

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>*RED REQUIRES YOU TO SIGN UP</p> <p>*BOLD IS A WATERMARK UNIVERSITY PROGRAM</p> <p>*PROGRAMS SUBJECT TO CHANGE</p>	<p>9:30 Tai Chi (CL)</p> <p>10:30 Crossword Club (AS)</p> <p>11:00 Bocce (SC)</p> <p>1:00 Stitch This!</p> <p>1:00 Social Bridge (CR)</p> <p>2:00 Beginner Billiard Lessons (B)</p> <p>2:00 Poetry Reading (L)</p> <p>2:15 Pictionary (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">1</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:30 Technology Troubleshooting (L)</p> <p>11:00 Wii Bowling (MR)</p> <p>11:00 Play Reading (A)</p> <p>1:00 Poker (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 25 Cent Bingo (A)</p> <p>3:00 Fitness Fun w/Nicolette (CL)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">2</p>	<p>9:00 Chair Yoga w/Sharon O'Brien (CL)</p> <p>10:00 Scattergories (MR)</p> <p>11:00 LGBTQ Buzz Session (CR)</p> <p>1:00 Writer's Workshop (MR)</p> <p>1:00 Shop Rite/Library (ML)</p> <p>2:15 Wednesday Chat Group on Zoom</p> <p>3:00 Bean Bag (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">3</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>11:00 Wii Bowling (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>1:30 National Parks w/Parker (MR)</p> <p>2:30 Patriotic Sing-a-long (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: center;">4th of July</p> <p style="text-align: right;">4</p>	<p>10:00 Ukulele with Susan Peak (AS)</p> <p>11:00 Aqua Aerobics (CL)</p> <p>11:00 Hot Topics (A)</p> <p>11:00 Stop N Shop (ML)</p> <p>12:30 Bereavement Group (ACR)</p> <p>1:00 Opera: Boris Godunov with George Conner (A)</p> <p>3:15 Team Trivia Happy Hour (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">5</p>	<p>9:00 Seated Yoga w/Sharon O'Brien (CL)</p> <p>10:00 Putting on the Green (SC)</p> <p>11:00 Trader Joes & DSW (ML)</p> <p>3:00 Rummikub (CR)</p> <p>4:30 Sacred Heart PM Mass (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">6</p>	
<p>8:30 Sacred Heart Mass (ML)</p> <p>10:30 St. Thomas Mass (ML)</p> <p>11:30 Plated Brunch (D)</p> <p>3:00 Elderly Brothers (A)</p> <p>6:30 Sunday Classic Evening Movie (C)</p> <p style="text-align: right;">7</p>	<p>9:30 Tai Chi (CL)</p> <p>10:30 Crossword Club (AS)</p> <p>11:00 Bocce (SC)</p> <p>1:00 Stitch This! (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:30 Craft w/Theresa: Sea Tealights (AS)</p> <p>2:00 Beginner Billiard Lessons (B)</p> <p>2:15 Pictionary (A)</p> <p>3:30 Catholic Liturgy & Holy Communion (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">8</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:30 Technology Troubleshooting (L)</p> <p>11:00 Book Club (CR)</p> <p>11:00 Wii Bowling (MR)</p> <p>1:00 Poker (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Lecture: Mark Albertson: Just what is the Declaration of Independence (A)</p> <p>3:00 Fitness Fun w/Nicolette (CL)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">9</p>	<p>9:00 Chair Yoga (CL)</p> <p>10:00 Scattergories (MR)</p> <p>11:00 Town Hall (A)</p> <p>1:00 Writer's Workshop (MR)</p> <p>1:00 Shop Rite/Library (ML)</p> <p>2:00 Alexa Training with Chelsea (A)</p> <p>3:00 Bean Bag (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">10</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>11:00 Wii Bowling (MR)</p> <p>11:00 Play Reading (A)*</p> <p>12:00 Scoopin Ice Cream (ML)</p> <p>1:00 Social Bridge (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Left, Right, Center (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">11</p>	<p>10:00 Ukulele with Susan Peak (AS)</p> <p>11:00 Aqua Aerobics (CL)</p> <p>11:00 Hot Topics (A)</p> <p>11:00 Stop N Shop (ML)</p> <p>12:30 Bereavement Group (ACR)</p> <p>1:00 Opera: Don Giovanni with George Conner (A)</p> <p>1:30 Fired Up Pottery (AS)</p> <p>3:15 Team Trivia Happy Hour (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">12</p>	<p>9:00 Seated Yoga w/Sharon O'Brien (CL)</p> <p>10:00 Putting on the Green (SC)</p> <p>11:00 The Carousel Museum (ML)</p> <p>3:00 Rummikub (CR)</p> <p>3:00 Music You Grew Up With (COM)</p> <p>4:30 Sacred Heart PM Mass (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">13</p>	
<p>8:30 Sacred Heart Mass (ML)</p> <p>10:30 St. Thomas Mass (ML)</p> <p>11:30 Plated Brunch (D)</p> <p>3:00 Pierce Campbell (A)</p> <p>6:30 Sunday Classic Evening Movie (C)</p> <p style="text-align: right;">14</p>	<p>9:30 Tai Chi (CL)</p> <p>10:30 Crossword Club (AS)</p> <p>11:00 Bocce (SC)</p> <p>1:00 Stitch This!</p> <p>1:00 Social Bridge (CR)</p> <p>1:30 Baby Bunny Party (A)</p> <p>2:00 Beginner Billiard Lessons (B)</p> <p>2:00 Poetry Reading (L)</p> <p>3:00 Lutheran Communion (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">15</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:30 Technology Troubleshooting (L)</p> <p>11:00 Wii Bowling (MR)</p> <p>11:00 Play Reading (A)</p> <p>11:00 Pillow Making w/Jordyn (AS)</p> <p>1:00 Poker (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Lecture: Art Gottlieb: Ruth Bader Ginsburg (A)</p> <p>3:00 Fitness Fun w/Nicolette (CL)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">16</p>	<p>9:00 Chair Yoga (CL)</p> <p>10:00 Scattergories (MR)</p> <p>11:00 LGBTQ Buzz Session (CR)</p> <p>1:00 Writer's Workshop (MR)</p> <p>1:00 Shop Rite/Library (ML)</p> <p>2:00 Learn and Play Bunco (CR)</p> <p>2:15 Wednesday Chat Group on Zoom</p> <p>3:00 Bean Bag (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">17</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:00 Trinity Hospice Bereavement Group (CR)</p> <p>11:00 Wii Bowling (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:00 Drumming with Audrey (CL)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Left, Right, Center (MR)</p> <p>3:00 Wine Tasting (WL)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">18</p>	<p>10:00 Ukulele with Susan Peak (AS)</p> <p>11:00 Aqua Aerobics (CL)</p> <p>11:00 Hot Topics (A)</p> <p>11:00 Stop N Shop (ML)</p> <p>12:30 Bereavement Group (ACR)</p> <p>1:00 Opera: La Cenerentola with George Conner (A)</p> <p>3:15 Team Trivia Happy Hour (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">19</p>	<p>9:00 Seated Yoga w/Sharon O'Brien (CL)</p> <p>10:00 Putting on the Green (SC)</p> <p>11:00 Netflix Docuseries w/Peter (C)</p> <p>1:00 Baseball Hour w/Mike (MR)</p> <p>3:00 Rummikub (CR)</p> <p>4:30 Sacred Heart PM Mass (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">20</p>	
<p>8:30 Sacred Heart Mass (ML)</p> <p>10:30 St. Thomas Mass (ML)</p> <p>11:30 Plated Brunch (D)</p> <p>3:00 Joe Carter (A)</p> <p>6:30 Sunday Classic Evening Movie (C)</p> <p style="text-align: right;">21</p>	<p>9:30 Tai Chi (CL)</p> <p>10:30 Crossword Club (AS)</p> <p>11:00 Bocce (SC)</p> <p>1:00 Stitch This! (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:30 Craft w/Theresa: Acrylic Pour Trays (AS)</p> <p>2:00 Beginner Billiard Lessons (B)</p> <p>2:00 Jewish Study with Chaplin Ron (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">22</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:30 Technology Troubleshooting (L)</p> <p>11:00 Wii Bowling (MR)</p> <p>11:00 Play Reading (A)</p> <p>1:00 Poker (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Prize