



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Recurring Programs: 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 1:00 Wednesday's Watercolor Painting w/ Kayti - CAS 12:30 Thursday Learn Bridge w/ The Mehta's - 3rd Fl Lounge	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Ball w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:00 Pokeno w/ Joey - ML 2:00 July Birthday Celebration - WL 3:00 HealthPRO- Auditorium	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Everyone has a Story w/ Cindy	9:00 Seated Yoga w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 WU - Beginners Ladies Poker - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:00 Acey-Deucey w/ Joey - ML 3:00 Worship Service w/ Rev. Rowe - IFC 3:00 Ukulele Rehearsal - FC	INDEPENDENCE DAY HAPPY 4TH OF JULY! Fitness Center Open 6:00 a.m. - 8:00 p.m. 10:00 Catholic Mass 11:45-2:00 Independence Day Brunch - DR 2:30 Channel 591 Afternoon Movie	9:00 Yoga Stretch - FC 10:00 Shopping Outing - FL 11:00 Dominos W Joey - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 2:30 Chris Coogan, Pianist - WL
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - Auditorium 2:30 Resident Pinochle - 3rd FL 3:00 Jodi Keogan & Davis Harris - A 4:00 Bingo - Main Lounge 6:00 Taize Prayer - IFC	National Ice Cream Sundae Day 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Ball w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 Laughter Yoga w/ Cindy - A	9:00 Yoga Stretch w/ Kayti- FC 10:00 Outing - Peabody Museum 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:15 WU - Wine Travels - WL 3:30 Family Feud w/ Joey- ML 7:30 Co-Ed Poker w/ Joey - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FL 1:00 WU - Beginners Spanish Class - ML 2:00 Acey-Deucey w/ Joey - ML 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th F 10 - 2 Community Craft Fair - FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News & Faith - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Armchair Travelers w/ Elsa & Don-A 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 1:30 Tea & Chat - W Lounge 2:30 Nicole Wang, Concert Pianist- A
Bastille Day Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - Auditorium 1:00 Channel 591 Afternoon Movie 2:30 Pinochle - 3rd FL 3:00 Dean Snellback, Musician - ML 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Sated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Ball w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 2:00 Book Club - 2nd FL 3:00 One Day University - Auditorium	9:00 Yoga Stretch w/ Kayti - FC 10:00 Outing - Beardsley Zoo - 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:00 Acev-Deucev w/ Joey - ML 3:00 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Happy Knitters - 4th Fl 10:30 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:30 New Resident Cocktail Party - A 4:45 Hawaiian Night Dinner	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 11:30 Resident Council Meeting - 4th FL 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Over Easy Musicians - CP or A 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 1:30 Tea & Chat - W Lounge 2:30 Afternoon Movie - A
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident - 3rd Fl 2:00 Roger Young, Pianist - WL 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance & Balls w/ Kayti- FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 2:00 Sing Along w/ Joey & Lynn - WL 3:00 One Day University - A	Nat'l Vanilla Ice Cream Day 9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Art Gottlieb, Presenter - A Notre Dame	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti- FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 1:30 Ballet Stars Performances -YT - A 3:00 Author, Charlie Slack - Book on Hetty Green	9:00 Yoga Stretch w/ Kayti - FC 10:00 Town Hall w/ E.D. Joan King - A 11:45 Outing - Captain's Cove 11:00 Aqua Fitness w/ Cindy - IFC 11:00 Wheel of Fortune w/ Joey - ML 1:30 Strength Train Bone Health - FC 1:30 Blood Pressure Screening - WC 2:00 Bingo - ML 2:00 Sacred Heart University P.T. - A Students Final Presentation 3:00 Literature, News & Faith - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 Special Edition LCR w/ Joey - 2:00 Shabbat w/ Rabbi Shulman - IFC 2:00 Nutrition Talk w/Candace Rodak, RD 3:00 Strolling w/ Joey - FC 4:15 Eucharistic Service - IFC	National Love Is Kind Day 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 1:30 Tea & Chat - W Lounge 2:30 Ma & Pa Sedgewick - ML 60's Medley
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd Fl 2:30 Afternoon Movie - SR 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Stretch, Balance/ Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 One Day University - A	9:00 Yoga Stretch w/ Lisa - FC 9:30 Outing - Port Jefferson 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 JWM Theatrical History Lecture w/ Aubrey - Fiddler on the Roof	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Word Game- ML 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 1:30 Wild Metropolis PBS w/ Lisa - A 3:00 Ukulele Rehearsal - FC		Anyone Interested in Presenting a Watermark University Program please contact Cindy McGuire Director of Living Well at at x6108	

ACTIVITY LOCATOR KEY

A - AUDITORIUM
 CL - COMPUTER LOUNGE (1st Floor)
 CAS - CREATIVE ARTS STUDIO
 CP - CAFE PATIO
 DR - DINING ROOM

FC - FITNESS CENTER
 GC - GALLERY CAFE
 IFC - INTERFAITH CHAPEL
 ML - MAIN LOUNGE
 RC - REHAB CLINIC
 WC - WELLNESS CENTER
 WL - W LOUNGE

2ND FL - 2ND FLOOR LOUNGE
 3RD FL - 3RD FLOOR LOUNGE
 4TH FL - 4TH FLOOR LOUNGE
 YT - YOUTUBE

