

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October Birthdays Ken Baker 10/21 Janice Leicht 10/25 Jeannine Nieman 10/29	"I long for the bulbs to arrive, for the early autumn chores are melancholy, but the plaining of the bulbs is the work of hope and always thrilling." -Mary Sarton	7:30 Breakfast (DR) 9:15 National Coffee Day: Coffee Bar and Cookies (FP) 9:30 Daily News (FP) 9:45 Exercise Group: Strength (LR) 10:15 Meditation with Neha (LR) 10:30 WU Passport Travel Club - Yosemite Nat'l Park Anniversary (LR) 11:30 Lunch (DR) 1:00 Wacky Hair Day Competition (LR) 2:00 BINGO - (LR) 3:00 Diamond Dots (LR) 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Balance (LR) 10:15 Pokeno (LR) 10:30 WU Sheree's Art Enthusiasts: Welcome To Fall (LR) 11:30 Lunch (DR) 1:30 Bridge Group (CLR) 2:00 Community Life Meeting (LR) 2:00 Music with Dave (MC) 3:00 Wine Cocktail Wednesday (DR) 4:00 Rosh Hashanah Traditional Foods Tasting (LR) 4:30 Dinner (DR) 6:00 Evening Puzzles (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise: Flexibility (LR) 10:15 October Fun Facts (LR) 10:30 Nicki's Coffee, Chat, & Snack (LR) 11:30 Lunch 2:00 Healthy Sleep Information Session with Accent Care (LR) 3:15 Happy Hour & Entertainment with Tommy Ray Williams (DR) 4:30 Dinner (DR) 6:00 Movie Night (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 World Smile Day: Smiley Cake Pops with Tina (LR) 2:30 Taco Day Craft: Create your own Taco (LR) 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Late night Trivia with Tina	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Corn Hole Toss (LR) 2:30 Coloring Corner (LR) 3:00 Fall Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR)
7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing and Church Service (LR) 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 Mocktail Hour (DR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Cardio (LR) 10:15 Trivia Group: Finishing Lines (LR) 10:30 Gametime: Domino's or Mexican Train (LR) 11:30 Lunch (DR) 1:00 DIY: Corky Pumpkins (LR) 2:00 Joyful Memories - First Train Ride 2:30 Communion Service (CLR) 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 4:30 Dinner 6:00 Puzzles (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Strength (LR) 10:15 Meditation with Neha (LR) 10:30 WU Sheree's National Fluffernutter Day - Fluffernutter Bites (LR) 11:30 Lunch (DR) 1:00 Diamond Dots (LR) 2:00 BINGO (LR) 3:30 Happy Hour & Entertainment with Tony Macaroni (DR) 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Who Wore it Best: Pink Attire (LR) 9:45 Exercise: Flexibility (LR) 10:15 Seven Greatest Unsolved Mysteries of the World (LR) 10:30 WU Crafting Group- Breast Cancer Themed Painting (LR) 11:30 Lunch (DR) 12:30 Bridge Group (CLR) 2:00 Breast Cancer Awareness: Curana Health (LR) 3:00 Wine Cocktail Wednesday (DR) 4:30 Dinner (DR) 6:00 Evening Puzzles (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise: Flexibility (LR) 10:00 Cake Decoration Day: Decorate Fall Cupcakes for Associates (LR) 10:30 WU Card Making Club - "Autumn" cards (LR) 11:30 Lunch 2:00 WU Sheree's Book Club: Don's Balto (LR) 3:15 WU Passport Travel Club - Route 66 4:30 Dinner 6:00 Movie Night (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 OUTING: Union Pacific Steam Locomotive 11:30 Lunch (DR) 1:30 Dance and Choreography Day: Dance with Tina (LR) 2:30 WU Colorful Crowd with Julie (LR) 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 in2L: Jazz Music (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Mithra Halloween Themed Game Night (LR) 2:30 Coloring Corner (LR) 2:30 OUTING: Pumpkins on The Prarie Grace Avenue Church 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR)
7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing and Church Service (LR) 2:30 Fall Flower Gardening (Courtyard) 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 Mocktail Hour (DR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Trivia Group: Finish the Word (LR) 10:30 Music Therapy with Luisa (L) 11:30 Lunch (DR) 2:00 WU Joyful Memories - First House(LR) 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 6:00 Jazz Music (LR)	7:30 Breakfast (DR) 9:15 Exercise Group: Strength (LR) 10:30 Legendary Ladies: Lucille Ball (LR) 10:15 Meditation with Neha (LR) 10:30 Pumpkin Painting for Resident Pumpkin Contest (LR) 11:30 Lunch (DR) 1:00 Grouch Day: Oreo Dirt Cups (LR) 2:00 BINGO-LR 3:15 WU Songs & Smiles w/ Karl (LR) 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Balance (LR) 10:15 WU Creative Crafts with Sandy (LR) 11:30 Lunch (DR) 12:30 Bridge Group (CLR) 1:30 Barbie Themed Party (LR) 2:00 Best Dressed Barbie (LR) 3:00 Wine Cocktail Wednesday (DR) 4:30 Dinner (DR) 6:00 Evening Puzzles (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise: Flexibility (LR) 10:15 Voting and Announcement for Resident Pumpkin Contest (LR) 10:30 WU Scrapbooking with Sheree 11:30 Lunch 2:00 WU Book Club w/ Sheree (LR) 3:15 WU Passport Travel Club - New England to see Colorful Change of Season 4:30 Dinner (DR) 6:00 Movie Night (LR)	7:30 Breakfast (DR) 9:00 Music with Daisy (LR) 9:30 Coffee and News (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Mens Club: Lets Talk Baseball (LR) 2:30 Hearing & Total Care Visit (LR) 2:30 Travel Information Session: Italy (LR) 3:30 Brain Challenging Puzzles (LR) 4:30 Dinner (DR) 6:00 Late night Trivia with Tina 6:00 OUTING: Frisco High School Theater: Six Musical Teen Edition	7:30 Breakfast (DR) 9:00 OUTING: Flutterby Butterfly 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR)
7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing and Church Service 2:30 Vampire Day: Vampire Bookmarks (LR) 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 Mocktail Hour (DR)	7:30 Breakfast (DR) 9:15 Exercise Group: Cardio (LR) 9:30 State Fair Memories (LR) 10:00 The Great State Fair of Texas Celebration with Corny Dogs (LR) 10:30 Gametime: German Games (LR) 11:30 Lunch (DR) 1:30 October Delicacy: Caramel Apples (DR) 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 4:30 Dinner (DR) 5:00-7:00 Family Fall Fest: Fall Games, Prizes, and Trick O Treating (DR) 6:00 Brain Puzzles (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Strength (LR) 10:15 Meditation with Neha (LR) 10:30 Group Brain Challenge Puzzles 11:30 Lunch (DR) 1:30 Men's Club: Name that Country Artist (FP) 2:00 BINGO (LR) 3:00 Diamond Dots (LR) 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Balance (LR) 10:15 History Buffs: Alarm Clocks (LR) 10:30 WU Halloween Pumpkin Painting Activity (LR) 12:30 Bridge Group (CLR) 2:00 Music w/ Krystal (MC) 2:00 OUTING: Kripsy Krema Donuts 3:30 Fall Door Decorating Contest 4:30 Dinner (DR) 6:00 Evening Puzzle (LR)	7:30 Breakfast (DR) 9:30 Exercise: Flexibility (LR) 10:00 WU Passport Travel Club - Travel to Germany to visit Oktoberfest 11:30 Lunch 1:30 Germany American Day: Oktoberfest Documentary and German Snacks (LR) 3:15 Oktoberfest Happy Hour with Mike Frankle - DR 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:00 Tina's Frankenstein Pudding Cups (LR) 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Oldies but Goodies Music (LR)	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Texas Health: Chair Volleyball (LR) 11:30 Lunch (DR) 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR)
7:30 Breakfast (DR) 9:30 Coffee and News (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing and Church Service 2:30 Spooky Sunday: Halloween Tunes and Addams Family Guessing Game (LR) 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 Mocktail Hour (DR)	9:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Chair Yoga with Nichelle from Accent Care (LR) 10:15 Trivia Group: Musical Lyrics 10:30 Game: Left Center Right 11:30 Lunch (DR) 1:30 Diamond Dots (LR) 2:00 WU Joyful Memories - First Job 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 4:30 Dinner 6:00 Tony Bennett Music (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Strength (LR) 10:15 Meditation with Neha (LR) 10:30 WU RED HATTERS Singing (LR) 11:30 Lunch (DR) 2:00 BINGO (LR) 3:15 WU Travel Club - California National 4:30 Dinner (DR) 6:00 Evening Movie (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise Group: Balance (LR) 10:15 This Day in history (LR) 10:30 Resident Council Meeting w/ Tireatha (DR) 11:30 OUTING: Lunch Bunch Olive Garden 12:30 Bridge Group (CLR) 3:15 Group Game: Speed Whiz (LR) 4:30 Dinner 6:00 Corn Hole Toss (LR)	7:30 Breakfast (DR) 9:30 Coffee and News (LR) 9:45 Exercise: Flexibility (LR) 10:15 Happy Diwali: Indian Festival of Lights Facts (LR) 10:30 Culinary Group: Make Halloween Cupcakes 11:30 Lunch 1:00 Diwali Rangoli Art Canvas (LR) 2:30 WU Book Club w/ Sheree (LR) 3:15 Halloween Happy Hour with Paul Anderson (DR) 6:00 Movie Night (LR)		

OCTOBER 2024
Assisted Living

 A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY
 DR - Dining Room
 LR - Living Room
 FP - Fireplace
 CLR- Community Life
 MC - Memory Care

Friendly Reminder:
 Schedule changes may occur; changes will be posted on the daily.



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 RETIREMENT COMMUNITIESSM