

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Birthdays</b> Forest Herron 2/1 Richard Courtney 2/6 Barbara Ciardullo 2/7 Joeline Spivack 2/10 Joellen Murphy 2/11 Judy Irete 2/11	<b>Birthdays Cont.</b> Celeste Tutko 2/15 Lillian Gordon 2/17 Wandy Gay 2/21 Ellen Bell 2/25				<b>*RED REQUIRES YOU TO SIGN UP</b>  <b>*BOLD IS A WATERMARK UNIVERSITY PROGRAM</b>  <b>*PROGRAMS SUBJECT TO CHANGE</b>	9:00 Seated Yoga w/Sharon O'Brien (CL) 10:00 Indoor Putting (A) 11:00 Netflix Series: Queen's Gambit (C) 11:00 Open Billiards Practice (B) 1:00 Majong (AS) 1:30 Shakespeare Returns (MR) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 6:30 Evening Movie (C)
<b>8:30 Sacred Heart Mass (ML)</b> <b>10:30 St. Thomas Mass (ML)</b> 11:30 Plated Brunch (D) 3:00 Amadi Azikiwe (A) 6:30 Sunday Classic Evening Movie (C)	<b>9:30 Tai Chi (CL)</b> 10:30 Crossword Club * Cancelled <b>11:15 Bible Study (MR)</b> <b>1:00 Stitch This! (MR)</b> 1:00 Social Bridge (CR) 2:00 Poetry Reading (L) 2:15 Pictionary (A) 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 10:30 Technology Troubleshooting (L) 11:00 Wii Bowling (MR) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) <b>2:00 George's This &amp; That Music (A)</b> 3:00 Men's Billiard Practice (B) 6:30 Evening Movie (C)	<b>9:00 Chair Yoga with Alisa (CL)</b> 10:00 Scattagories (MR) <b>10:30 Quin Brew Coffee (ML)</b> <b>11:00 Ted Talks (A)</b> <b>1:00 Writer's Workshop (MR)</b> <b>1:00 Shop Rite (ML)</b> 2:00 Left, Right, Center (CR) 3:00 Bean Bag (MR) 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Wii Bowling (MR) 11:00 Game On! Cards with Theresa (CR) <b>1:00 Billiard Lessons w/Irwin (B)</b> 1:00 Social Bridge (CR) <b>2:00 Rick and Dawn: Great "Americana" Songs (A)</b> 3:00 Men's Billiard Practice (B) 6:30 Evening Movie (C)	<b>10:00 Ukulele with Susan Peak (AS)</b> <b>11:00 Stop N Shop (ML)</b> <b>11:00 Aqua Aerobics (CL)</b> <b>11:00 Hot Topics/Current Events (A)</b> <b>1:00 All That Jazz w/John W (MR)</b> <b>2:00 Bereavement Group (ACR)</b> 3:15 Team Trivia Happy Hour (A) 6:30 Evening Movie (C)	9:00 Seated Yoga w/Sharon O'Brien (CL) 10:00 Indoor Putting (A) 11:00 Netflix Series: Queen's Gambit (C) 11:00 Open Billiards Practice (B) 1:00 Majong (AS) <b>1:30 Shakespeare Returns (MR)</b> 3:00 Rummikub (CR) <b>4:30 Sacred Heart PM Mass (ML)</b> 6:30 Evening Movie (C)
<b>8:30 Sacred Heart Mass (ML)</b> <b>10:30 St. Thomas Mass (ML)</b> 11:30 Plated Brunch (D) 3:00 Susan Peak & The Ukuleers (A) 6:30 Sunday Classic Evening Movie (C)	<b>9:30 Tai Chi (CL)</b> 10:30 Crossword Club (AS) 11:00 Bocce (SC) <b>11:15 Bible Study (MR)</b> <b>1:00 Stitch This! (MR)</b> 1:00 Social Bridge (CR) <b>1:30 Air Plant Craft w/Theresa (AS)</b> Pictionary (A) <b>3:30 Catholic Liturgy &amp; Holy Communion (A)</b> Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 10:30 Technology Troubleshooting (L) 11:00 Wii Bowling (MR) <b>11:00 Book Club (CR)</b> <b>11:00 Fire Safety For Residents (A)</b> 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) <b>2:00 Lecture: Mark Albertson: Battle of the Bulge (MR*)</b> 3:00 Men's Billiard Practice (B) 6:30 Evening Movie (C)	<b>9:00 Chair Yoga with Alisa (CL)</b> 10:00 Scattagories (MR) <b>11:00 Town Hall (A)</b> <b>1:00 Writer's Workshop (MR)</b> <b>1:00 Shop Rite (ML)</b> 2:00 Left, Right, Center (CR) 3:00 Bean Bag (MR) 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Wii Bowling (MR) 11:00 Game On! Cards with Theresa (CR) <b>1:00 Billiard Lessons w/Irwin (B)</b> 1:00 Social Bridge (CR) <b>2:00 George's This &amp; That Music (MR*)</b> 3:00 Men's Billiard Practice (B) 6:30 Evening Movie (C)	<b>10:00 Ukulele with Susan Peak (AS)</b> <b>11:00 Stop N Shop (ML)</b> <b>11:00 Aqua Aerobics (CL)</b> <b>11:00 Hot Topics/Current Events (A)</b> <b>1:00 All That Jazz w/John W (MR)</b> <b>1:30 Fired Up Pottery (AS)</b> <b>2:00 Valentine's Day Ice Cream Social (COM)</b> <b>2:00 Bereavement Group (ACR)</b> 3:15 Team Trivia Happy Hour (A) 6:30 Evening Movie (C)	9:00 Seated Yoga w/Sharon O'Brien (CL) <b>10:30 Aldrich Contemporary Art Museum (ML)</b> 11:00 Netflix Series: Queen's Gambit (C) 11:00 Open Billiards Practice (B) 1:00 Majong (AS) 3:00 Rummikub (CR) <b>4:30 Sacred Heart PM Mass (ML)</b> 6:30 Evening Movie (C)
