

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: Activities in <b>Bold</b> denotes special programs such as: live music, religious services, & Watermark University classes.	9:45- Resistance Exercise 10:30- <b>WU: Walking Club</b> 11:00 - Coffee Social 12:45- Group Meditation 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Artistic Expression 4:00- Music Hour: Adele 6:00- Volleyball	9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation 1:30- <b>Country Duo Entertains</b> 2:30- Afternoon Stretch 3:00- Trivia Challenge 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling	9:45- Balance Exercise 10:30- Parachute Fun 12:45- Group Meditation 1:30 - <b>Ice Cream Trip to Graham Central Depot</b> 2:30 - Afternoon Stretch 3:00- Ladder Golf 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles & Board Games	<b>Independence Day</b> 9:45- Cardio Exercise 10:30 - <b>WU: Daily Chronicle</b> 12:45- Group Meditation 2:30-Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Whitney Houston 6:00 - Comedy Club: Laurel & Hardy: "The Flying Deuces"	9:45- Strength Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30- <b>Mass with Father Wayne</b> 2:30- Afternoon Stretch 3:00 - <b>Karma the Dog Visits</b> 4:00- Music & Reminisce 6:00- Game Night: Dominoes/ Card Games	9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation 1:30-Movie Matinee: "Guys & Dolls" 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: 4th of July 6:00- Manicures & Music
10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Dinah Shore 6:00- Group Trivia	9:45- Resistance Exercise 10:30- <b>WU: Health Talk - "Cholesterol Health"</b> 11:00 - Coffee Social 12:45- Group Meditation 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Watercolor Painting 4:00- Music Hour: Elton John 6:00- Volleyball	9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation 1:30-- <b>Therapeutic Horses Visit</b> 2:30- Afternoon Stretch 3:00- Trivia Challenge 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling	9:45- Balance Exercise 10:30- <b>WU: Discovery Series: "Well to the Core"</b> 12:45- Group Meditation 1:30 - <b>Dave Colucci Entertains</b> 2:30 - Afternoon Stretch 3:00- Artistic Expression 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles & Board Games	9:45- Cardio Exercise 10:30 - <b>WU: Scrumptious Delights</b> 11:45 - <b>Subway in the Pub</b> 12:45- Group Meditation 1:30 - <b>WU: Timely Topics</b> 2:30-Afternoon Stretch 3:00- Ladder Golf 4:00- Music Hour: Charlie Parker 6:00 - Comedy Club: "Don't Touch That Dial"	9:45- Strength Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30- <b>WU: Sensational Science</b> 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Artistic Expression 4:00- Music & Reminisce 6:00- Game Night: Dominoes	9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation 1:30-Movie Matinee: "The Grass is Greener" 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Berry Picking 6:00- Manicures & Music
10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Watercolor Painting 4:00- Music Hour: Simon & Garfunkle 6:00- Group Trivia	9:45- Resistance Exercise 10:30- <b>WU: Walking Club</b> 10:30 - <b>Veteran's Social in Cafe</b> 12:45- Group Meditation 1:30 - <b>Communion</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Artistic Expression 4:00- Music Hour: Billie Holiday 6:00- Volleyball	<b>Moon Landing Anniversary</b> 9:45- Yoga Exercise 10:30- <b>WU: Art Therapy</b> 12:45- Group Meditation 1:15 - Best of the 50's & 60's Music 2:00 - <b>WU: Chopped Challenge</b> 3:00- Moon Landing Reminisce 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling	9:45- Balance Exercise 10:30- <b>WU: The Wild Side</b> 11:00- <b>Lunch Trip to 99</b> 1:30 - <b>WU: Cambodian Cooking</b> 2:30 - Afternoon Stretch 3:00- Artistic Expression 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles & Board Games	<b>Nelson Mandela Day</b> 10:00 - <b>WU: Jeff the Plant Guy</b> 12:45- Group Meditation 1:30 - <b>WU: Timely Topics</b> 2:30-Afternoon Stretch 3:00- Bingo 4:00- Music Hour: Duke Ellington 6:00 - Comedy Club: "My Favorite Brunette"	9:45- Strength Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30- <b>Disco Dance Party</b> 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Artistic Expression 4:00- Music & Reminisce 6:00- Game Night: Dominoes	9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation 1:30-Movie Matinee: "A Farewell to Arms" 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: "Dog Days of Summer" 6:00- Manicures & Music
