

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Medical Transportation Appointment Request must be turned in one day prior by 1pm. Tuesday and Thursday are only for doctors appointment within a 10 mile radius. Please note: only one appointment per day per resident on a first come first serve basis</b></p>		9:00 Head to Toe Swedish Exercise (AS) 9:00 Synergy Vitals Checks (BL) 10:00 National Coffee Day: Gourmet Coffee Bar (BL) 10:30 Parkview Book Club: The Three Mothers (L) 1:00 Crazy Rummy (G) 1:30 National Hair Day with Marelyn Giger (BL) 2:00 The Craft Chiropractic: Posture Assessment (L) 2:00 OLLI UNT Information Session (TH) 3:30 National Hair Day: Wacky Hair Day Competition (BL) 6:30 Evening Movie: You've Got Mail (TH)	<b>10:00 Shopping/Nail Salon Outing</b> 10:00 Upper Limbs Exercise (AS) 1:00 Pokeno (Next to 5212) 2:00 Community Life Meeting (BL) 3:00 Mini Paper Pumpkin Craft (AB) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G) <b>6:30 Scary Movie Night: Ghostbusters 1 (TH)</b>	9:00 Head to Toe Swedish Exercise (AS) 10:30 October Fun Facts (BL) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 1:30 Accent Care: Healthy Sleep Talk (BL) 2:30 Hymn Singing (next to 4111) 3:30 Introduction to Virtual Reality Glasses (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) <b>10:30 Preston Trail Farms Pumpkin Patch Outing</b> 1:00 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 4:00 Signature Cocktail Hour (BL) 6:30 Chicken Foot (G) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about the Lungs (BL) 10:30 Suad Sells (BL) <b>11:00 Ockoberfest at the Star Outing</b> 1:30 Bingo (MP) 2:00/7:00 Movie: When Harry Meet Sally (TH) 6:30 Chicken Foot (G)
10:15 Church Shuttle 11:00-2:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Enemy of the State (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Kidney Disease Talk (BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) <b>1:00 Munchy Monday: The Baked Bear Outing</b> 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:00 New Resident Orientation (TH) 3:30 Childhood Vacations- VR (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:00 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: The Three Mothers (L) 10:30 Fluffermutter Day: Peanut Butter and Marshmallow Sandwich (BL) 1:00 Crazy Rummy (G) 2:15 Happy Hour with Tony Macaroni (DR) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: Romancing the Stone (TH)	10:00 Stretching Exercise (AS) <b>11:30 Mystery Lunch Outing</b> 11:00 History of the World with Rabbi Wolk (TH) 1:00 Pokeno (Next to 5212) 1:30 WU Bob Razz Painting Class (AB) 2:00 Encompass Health Talk: How to Maintain Health and Independence as we Age (BL) 3:30 Background Immersion in Virtual Reality (BL) 6:30 Pokeno (G) <b>6:30 Scary Movie Night: Ghostbusters 2 (TH)</b>	9:00 Head to Toe Swedish Exercise (AS) 10:30 WU Tech Class: Social Media(BL) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 1:30 Food Square: Chocolate Chip Cookie (BL) 2:00 Encompass Health Talk: How to Maintain Health and Independence as we Age (BL) 3:30 Background Immersion in Virtual Reality (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) 12:00 Who Wore it Best: Pink Attire (BL) 1:00 Hand Arthritis Exercise (AS) 1:00 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 1:00 Breast Cancer Themed Painting (AB) 2:00 Breast Cancer Awareness: Curana Health (BL) 4:00 Signature Cocktail Hour (BL) 6:30 Chicken Foot (G) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about the Heart (BL) <b>11:00 Bavarian Grill Outing</b> 1:30 Bingo (MP) 1:30 MayHog Motorcycle Visit (Front Lobby Parking Lot) 1:30 Valerie's Card Making Creations (AB) 2:00/7:00 Movie: Red (TH) 6:30 Chicken Foot (G)
10:15 Church Shuttle to Stonebriar Community Church and St Francis of Assisi Catholic Church Outing 11:00-2:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Night at the Museum (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 HEB Grocery Shopping</b> 10:00 WU Talk about Brain Health(BL) 11:00 Dessert Sampling: National Dessert Day (BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) <b>1:00 Munchy Monday: Braums Outing</b> 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Virtual Gaming (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: The Three Mothers (L) 11:00 DIY Pasta Salad: National Pasta Day (BL) 1:00 Crazy Rummy (G) 1:30 Pumpkin Painting for Pumpkin Contest (AB) 2:00 Stress and Hormone Talk: Health and Longevity Institute (BL) 3:30 WU Diamond Dots (BL) <b>5:00 Mystery Dinner Outing</b> 6:30 Evening Movie: Singin in the Rain (TH)	<b>10:00 Stonebriar Mall Outing</b> 10:00 October Jeopardy (BL) 1:00 Pokeno (Next to 5212) 1:00 October Delicacy: Caramel Apples (BL) 1:30 WU Taste of the Holy Lands (1208) 2:00 Opera Club (TH) 2:30 Jewelry Making (AB) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G) <b>6:30 Scary Movie Night: Interview with the Vampire (TH)</b>	9:00 Head to Toe Swedish Exercise (AS) <b>9:30 Texas State Fair Outing</b> 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 1:30 Leslie's Watercolor Art with Accent (AB) 2:00 Talk with Dr.Bao Thai (BL) 2:30 Hymn Singing (next to 4111) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) <b>11:00 JULIETS: Brunch Time Outing</b> 1:00 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 3:30 Total Hearing Care (L) 4:00 Signature Cocktail Hour (BL) 6:30 Chicken Foot (G) 7:00 Mexican Train (MP)	<b>9:00 Flutterby Butterfly Outing</b> 10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about the Kidneys (BL) 10:30 Julie's Abstract Art (AB) 1:30 Bingo (MP) 1:30 Pumpkin Contest Winner Announced (BL) 2:00/7:00 Movie: Star Wars The revenge of the Sith (TH) 6:30 Chicken Foot (G)
