

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>All Activities Are Subject to Change</b>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Flower of the Month L 1:30pm Left Right Center L <b>2:15pm Grande' Vie Summer Chorus Performance GA</b> <b>2:30pm (WU) The Age Of Exploration Pt. 4 L</b> 3:30pm Mocktail Monday L 6:00pm Gardens Walking Club <span style="float: right;">1</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Patriotic Sing A Long L 11:30am Balloon Toss L 1:30pm BuzzWord L 2:00pm Trivia L <b>2:30pm Music Therapy With Katie</b> 3:30pm Afternoon Exercise L 6:00pm Post Dinner Movie L <span style="float: right;">2</span>	10:00am Bible Study With Anne and Tony L 11:00am Exercise With Theo L 1:30pm BINGO L 2:30p Firework Sponge Painting L 3:30pm Afternoon Exercise L 4:00pm Thrive By Music L 6:00pm Creative Coloring L <span style="float: right;">3</span>	10:00am Exercise With Theo L 10:45am Snack Chat L <b>11:00am (WU) History of the American Revolution L</b> <b>12:00pm 4th of July Picnic Lunch</b> 1:30pm Independence Day Trivia L <b>2:30pm 4th Of July Party GA</b> <b>4:30pm 4th of July Cookout</b> 6:00pm Creative Coloring L <span style="float: right;">4</span>	10:00am Total Body Workout L 10:30am Snack Chat L 11:00am Flower Arrangements L <b>1:30pm Bus Trip To: Rochester Sunken Gardens</b> 1:30pm Lets Make Tie Dye Shirts L 2:30pm Dot Art/ Water Painting L 3:00pm Memory Madness L 4:00pm Collage Club L 6:00p Friday Night Movie Night <span style="float: right;">5</span>	10:00am YouTube Chair Fitness L 10:30am Snack Chat L 3:00pm July Trivia With Theo L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L <span style="float: right;">6</span>	
	10:00am Head to Toe Exercise L 10:30am Snack Chat L 1:30pm Creative Coloring L 4:00pm Bowling/Cornhole L 6:00pm Movie Night L <span style="float: right;">7</span>	10:00am Exercise With Theo L 10:30am Snack Chat L 11:00am Clay Crafts L 1:30pm UNO L <b>2:30pm (WU) All About Maryland L</b> <b>3:30pm Popsicle's on the Patio For National Freezer Pop Day! CY</b> 4:00pm Thrive By Music L 6:00pm Gardens Walking Club <span style="float: right;">8</span>	10:00am Exercise With Theo L 10:30am Snack Chat L 11:00am Creative Coloring L 1:30pm Rootbeer Floats L 2:00pm Black Jack L <b>2:30pm Music Therapy With Katie</b> 3:30pm Afternoon Exercise L 6:00pm Post Dinner Movie L <span style="float: right;">9</span>	10:00am Exercise With Theo L 11:00am White Board Games L 1:30pm BINGO L <b>2:30p National Pina Colada Day L</b> 3:00pm Cloud Experiment L 4:00pm Afternoon Exercise L 6:00pm Creative Coloring L <span style="float: right;">10</span>	10:00am Exercise With Theo L 10:45am Snack Chat L 11:00am UNO L 1:30pm Trivia Thursday L 2:30pm Wood Door Craft L <b>2:30pm Xmas In July Party GA</b> 3:00pm Mini Golf L 3:30pm Parachute Party L 6:00pm Creative Coloring L <span style="float: right;">11</span>	10:00am Total Body Workout L 11:00am Dot Art L <b>1:30pm Bus Trip To: Wickham Farms Lavender Fields</b> 1:30pm Watercolor Painting L 2:30pm Bubbles L <b>3:30pm Happy Hour With Entertainment By Mike Sidoti GA</b> 6:00p Friday Night Movie Night L <span style="float: right;">12</span>	<b>8:30am Bus Trip to the Geneseo Air Show</b> 10:00am Exercise With Bella L 10:30am Snack Chat L 11:30am Game Time L 3:30pm Trivia L 4:00pm Afternoon Stretch L 6:00pm Creative Coloring L <span style="float: right;">13</span>
	10:00am Exercise With Bella L 10:30am Snack Chat 11:00am Painting L 1:30pm Creative Coloring L 4:00pm Bowling/Cornhole L 6:00pm Movie Night L <span style="float: right;">14</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Beautiful Questions L 11:30am Trivia L <b>1:30pm (WU) All About New Hampshire L</b> <b>2:30pm Resident Appreciation Ice Cream Truck Event</b> 3:30pm Mocktail Monday L 6:00pm Gardens Walking Club <span style="float: right;">15</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Pamper and Polish <b>1:30p Tasting Tuesday: Cookies L</b> 2:00pm Memory Madness L <b>2:30pm Music Therapy With Katie</b> 3:30pm Afternoon Exercise L 4:00pm Courtyard Strolls L 