

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
Note: Activities in bold denote special programs such as: live music, religious services, & Watermark University courses.	9:45 - Cardio Exercise 10:30 - Felt Art 1:00 - Jigsaw Puzzles 1:00 - Volleyball 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Night on Earth</i> 3:00 - Discussion: April Fools Day 4:00 - Music Hour: Cool Jazz 6:00 - Game Night: High/Low 1	9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - WU: Remember When: Around the House 2:00 - Stretching 3:00 - Discussion: PB&J Sandwich 3:30 - 4:00 - Music Hour: Bette Midler 6:00 - Artistic Expression 2	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - Out Trip to Giovanni's 2:00 - Artistic Expression 3:00 - Target Toss 4:00 - Music Hour: Motown 6:00 - Relaxation/ Meditation 3	9:45 - Conductorcise 10:30 - International Carrot Day: Seed Planting 1:00 - WU: Engage VR 1:00 - Walking Club 1:30 - Jazzy Flute Duo 2:00 - Jigsaw Puzzles 3:00 - WU: Biographies: Ella Fitzgerald 4:00 - Music Hour: Country 6:00 - Objects BINGO 4	9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Discussion: Dandelions 1:00 - Aroma Therapy 1:30 - Food for the Senses: Popcorn 2:00 - WU: Poetry Corner 2:45 - Afternoon Stretch 3:00 - Karma the Dog Visits 3:30 - Rhyme Time 4:00 - Music Hour: R&B 6:00 - Comedy Club: <i>My Wife and I</i> 5	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Fried Green Tomatoes</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:15 - Sorting 4:00 - Music Hour: Bob Marley 6:00 - Volleyball 6					
10:00 - Mass on TV Ch. 9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion Exercise 1:30 - Noodle Ball 2:00 - Sorting 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Singing Nuns 6:00 - Aqua Painting 7	9:45 - Cardio Exercise 10:30 - Felt Art 1:00 - Jigsaw Puzzles 1:00 - Volleyball 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Night on Earth</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Duke Ellington 6:00 - Game Night: High/Low 8	9:45 - Strengthening Exercise 10:30 - Sarah the Fiddler 11:00 - Extraordinary Facts 1:30 - National Unicorn Day: The history of the unicorn 2:00 - Stretching 3:00 - Crafting: Unicorns 3:30 - Outdoor Walks 4:00 - Music Hour: Streisand 6:00 - Artistic Expression 9	9:45 - Morning Exercise 10:30 - Table Top Bowling 11:00 - Lunch Out 1:00 - Aroma Therapy 1:30 - Pitch & Putt Golf 2:00 - Discussion : Siblings 3:00 - Hoop Toss 4:00 - Music Hour: Diana Ross 6:00 - Relaxation/ Meditation 10	9:45 - Conductorcise 10:30 - Coffee Social in the Cafe' 1:00 - WU: Engage VR 1:00 - Volleyball 1:30 - WU: Poetry Corner: Shel Silverstein 2:00 - WU: Reminisce: Please Pass the Peas 3:00 - Table Top Bowling 4:00 - Music Hour: Barbershop quart 6:00 - Objects BINGO 11	9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Rhyme Time 1:00 - Aroma Therapy 1:30 - WU: Book Club: Zorgamazoo 2:30 - Karma the Dog Visits 3:00 - Jim Harriss Entertains 3:30 - Discussion: Grilled Cheese 4:00 - Music Hour: Mary J Blige 6:00 - Comedy Club: <i>My Wife and Kids</i> 12	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Apollo 13</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:15 - Sorting 4:00 - Music Hour: Beatles 6:00 - Volleyball 13					
10:00 - Mass on TV Ch. 9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion Exercise 1:30 - Noodle Ball 2:00 - Sorting 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Chamber Music 6:00 - Aqua Painting 14	9:45 - Cardio Exercise 10:30 - Bird Watching on the Patio 1:00 - Jigsaw Puzzles 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Night on Earth</i> 3:00 - Remembering the Titanic 4:00 - Music Hour: Louis Armstrong 6:00 - Game Night: High/Low 15	9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Walking Club 2:00 - Chopped Challenge 3:00 - Discussion: The Library 3:30 - Ball Toss 4:00 - Music Hour: Nancy Sinatra 6:00 - Artistic Expression 16	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - WU: Poetry Corner: Haikus 2:00 - Stretch 3:00 - Hoop Toss 4:00 - Music Hour: Whitney Houston 6:00 - Relaxation/ Meditation 17	9:45 - Conductorcise 10:30 - Watercolor Painting 1:00 - WU: Engage VR 1:00 - Volleyball 1:30 - Musically Married 2:00 - Relaxation/Meditation 3:30 - Table Top Bowling 4:00 - Music Hour: Merl Haggard 6:00 - Objects BINGO 18	9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Rhyme Time 1:00 - Aroma Therapy 1:30 - Disco Dance Party 2:30 - Karma the Dog Visits 3:00 - Bird Watching on the Patio 3:30 - Discussion: Growing Garlic 4:00 - Music Hour: Sound of Music 6:00 - Comedy Club: <i>My Wife and Kids</i> 19	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Kindergarten Cop</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:15 - Sorting 4:00 - Music Hour: Jefferson Airplane 6:00 - Volleyball 20					
10:00 - Mass on TV Ch. 9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion Exercise 1:00 - Piano Entertainment 1:30 - Noodle Ball 2:00 - Grace Church Service 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting 21	9:45 - Cardio Exercise 10:30 - National Jelly Bean Day! 1:00 - Jigsaw Puzzles 1:00 - Earth Day Planting 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Night on Earth</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Fats Dominoe 6:00 - Game Night: High/Low 22	9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Extraordinary Facts 1:30 - Shakespeare Day 2:00 - Stretching 3:00 - Remembering Sir Rex Harrison 4:00 - Music Hour: Marvin Gaye 6:00 - Artistic Expression 23	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe' 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - Pitch & Putt Golf 2:15 - Ice Cream Social 3:00 - Hoop Toss 4:00 - Music Hour: Adelle 6:00 - Relaxation/ Meditation 24	9:45 - Conductorcise 10:30 - Crafting: Tissue Paper Flowers 1:00 - WU: Engage VR 1:00 - Volleyball 1:30 - Just Len 3:00 - Food for the Senses: Bread 3:30 - Table Top Bowling 4:00 - Music Hour: Chet Atkins 6:00 - Objects BINGO 25	9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Rhyme Time 1:00 - Aroma Therapy 1:30 - WU: Biographies: Louise Beavers 2:00 - WU: Book Club: Zorgamazoo 2:30 - Karma the Dog Visits 3:00 - National Arbor Day: All About Trees 4:00 - Music Hour: Boys to Men 6:00 - Comedy Club: <i>My Wife and Kids</i> 26	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>The Legend of Zorro</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:15 - Sorting 4:00 - Music Hour: The Band 6:00 - Volleyball 27					
10:00 - Mass on TV Ch. 9 10:30 - Manicures w/NAYAs 11:00 - Music N' Motion Exercise 1:30 - Noodle Ball 2:00 - Lisa's Roll and Stroll 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Beethoven 6:00 - Aqua Painting 28	9:45 - Cardio Exercise 10:30 - International Dance Day! 1:00 - Jigsaw Puzzles 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Documentary: <i>Night on Earth</i> 3:00 - Sing Along w/Mary Sue 4:00 - Music Hour: Etta James 6:00 - Game Night: High/Low 29	9:45 - Strengthening Exercise 10:30 - Oatmeal Cookie Baking 11:00 - Extraordinary Facts 1:30 - Jazz Appreciation 2:00 - Stretching 3:00 - Discussion: 3:30 - 4:00 - Music Hour: Broadway Hits 6:00 - Artistic Expression 30	Transportation/ Medical Appointments: Appointments can be made on Tuesdays and Thursdays, 9-3 only , through Judy Gagnon. For Memory Care residents, a family member or staff person must accompany them			Engage VR - Virtual Reality If you are interested in traveling, exploring under the sea, or adventuring into outer space without leaving the comfort of home, sign up with the Activity Staff to experience the Oculus Headset.		Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.		Upcoming Events 4th Jazzy Flute Duo 9th Sarah the Fiddler 18th Musically Married 21st Piano Entertainment	

APRIL 2024
Pathways
 **EAST VILLAGE PLACE**
 A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

*** Schedule Subject to Change**

Happy Birthday!
 4th Bob St. George
 16th Paula Thayer
 25th Veronica Harnois
 25th Bob Quinton

24th Ice Cream Social
25th Just Len
28th Lisa Roll and Stroll