

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PAISLEY THE DOG PET THERAPIST AVAILABLE UPON REQUEST AND APPOINTMENTS	NATIONAL POSTAL WORKER DAY 9:30 Monday Fitness w/N-S 11:00 Exercise Trivia w/Joey-IL <i>11:00 Singing With Sister Char -S</i> 11:30 Looking Forward w/N-IL 3:00 Pandora Inspired Bracelet Making w/Morgan- IL 4:15 Table Bowling w/N-S 6:30 Card Games w/CG-IL 1	WORLD UFO DAY 9:30 Morning Greetings w/N-S 11:00 Exercise & Trivia w/NP-IL <i>11:00 Singer Lynn Lewis -S</i> <i>2:30 Entertainer Billy G -IL</i> 3:30 Easy Craft w/N-G 4:15 Mandela Art w/N -S 6:30 Hallmark Movie w/CG's-IL 2	NATIONAL STAY OUT OF THE SUN DAY 9:30 Morning Fitness w/NP-S <i>10:30 Tai Chi w/Jonathan-IL</i> 11:00 All About June - IL 11:30 Balloon Toss & Music - S <i>1:30 Singing With Sister Char-Inn</i> 2:30 Aromatherapy w/NP-IL 3:30 Bonkers for Bingo w/NP - G 6:30 Evening Stretch w/CG's-IL 3	INDEPENDENCE DAY 10:00 Morning Independent Activities-IL 11:00 Exercise to Music w/CG's-IL 2:30 Theme Bingo! w/CG's-IL 3:30 Afternoon Independent Activities-IL 6:30 Card Games w/CG's-IL 4	NATIONAL WORKAHOLIC DAY 9:30 Morning Stretch w/VH-S 11:00 Dice Fitness w/N -IL 11:30 July In History w/N-IL 11:30 Beach Ball Toss w/VH-S 2:30 Balloon Tennis w/N-IL 3:00 Name 5 w/N-IL 4:00 Bible Stories w/VH-S 6:30 Article highlight w/CG-IL 5	ISLAMIC NEW YEAR 9:30 Fun Fitness w/VH-S 10:00 Light & Fit w/VH-G 11:00 Exercise Time w/VH-IL 11:30 Manicure Mania w/VH-S <i>2:30 Armchair Travel :USA w/VH-IL</i> <i>3:30 Ice Cream Social w/VH-G</i> 4:15 Islamic New Year w/VH-S 6:30 Farkle Game w/CG's-IL 6	
WORLD CHOCOLATE DAY 9:30 Get Fit w/VH-S 10:00 Sunday Fitness w/VH-G 11:00 Workout w/VH-IL 11:30 Chocolate Facts w/VH-S <i>2:30 Ice Cream Sunday w/VH-IL</i> <i>3:30 Armchair Travel: USA w/VH-G</i> 4:15 Game Time w/VH-S 6:30 Sunday Movie w/CG 7	NATIONAL VIDEO GAME DAY 9:30 Monday Fitness w/N-S 11:00 Exercise Trivia w/Joey-IL <i>11:00 Singing With Sister Char -S</i> 11:30 Looking Forward w/VH-IL <i>2:00 Singer Leigh Henry-IL</i> 3:00 Technology & VR w/VH-IL <i>6:00 Armchair Travel USA w/VH-S</i> 6:30 Farkle Game w/CG's-IL 8	COW APPRECIATION DAY 9:30 Stretch Fitness w/N-S 11:00 Work It! Exercise w/VH-IL 11:30 Milk Benefits w/VH-IL <i>11:00 Singer Jennifer DiSapio- S</i> 2:30 Left- Center- Right w/VH-IL 3:30 Deja Vu Game w/VH-IL 4:15 Untie The Knot w/VH-S 6:30 Outburst! Game w/CG's-IL 9	NATIONAL KITTEN DAY 9:30 Morning Greetings w/N-S 10:00 Fitness & Trivia w/N-G 11:00 Exercise & Trivia w/N-IL 11:30 Bingo w/N -S 2:30 Arts & Crafts w/N-IL 3:30 Lets Make Music w/N-G 4:15 All About Cats w/N -S 6:30 Hallmark Movie w/CG's-IL 10	WORLD POPULATION DAY 9:30 Shake It Loose w/N-S 11:00 Wake Up Fitness w/VH-IL <i>11:15 Out-Trip For lunch w/CL</i> 11:30 Wheel Of Fortune w/VH-S 2:30 Drumming w/VH-IL 3:30 World Population w/VH-IL 4:15 Painting Fun w/VH-S 