SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All programs and times are subject to change without notice	10:00am 1:1 Morning Greet w/Theresa 10:30am Monthly Gazette & July Trivia w/Theresa 2:00pm Volleyball w/Sara 3:00pm Watercolor paint w/Sara	10:00am- Seated Exercise w/Nicolette 10:30am- Name that Tune with Nicolette 11:00am Volleyball w/Jordyn 1:30pm Up and Down the River Card Game w/Audrey 2:00pm Creative Corner: Fourth of July Fireworks Creations	10:00 BUNCO! w/Theresa 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm: Bingo w/Nicolette 3:00pm: Card Exercise w/Nicolette	Happy Fourth of July! 10:30am Jukebox Jams 1100am Seated Tai Chi Instructed by Ann Sullo (Dining Room) 2:00pm Fourth of July Bingo w/Theresa and Sara	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Summer Olympics Trivia Game w/Audrey 11:00am Green Thumb Gardening Club & Social Hour on The Springs Patio w/Audrey 2:00pm: Let's Get Crafty w/Nicolette 3:00pm: Name That Tune w/Nicolette	10:00 am Seated Exercise w/ Nicolette 10:30am: Volleyball w/Nicolette 11:00am Nature Appreciation w/Nicolette
10:00am Televised Catholic Mass (Channel 20) 10:30am Daily Chronicles & Trivia w/Theresa 2:00pm Twister Toss w/Sara 3:30 pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/Theresa 10:30am Familiar Faces Bingo w/Theresa 2:00pm Pick a Card Social w/Sara 3:00pm Finish the Line w/Sara	10:00am Seated Stretch w/Sara 11:00am Whiteboard Game w/Sara 1:30pm Who Am I? Trivia w/Audrey 2:00pm Drumming w/Audrey (Dining Room	10:00 POKENO! w/Theresa 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm: Bingo w/Nicolette 3:00pm: Card Exercise w/Nicolette	10:00am Pet Therapy Visits w/ Gromit 11:00amVolleyball w/Jordyn 2:00pm Tabletop Bowling w/Sara 3:00pm Name That Tune w/Sara	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Gone Fishing w/Audrey 11:00am Green Thumb Gardening Club & Social Hour on The Springs Patio w/Audrey 2:00pm: Let's Get Crafty w/Nicolette 3:00pm: Name That Tune w/Nicolette	10:00 am Seated Exercise w/ Nicolette 10:30am: Volleyball w/Nicolette 11:00am Nature Appreciation w/Nicolette
10:00am Televised Catholic Mass (Channel 20) 10:30am Card Exercise w/ Nicolette 11:00am: Patio Social w/ Nicolette 2:00pm Twister Toss w/Sara 3:30 pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/Meg 10:30am Jukebox Jams 11:00am Card Exercise w/Meg 2:00pm Volleyball w/Sara 3:00pm Watercolor paint w/Sara	10:00am Seated Stretch w/Sara 11:00am Whiteboard Game w/Sara 1:30pm Pick a Card Social w/Audrey 2:00pm Drumming w/Audrey (Dining Room	10:00 BUNCO! w/Theresa 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm: Bingo w/ Nicolette 3:00pm: Card Exercise w/Nicolette	10:30am Jukebox Jams 11:00am Seated Tai Chi Instructed by Ann Sullo (Dining Room) 2:00pm Communion Service w/ Sacred Heart Church Volunteers Helen and Karen (Springs Dining Room) 3:00pm Volleyball w/Sara	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Roll a Number Dice Game w/Audrey 11:00am Green Thumb Gardening Club & Social Hour on The Springs Patio w/Audrey 2:00pm: Let's Get Crafty w/Nicolette 3:00pm: Name That Tune w/Nicolette	10:00 am Seated Exercise w/ Theresa 10:30am: Volleyball w/Theresa 11:00am Nature Appreciation w/Theresa 1:30pm Live Musical Entertainment w/The Blue Yodels (Dining Room)
10:00am Televised Catholic Mass (Channel 20) 10:30am Bowling w/Theresa 2:00pm Twister Toss w/Sara 3:30 pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/Theresa 10:30am Picture Match Bingo! w/Theresa 2:00pm Pick a Card Social w/Sara 3:00pm Finish the Line w/Sara	10:00am Seated Stretch w/Sara 11:00am Whiteboard Game w/Sara 1:30pm Deck of Card Match Game w/Audrey 2:00pm Drumming w/Audrey (Dining Room	10:00 POKENO! w/Theresa 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm: Bingo w/Nicolette 3:00pm: Card Exercise w/Nicolette	10:00am Pet Therapy Visits w/ Gromit 11:00am Volleyball w/Jordyn 2:00pm Tabletop Bowling w/Sara 3:00pm Name That Tune w/Sara	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Gone Fishing w/Audrey 11:00am Green Thumb Gardening Club & Social Hour on The Springs Patio w/Audrey 2:00pm: Let's Get Crafty w/Nicolette 3:00pm: Name That Tune w/Nicolette	10:00 am Seated Exercise w/ Nicolette 10:30am: Volleyball w/Nicolette 11:00am Nature Appreciation w/Nicolette 1:30pm Live Musical Entertainment w/ Tom Stankus (Springs Dining Room)
10:00am Televised Catholic Mass (Channel 20) 10:30am Crafters Corner: Watercolors w/Theresa 2:00pm Twister Toss w/Sara 3:30 pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/Theresa 10:30am Retro T.V. Bingo w/Theresa 2:00pm Volleyball w/Sara 3:00pm Watercolor paint w/Sara	10:00am Seated Stretch w/Sara 11:00am Whiteboard Game w/Sara 1:30pm Up and Down the River Card Game w/Audrey 2:00pm Drumming w/Audrey (Dining Room)	10:00 Wednesday Word Game w/Theresa 10:30 Resident Council (Dining Room) 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm: Bingo w/Nicolette 3:00pm: Card Exercise w/Nicolette			
JULY 2024 Springs THE WATERMARK AT EAST HILL		ACTIVITY LOCATOR KEY All activities take place in the Springs living room unless otherwise noted	Meet the Community Life Team! Meg Maier, Community Life Director Audrey Zanzal Jordyn Smith Nicolette Duncan Theresa D'Ambrosio Sara Veillette			