10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:00- <b>Piano Entertainment</b> 2:00- <b>Grace Church Service</b> 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Patti Page 6:00- Group Trivia	9:45- Resistance Exercise 10:30- <b>WU: Walking Club</b> 11:00 - Coffee Social 12:45- Group Meditation 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Watercolor Painting 4:00- Music Hour: Nat King Cole 6:00- Volleyball	<b>National Gorgeous Grandma Day</b> 9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation 1:30- <b>Red &amp; Yellow Singers Entertain</b> 2:30- Afternoon Stretch 3:00- Trivia Challenge 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling	9:45- Balance Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30 - Axe Throwing "Practice" 2:30 - <b>Ice Cream Social</b> 3:00- Artistic Expression 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles & Board Games	<b>Christmas in July</b> 9:45- Cardio Exercise 10:30 - <b>WU: Daily Chronicle</b> 12:45- Group Meditation 1:30 - <b>WU: Timely Topics</b> 2:30-Afternoon Stretch 3:00- <b>WU: National Parks/Historic Sites</b> 4:00- Music Hour: The Rolling Stones 6:00 - <b>Champagne Ball/Family Night</b>	9:45- Strength Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30- " <b>Summer Olympics</b> " Event: Axe Throwing 3:00- <b>Karma the Dog Visits</b> 3:00 - Artistic Expression 4:00- Music & Reminisce 7:30 - <b>Summer Olympics 2024 Opening Ceremony</b>	9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation 1:30-Movie Matinee: "Stolen Jools" 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Beach Days 6:00- Manicures & Music
10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce & Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression 4:00- Music Hour: Tony Bennett 6:00- Group Trivia	9:45- Resistance Exercise 10:30- <b>WU: Walking Club</b> 11:00 - Coffee Social 12:45- Group Meditation 1:30 - <b>Communion</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Watercolor Painting 4:00- Music Hour: Connie Francis 6:00- Volleyball	<b>National Cheesecake Day</b> 9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation 1:30- <b>Tara's Drum Circle Program</b> 2:30- Afternoon Stretch 3:00- Trivia Challenge 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling	9:45- Balance Exercise 10:30- <b>WU: Walking Club</b> 12:45- Group Meditation 1:30 - " <b>Summer Olympics</b> " Event: <b>Wet T-Shirt Contest</b> 2:30 - Afternoon Stretch 3:15- Plinko 4:00- Spring Ambiance & Music 6:00- Jigsaw Puzzles & Board Games	<b>Engage VR - Virtual Reality</b> If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset.	<b>Happy Birthday</b> 7/7 Joe Hoover 7/12 Helga Justin 7/12 Joe Campbell 7/19 Kathy Szmania 7/22 Carlton Craft 7/25 Al Riberdy 7/26 Joanne Farrell 7/27 Susan Peterson 7/29 Debbie Omer	<b>Dates To Remember</b> 7/2 Country Duo Entertains 7/3 Ice Cream Trip 7/4 Independence Day 7/5 Mass with Father Wayne 7/9 Therapeutic Horses Visit 7/10 Dave Colucci Entertains 7/16 Chopped Challenge 7/17 Lunch Trip to 99 7/18 Jeff the Plant Guy 7/19 Disco Dance Party 7/21 Piano Entertainment 7/23 Red & Yellow Singers 7/25 Champagne Ball 7/26 Axe Throwing Challenge 7/30 Tara's Drum Circle 7/31 Wet T-Shirt Contest

# JULY 2024

## Our Place

### ACTIVITY LOCATOR KEY



\*Activities Subject to Change

**Pet Therapy**  
Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma

**Transportation for Medical Appointments**  
Appointments can be made on Tuesdays & Thursdays through the receptionist. For Memory Care, a family member must accompany the resident.