:45pm ROF (AC) Botanical Garden: Orchid Show 1:15pm LIB Watermark Walking Club 3pm LOB (AC) Blast From The Past: 2CELLOS - Live at Sydney Opera House 3:30pm MOV JEOPARDY! 4pm PA (JK)	Jigsaw Puzzles 9:30am ROF (AC) WU: Strenght & Balance with Mark Wicks 10am YOG The Watermark Singers with Denis 11am PA Dominos 11:15am ROF (JK) Shape, Build & Sculpt 1:15pm AST (BC) Ramadan Celebration & Dance with Nabila 2pm PA Watermark Book Club 3pm ROF (JK) Champagne & Charcuterie 4pm ROF Trivia Night 5-7pm LIB (BC) Evening News Group 7pm LIB	Water Aerobics 9:30am POL (KL) Writing Group 11am ROF Tech Help 11am 1st Floor (FW) Meditation & Breathwork 11:15am MOV (AC) NY Times: Group Crossword 11:45am MOV (FW) Scrabble with Fellow Residents 1:30pm ROF Judaism Learning For All 1:45pm LIB Stop & Shop Outing 2pm LOB Musical Performance: Lee Glantz 3:45pm PA Charades 5:15-7pm MOV (AC)	Saturday Morning Stretch 9:30am YOG (AC) Bingo! 10:15am PA (AC) Tech Help: Brooklyn Tech 11am LIB Watermark Pets: Cannoli Rose 11:15am PA Neighborhood Walk 2:15pm LOB (FW) Getting to Know You 3pm LIB (AC) Wine O'clock 4pm LIB (FW)
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