6:00pm Post Dinner Movie L <span style="float: right;">16</span>	10:00am Bible Study With Anne and Tony L 11:00am Exercise With Theo L 1:30pm BINGO L 2:30pm National Tattoo Day! L <b>2:30pm Pet Therapy With Brody L</b> 3:30pm Courtyard Coloring CY 4:00pm Afternoon Exercise L 6:00pm Creative Coloring L <span style="float: right;">17</span>	10:00am Bend and Stretch L 10:45am Snack Chat L 11:00am Summer Shell Craft L 1:00pm Friendly Visits w/ Wendy 1:30pm Whiteboard Games L <b>2:30pm Soda Tasting L</b> 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L <span style="float: right;">18</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Garden Walk & Chat CY <b>11:30 Park Outing For Picnic Party</b> 1:30pm Clay Crafts L 2:00pm Catholic Mass GVC 2:30pm Luau Party L 3:30pm Balloon Ball L 6:00p Friday Night Movie Night L <span style="float: right;">19</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Hymn Sing L 11:30am Game Time L 3:00pm Trivia With Theo L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring <span style="float: right;">20</span>
	10:00am Exercise With Bella L 10:30am Snack Chat 11:00am Painting L 1:30pm Creative Coloring L 4:00pm Bowling/Cornhole L 6:00pm Movie Night L <span style="float: right;">21</span>	10:00am Scarf Dancing L 10:30am Snack Chat L 11:00am Finish the Phrase L 1:30pm UNO L <b>2:30pm (WU) Lake Ontario L</b> 3:30pm Milkshake Monday L 4:00pm Thrive By Music L 6:00pm Gardens Walking Club <span style="float: right;">22</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Lemonade CY <b>1:30pm Snowcones L</b> 2:00pm Memory Madness L <b>2:30pm Music Therapy With Katie</b> 3:30pm Courtyard Crafts CY 4:00pm Corn Hole CY 6:00pm Post Dinner Movie L <span style="float: right;">23</span>	10:00am Exercise With Theo L 11:00am White Board Games L 1:30pm BINGO L <b>2:30pm Watermelon Wednesday L</b> 3:30pm Left Right Center L 4:00pm Afternoon Exercise L 6:00pm Creative Coloring L <span style="float: right;">24</span>	10:00am Move and Groove L <b>10:30am Bus Trip to Red Wings Baseball Game</b> 11:00am Summer Sing Along L 11:30am Riddles & Brainteasers L 1:00pm Friendly Visits w/ Wendy 1:30pm July Trivia L 2:30pm Whiteboard Games L 3:30pm Exercise in the Courtyard 6:00pm Creative Coloring L <span style="float: right;">25</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am BINGO L 1:30pm Crafting Sun Catchers L <b>1:30pm Outing to Charlotte Beach</b> 2:30pm Popcorn Party L 3:00pm Mini Golf L 4:00pm Finish the Phrase L 6:00p Friday Night Movie Night L <span style="float: right;">26</span>	10:00am Exercise With Bella L 10:30am Snack Chat L 11:30am Game Time L 3:30pm Trivia L 4:00pm Afternoon Stretch L 6:00pm Creative Coloring L <span style="float: right;">27</span>
	10:00am Exercise With Bella L 10:30am Snack Chat 11:00am Painting L 1:30pm Creative Coloring L 4:00pm Bowling/Cornhole L 6:00pm Movie Night L <span style="float: right;">28</span>	10:00am Total Body Workout L 11:00am Crafters Corner L 1:30pm Buzzword L <b>2:30p (WU) All About California L</b> 3:30pm Mocktail Monday L 4:00pm Afternoon Trivia L 6:00pm Gardens Walking Club <span style="float: right;">29</span>	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Friendship Bracelets L 1:30pm Tasting Tuesday: Candy L <b>2:30pm Music Therapy With Katie</b> 3:30pm Corn Hole CY 4:00pm Thrive By Music L 6:00pm Creative Coloring L <span style="float: right;">30</span>	10:00am Bible Study With Anne and Tony L 11:00am Exercise With Theo L 1:30pm BINGO L <b>2:30p June/July Birthday Party w/ Entertainment By Joe Miltsch GA</b> 3:30pm UNO L 4:00pm Afternoon Exercise L 6:00pm Creative Coloring L <span style="float: right;">31</span>			

# JULY 2024

## The Gardens



### ACTIVITY LOCATOR KEY

- GA- Grande' Vie Activities Area
- WU- Watermark University
- CY- Courtyard
- SR- Sensory Room
- DR- Dining Room
- L- Lounge

With any questions please reach out to:  
 Emily Whitney  
 Community Life Director  
 (585) 381-0680 Ext. 1116  
 ewhitney@watermarkcommunities.com

**Happy July Birthdays To:**  
 18th Janice L.  
 29th Krimhilde M.