Bingo (A)</p> <p>3:00 Fitness Fun w/Nicolette (CL)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">23</p>	<p>9:00 Chair Yoga (CL)</p> <p>10:00 Scattergories (MR)</p> <p>11:00 Craft with Jordyn (AS)</p> <p>1:00 Writer's Workshop (CR*)</p> <p>1:00 Lia Levitt: Egypt PT 2 (A)</p> <p>1:00 Shop Rite/Library (ML)</p> <p>2:00 Learn and Play Bunco (CR)</p> <p>2:15 Wednesday Chat Group on Zoom</p> <p>3:00 Bean Bag (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">24</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>11:00 Monthly Rosary (AS)</p> <p>11:00 Wii Bowling (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Left, Right, Center (MR)</p> <p>2:45 Bigelow Tea with Z (D)</p> <p>4:45 Supper Club: 1850 House (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">25</p>	<p>10:00 Ukulele with Susan Peak (AS)</p> <p>11:00 Aqua Aerobics (CL)</p> <p>11:00 Hot Topics (A)</p> <p>11:00 Stop N Shop (ML)</p> <p>12:30 Bereavement Group (ACR)</p> <p>1:00 Opera: Faust with George Conner (A)</p> <p>3:15 Team Trivia Happy Hour (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">26</p>	<p>9:00 Seated Yoga w/Sharon O'Brien (CL)</p> <p>10:00 Putting on the Green (SC)</p> <p>11:00 New Haven Museum (ML)</p> <p>3:00 Rummikub (CR)</p> <p>4:30 Sacred Heart PM Mass (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">27</p>	
<p>8:30 Sacred Heart Mass (ML)</p> <p>10:30 St. Thomas Mass (ML)</p> <p>11:30 Plated Brunch (D)</p> <p>3:00 Blue Yodels (A)</p> <p>6:30 Sunday Classic Evening Movie (C)</p> <p style="text-align: right;">28</p>	<p>9:30 Tai Chi (CL)</p> <p>10:30 Crossword Club (AS)</p> <p>11:00 Bocce (SC)</p> <p>1:00 Stitch This! (MR)</p> <p>1:00 Social Bridge (CR)</p> <p>1:30 Craft w/Theresa: 3D Art Button Starfish (AS)</p> <p>2:00 Beginner Billiard Lessons (B)</p> <p>2:15 Pictionary (A)</p> <p>3:30 Catholic Liturgy with Holy Communion (A)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">29</p>	<p>9:00 Fitness & Cardio (CL)</p> <p>10:00 Seated Strength & Motion (CL)</p> <p>10:30 Technology Troubleshooting (L)</p> <p>11:00 Wii Bowling (MR)</p> <p>11:00 Play Reading (A)</p> <p>1:00 Poker (CR)</p> <p>1:00 Open Pool Practice (B)</p> <p>2:00 Bill's Feel Good Music (A)</p> <p>3:00 Fitness Fun w/Nicolette (CL)</p> <p>5:45 Southbury Summer Concert: The Elderly Brothers (ML)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">30</p>	<p>9:00 Chair Yoga (CL)</p> <p>10:00 Scattergories (MR)</p> <p>11:00 LGBTQ Buzz Session (CR)</p> <p>1:00 Writer's Workshop (MR)</p> <p>1:00 Shop Rite/Library (ML)</p> <p>2:00 Learn and Play Bunco (CR)</p> <p>2:15 Wednesday Chat Group on Zoom</p> <p>3:00 Spousal Caregiver Support Group (ACR)</p> <p>3:00 Bean Bag (MR)</p> <p>6:30 Evening Movie (Cinema)</p> <p style="text-align: right;">31</p>	<p>Meet the Community Life Team</p> <p>Meg Maier - CL Director</p> <p>Audrey Zanzal</p> <p>Jordyn Smith</p> <p>Nicolette Duncan</p> <p>Theresa D'Ambrosio</p> <p>Sara Veillette</p> <p>Tasha Jones - Driver</p> <p>Jeannette Burgos - Driver</p> <p>Peter Slifka - Driver</p>		<p>Birthdays</p> <p>Gregory Castagna 07/03</p> <p>Arlene Reden 07/03</p> <p>Betty Adams 07/05</p> <p>Shirley Weber 07/05</p> <p>Ellen Mahaney 07/06</p> <p>Teddi Marici 07/09</p> <p>Richard Davidson 07/11</p>	

ACTIVITY LOCATOR KEY

- ACR - Admin. Conference Room
- AS - Art Studio
- A - Auditorium
- BR - Billiard Room
- CR - Card Room

- C - Cinema
- CL - Club (Pool/Gym)
- COM - Commons (2nd Floor)
- L - Library
- ML - Main Lobby
- MR - Meeting Room
- SC - Sports Center/Putting Green
- WL - Watermark Lounge

JULY 2024

Independent Living