10:15 Church Shuttle 11:00-2:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Queen Bee (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping Outing</b> 10:00 WU Talk about Brain Health(BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) <b>1:00 Munchy Monday: La Creme Bakery</b> 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Virtual Gaming (BL) 5:00 Fall Fest Family Night (Assisted Living Dining Room) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:00 Ambassador Meeting (BL) 10:30 Parkview Book Club: The Three Mothers (L) 1:00 Crazy Rummy (G) 2:15 Happy Hour with Divine (DR) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: On Golden Pond(TH)	10:00 Arthritis Exercise (AS) <b>10:00 Kimbell Museum Outing</b> 1:00 Pokeno (Next to 5212) 1:00 History Buffs: Native Americans and the Arrival of the Europeans (L) 2:00 WU Music and Memories (TH) 2:00 Pinocle (G) 3:00 Fall Door Decorating Contest: Winner Announced in Bistro (BL) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G) <b>6:30 Scary Movie Night: Signs (TH)</b>	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Overnight Trip to Choctaw Outing</b> 10:30 WU Bible Study (MP) 1:30 Crazy Rummy (G) 1:30 Bingo (MP) 1:30 Door to Door Resident Trick O' Treating 2:00 Creative Creations: Vegetarian Salad (BL) 3:00 Mad Hatters Book Club (L) 3:00 Getting to Know you Social (BL) 3:30 Virtual Golf (BL) 6:30 Pokeno (G)	<b>8:30-11 Early Voting to The Grove</b> 9:00 Head to Toe Swedish Exercise (AS) 9:30 Positive Affirmations (BL) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) 11:00 Travel Information Session: Germany (TH) 1:00 Barbie Party and Movie Matinee: Barbie (TH) 1:00 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 4:00 Signature Cocktail Hour (BL) 6:30 Chicken Foot (G) 7:00 Mexican Train (MP)	<b>10:30 Grapevine To Stockyards Train Excursion Outing</b> 10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about the Pancreas (BL) 10:30 Julie's Abstract Art (AB) 11:45 Rolling Through the 40's and 50's with Dean Peters (DR) 1:30 Bingo (MP) 2:00/7:00 Movie: Million Dollar Baby (TH) 6:30 Chicken Foot (G)
10:15 Church Shuttle 11:00-2:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Sleepless in Seattle (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping Outing</b> 10:00 WU Talk about Brain Health(BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) <b>1:00 Munchy Monday: Escape 360 Cafe Outing</b> 1:00 Harris Jewelry Repair (BL) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Virtual Gaming (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:00 Meet with Alex our Transportation Associate (BL) 10:30 Parkview Book Club: The Three Mothers (L) 1:00 Crazy Rummy (G) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: The Mummy (TH)	<b>10:00 Shopping/Nail Salon Outing</b> 10:00 Upper Limbs Exercise (AS) 10:00 New Resident Social (BL) 11:00 Happy Diwali: Rangoli Art (AB) 1:00 Pokeno (Next to 5212) 2:00 Diwali Garland Creation (AB) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G) <b>6:30 Scary Movie Night: Predator (TH)</b>	<p style="text-align: center;"><b>Halloween</b></p> 9:00 Head to Toe Swedish Exercise (AS) 10:30 WU Bible Study (MP) 10:30 Food Square: Halloween Cookies (BL) 11:00 Fall Fest: Fair Games and Prizes (BL) 12:00 Fall Fest Big Raffle Prize Winner (BL) 1:30 Bingo (MP) 2:15 Paul Anderson Halloween Happy Hour (DR) 3:30 Virtual Scenery (BL) 6:30 Pokeno (G)	<p style="text-align: center;"><b>October Birthdays</b></p> <p><b>Patrick McGhee 10/02</b>  <b>Jean Barnett 10/03</b>  <b>Jack Smith 10/05</b>  <b>Gene Carter 10/07</b>  <b>Janice Johnson 10/07</b>  <b>Don Cryer 10/11</b>  <b>John Fort 10/14</b>  <b>Judy Hausner 10/14</b>  <b>Virginia Luman 10/14</b>  <b>Susan Frank 10/24</b>  <b>Jack Kitzmiller 10/25</b>  <b>Bill Swan 10/26</b>  <b>Larry Pendley 10/29</b>  <b>Betsy Satterfield 10/30</b>  <b>Les Burgman 10/31</b>  <b>Ernest Moczygamba 10/31</b></p>	

**OCTOBER 2024**

**Independent Living**



A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ACTIVITY LOCATOR KEY**

**AB-** Art Breezeway  
**AS-** Aerobic Studio  
**B1/4** Breezeway Between Bld 1/4  
**BL-** Bistro Lounge  
**DO-** Doctor's Office(#1102)

**DR-** Dining Room  
**FP-** Fire Place  
**G-** Game Room  
**L-** Library  
**MP-** Multipurpose Room  
**LB-** Lobby  
**P-** Pool  
**PD-** Private Dining Room  
**PT-** Pool Table  
**TH-** Theater