<b>8:30 Sacred Heart Mass (ML)</b> <b>10:30 St. Thomas Mass (ML)</b> 11:30 Plated Brunch (D) 3:00 Paul Bisaccia (A) 6:30 Sunday Classic Evening Movie (C)	<b>9:30 Tai Chi (CL)</b> 10:30 Crossword Club (AS) <b>11:15 Bible Study (MR)</b> <b>1:00 Stitch This! (MR)</b> 1:00 Social Bridge (CR) <b>1:30 Floral Topiary Craft w/Theresa (AS)</b> 2:00 Poetry Reading (L) <b>3:00 Lutheran Communion (A)</b> Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 10:30 Technology Troubleshooting (L) 11:00 Open Swim (CL) <b>11:00 Craft with Jordyn (AS)</b> 11:00 Wii Bowling (MR) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) 2:00 25 Cent Bingo (A) 6:30 Evening Movie (C)	<b>9:00 Chair Yoga with Alisa (CL)</b> 10:00 Scattagories (MR) <b>10:30 Home Goods (ML)</b> <b>11:00 Ted Talks (A)</b> <b>1:00 Writer's Workshop (MR)</b> <b>1:00 Shop Rite (ML)</b> 2:00 Left, Right, Center (CR) 3:00 Bean Bag (MR) 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Wii Bowling (MR) 11:00 Game On! Cards with Theresa (CR) <b>1:00 Billiard Lessons w/Irwin (B)</b> 1:00 Social Bridge (CR) <b>2:00 George's This &amp; That Music (MR*)</b> <b>3:00 Wine Tasting (WL)</b> 3:00 Men's Billiard Practice (B) 6:30 Evening Movie (C)	<b>10:00 Ukulele with Susan Peak (AS)</b> <b>11:00 Stop N Shop (ML)</b> <b>11:00 Aqua Aerobics (CL)</b> <b>11:00 Hot Topics/Current Events (A)</b> <b>1:00 All That Jazz w/John W (MR)</b> <b>2:00 Bereavement Group (ACR)</b> 3:15 Team Trivia Happy Hour (A) 6:30 Evening Movie (C)	9:00 Seated Yoga w/Sharon O'Brien (CL) 11:00 Netflix Series: Queen's Gambit (C) 11:00 Open Billiards Practice (B) <b>1:00 Baseball Hour w/Mike (MR)</b> 1:00 Majong (AS) 3:00 Rummikub (CR) <b>4:30 Sacred Heart PM Mass (ML)</b> 6:30 Evening Movie (C)
<b>8:30 Sacred Heart Mass (ML)</b> <b>10:30 St. Thomas Mass (ML)</b> 11:30 Plated Brunch (D) 3:00 Dino's Back (A) 6:30 Sunday Classic Evening Movie (C)	<b>9:30 Tai Chi (A)</b> 10:30 Crossword Club (AS) <b>11:15 Bible Study (MR)</b> <b>1:00 Stitch This!</b> 1:00 Social Bridge (CR) <b>2:00 Jewish Study with Chaplain Ron (MR)</b> 2:15 Pictionary (A) <b>3:00 Putter Pool Golf (MR)</b> 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 10:30 Technology Troubleshooting (L) 11:00 Open Swim (CL) 11:00 Wii Bowling (MR) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) <b>2:00 George's This &amp; That Music (A)</b> 6:30 Evening Movie (C)	<b>9:00 Chair Yoga with Alisa (CL)</b> 10:00 Scattagories (MR) <b>11:00 Ted Talks (MR*)</b> <b>1:00 Writer's Workshop (CR*)</b> <b>1:00 Shop Rite (ML)</b> 2:00 Left, Right, Center (CR) 3:00 Bean Bag (MR) <b>3:00 Caregiver Support Group (ACR)</b> 6:30 Evening Movie (C)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Pray the Rosary (AS) 11:00 Wii Bowling (MR) <b>1:00 Billiard Lessons w/Irwin (B)</b> 1:00 Social Bridge (CR) <b>1:00 Lia Levit Lecture (A)</b> <b>2:30 Healthpro Chat: Eating for a Sharper Mind (A)</b> 3:00 Men's Billiard Practice (B) <b>4:45 Supper Club: Marketplace (ML)</b> 6:30 Evening Movie (C)	<b>10:00 Ukulele with Susan Peak (AS)</b> <b>11:00 Stop N Shop (ML)</b> <b>11:00 Aqua Aerobics (CL)</b> <b>11:00 Hot Topics/Current Events (A)</b> <b>1:00 All That Jazz w/John W (MR)</b> <b>2:00 Bereavement Group (ACR)</b> 3:15 Team Trivia Happy Hour (A) 6:30 Evening Movie (C)	<b>Meet the Community Life Team</b> Meg Maier - CL Director Audrey Zanzal Jordyn Smith Nicolette Duncan Theresa D'Ambrosio Sara Veillette Tasha Jones - Driver Jeannette Burgos - Driver Peter Slifka - Driver

# FEBRUARY 2025 Independent Living


**THE WATERMARK**  
 AT EAST HILL

**ACTIVITY LOCATOR KEY**

ACR - Admin. Conference Room	CL - Club (Pool/Gym)
AS - Art Studio	COM - Commons (2nd Floor)
A - Auditorium	L - Library
BR - Billiard Room	ML - Main Lobby
CR - Card Room	MR - Meeting Room
	SC - Sports Center/Putting Green
	WL - Watermark Lounge