6:30 Kerplunk! Game w/CG's 11	MALALA DAY 9:30 Light Stretch w/N-S 11:00 Dancersice w/VH-IL 11:30 Malala Day w/ VH - IL 11:30 "Basket" Ball w/N-S <i>2:30 Movie &Popcorn w/VH-IL</i> 3:30 Movie Discussion w/VH-IL 4:15 Unique Animals w/VH-S 6:30 Domino w/CG's-IL 12	NATIONAL FRENCH FRY DAY 9:30 Morning Greetings w/Lisa-S <i>10:00 Tai Chi w/Jonathan-G</i> <i>10:30 Tai Chi w/Jonathan-IL</i> 11:30 Music & Laughter w/Lisa-S 2:00 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 YouTube Concert w/CG's-IL 13	
BASTILLE DAY 9:30 Morning Greetingsw/Kayti-S 10:30 Exercise&Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL <i>11:30 Pianist John Lamb-S</i> <i>2:30 Singer Lynn Lewis- IL</i> 2:30 Manicure&Music w/Kayti-G 6:30 Card Games w/CG's-IL 14	NATIONAL GIVE SOMETHING AWAY DAY 9:30 Monday Fitness w/VH-S 11:00 Exercise Trivia w/Joey-IL <i>11:00 Singing With Sister Char -S</i> 11:30 Looking Forward w/N-IL 2:30 Rummikub w/N-IL 3:30 All About July w/N-IL 6:00 Button Tree Art w/N-S 6:30 Jigsaw Puzzles w/CG-IL 15	NATIONAL CHERRY DAY 9:30 Stretch Fitness w/VH-S 11:00 Tuesday Tune-Up w/N-IL 11:30 Benifits Of Cherry w/N-IL 11:30 Name That Tune w/VH-S <i>2:30 July Birthday Party w/N -IL</i> 3:30 Corn Hole w/N-IL 4:15 Lets Paint w/N-S 6:30 Card Games w/CG's-IL 16	MOON LANDING ANNIVERSARY 9:30 Strength Fitness w/VH-S <i>10:00 Tai Chi w/Jonathan-G</i> <i>10:30 Tai Chi w/Jonathan-IL</i> <i>11:30 Springs Resident Council - SDR</i> 11:30 Poetry & Music -S <i>1:30 Singing With Sister Char-Inn</i> 3:30 Charades w/VH-IL 4:15 Sensory Touch w/VH-S 6:30 Evening Chat w/CG's-IL 17	NELSON MANDELA INTERNATIONAL DAY 9:30 Light Fitness w/VH-S 11:00 Dice Fitness w/N -IL 11:30 Guess The Bird w/N -IL 11:30 Bingo w/VH-S 2:30 Ball In The Basket w/N-IL 3:30 Bottoms Up w/N-IL 4:15 Basket-Ball w/N-S 6:30 Farkle Game w/CG's-IL 18	SENECA FALLS CONVENTION 9:30 Light Stretch w/VH-S 11:00 TGIF Fitness w/N-IL 11:30 Lets Make Music w/ N - IL 11:30 "Basket" Ball w/N-S <i>2:30 Happy Hour Karaoke w/N-IL</i> 3:30 Name 5 w/N-IL 4:15 Fresh air & Soda w/VH-S 6:30 TCM w/CG's-IL 19	NATIONAL MOON DAY 9:30 Exercise Stretch w/N -S <i>10:00 Music&Dance w/Jennifer-G</i> <i>11:00 Music&Dance w/Jennifer-IL</i> 11:30 Sing A Long w/N-S 2:30 Ball In The Basket w/N -IL 3:30 Corn Hole w/N-G 4:15 Bible Stories w/N-S 6:30 Mandala Art w/CG's-IL 20	
FULL BUCK MOON 9:30 Sunday Fitness w/N -S 10:00 Weekend Fitness w/N-G 11:00 Moving To Music w/N-IL 11:30 Trivia Madness w/N-S 2:30 Trivia Fun w/N- IL 4:15 All About Full Buck Moon w/N-S 6:30 Hand Rubs&Music w/CG's-IL 21	NATIONAL HAMMOCK DAY 9:30 Monday Fitness w/N-S 11:00 Exercise Trivia w/Joey-IL <i>11:00 Singing With Sister Char -S</i> 11:30 Looking Forward w/VH-IL 2:30 Finish The Deck w/VH-IL 3:30 Ball In The Basket w/VH-IL <i>6:00 Lemonade Social w/VH-S</i> 6:30 Hallmart Movies w/CG-S 22	NATIONAL GORGEOUS GRANDMOTHER DAY 9:30 Jokes & Fitness w/N -S 11:00 Weight Fitness w/VH-IL 11:30 World Religion w/VH-IL 11:30 Wheel of Fortune w/N-S 2:30 Horseshoe Toss w/VH -IL 3:30 Make Up Explained w/VH- IL 4:15 Lets Paint w/VH -S 6:30 Farkle Game w/CG's - IL 23	PIONEER DAY 9:30 Mid-week Stretch w/VH-S 11:00 Dice Fitness w/VH-IL <i>11:15 Inn Resident Council - IL DR</i> <i>2:30 Soda And Charcuterie Social w/VH- IL</i> 4:15 Manicure & Music w/VH- S 6:30 Relaxing Music w/CG's-IL 24	CHRISTMAS IN JULY 9:30 Fitness Time w/N-S 11:00 Sunrise Exercise w/VH-IL <i>11:15 Captains Cove w/Victoria</i> 11:30 Music & Dance w/N-S <i>2:30 Lets Make Truffles w/VH-IL</i> 3:30 Can You Haiku? w/VH-IL 4:15 Trivia Fun w/VH-S 6:30 Mandala Art w/CG's-IL 25	UNCLE AND AUNT DAY 9:30 Shake Rattle Fitness w/N-S 11:00 Dancersice w/VH-IL 11:30 Beauty Tips w/ VH - IL 11:30 Lets Make Music w/N-S <i>2:30 Summer Bash Social -S</i> 3:30 The Price Is Right w/VH-IL 6:30 Card Games w/CG's-IL 26	NATIONAL DISABILITY INDEPENDENCE DAY 9:30 Morning Greetings w/Joey-S <i>10:00 Tai Chi w/Jonathan-G</i> <i>10:30 Tai Chi w/Jonathan-IL</i> 11:30 Family Feud w/Joey-S 2:30 Wheel of Fortune w/Joey-IL 3:30 Family Feud w/Joey-G 4:00 AfternoonGreetings w/Joey-S 6:30 Evening Stretch w/CG's-IL 27	
PARENTS DAY 9:30 Morning Greetings w/Joey-S 10:30 Exercise & Trivia w/Joey-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Inspirational w/Joey-S 2:30 Family Feud w/Joey -IL 3:30 Wheel of Fortune w/Joey-G 4:00 AfternoonGreetings w/Joey-S 6:30 Local News w/CG's-IL 28	NATIONAL RAIN DAY 9:30 Monday Fitness w/N-S 11:00 Exercise Trivia w/Joey-IL <i>11:00 Singing With Sister Char -S</i> 11:30 Looking Forward w/N-IL 3:30 Bingo w/N- IL 6:00 Outdoor Fun w/N- S 6:30 Domino w/CG- IL 29	INTERNATIONAL FRIENDSHIP DAY 9:30 Rise And Shine w/VH-S 11:00 Lets Get Fit Friends w/N-IL <i>11:30 Health Talk "Fall Prevention" w/Bindu George, RN-IL</i> 11:30 Wheel Of Fortune w/VH-S 2:30 Beach Ball Volley w/VH-IL 4:15 Bible Reading w/N-S 6:30 Farkle Game w/CG's-IL 30	NATIONAL AVOCADO DAY 9:30 Stories & Fitness w/N-S 10:00 Fitness Fun w/N-G 11:00 Weight Fitness w/N-IL 11:30 Aromatherapy w/N-S 2:30 Scrap-booking w/N-IL 3:30 Making Octopus Socks w/N-G 4:15 Outdoors Trivia w/N-S 6:30 YouTube Concert w/CG-IL 31	Monthly Catholic Communion with Sister Maureen See Weekly Activities Calendar for Date and Time (The Inn, Gardens, and Springs)		Monthly Shabbat with Rabbi Paris See Weekly Activities Calendar for Date and Time	Any Questions About Out-Trips or Family gathering, or programs. Call Victoria at 203-373-6452

JULY 2024
INN/SPRINGS

 **THE WATERMARK**
 AT 3030 PARK

ACTIVITY LOCATOR KEY
AG - Art Gallery AS - Art Studio A - Auditorium G - Gardens TC - Town Center CG's - Caregivers CL - Community Life IL - Inn Lounge S - Springs VH - Victoria SC - Springs Conference Room DR - Dining Room