

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note: Activities in bold denotes special programs such as: live music, religious services, & Watermark University classes</p>	<p>Doctor Appointment Transportation</p> <p>All appointments can be made on Tuesdays and Thursdays. Be aware that others may have appts. also and we may ask you to reschedule if there is a conflict. Shopping trips are every Wednesday at 9AM</p>	<p>Pet Therapy</p> <p>Reduce Anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>	<p>Engage VR - Virtual Reality</p> <p>If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset</p>		<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Catholic Mass with Father Wayne 2:45- Karma The Dog Visits 3:00- Happy Hour/Jokes 4:15- iN2L: Breathe 6:15- Watercolor Painting</p>	<p>9:45- Yoga Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Home Team" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>Daylight Savings</p> <p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- Mass with Father Roach 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: "Parodied Art" 6:30- EWTN Worship Service</p>	<p>9:45-Resistance Exercise 10:15 Balance Assessments 10:30- Scattergories 1:30- Card & Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Trivia 4:15- iN2L: Animal Adventures Egret 6:30- Comedy Club: "Charlie Chaplin"</p>	<p>8:00-Men's Breakfast/ Reid's 9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- Mass with Father Roach 1:30- Roger Hart Slide Show 1:30- WU: Engage VR 3:15- LCR Game 4:15- iN2L: Meditation 6:15- Prize Bingo</p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- Resident Council Meeting 1:30- WU: Timely Topics Around the World 3:00- Plinko 4:00- WU: A Stitch In Time 6:00- Poker with Friends</p>	<p>9:45- Theraband Exercise 10:30- WU: Health Talk "Diabetes Awareness" 1:30- WU: Engage VR 1:30- Giovanni's Trip 3:15- Recipe Club 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Corn Hole 2:45- Karma The Dog Visits 3:00- WU: Wine & The Times 4:15- iN2L: Breathe 6:15- Watercolor Painting</p>	<p>9:45- Yoga Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "The Hill" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- Mass with Father Roach 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: "Wildest Art Stories" 6:30- EWTN Worship Service</p>	<p>Veteran's Day</p> <p>9:45-Resistance Exercise 10:30- Veteran's Program 1:15- Communion 1:30- Card & Board games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Animals 4:15- iN2L: Animal Adventure YAK 6:30- Comedy Club: "Jerry Lewis"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- Mass with Father Roach 1:30- Honky Tonk Piano 1:30- Engage VR 3:30- Plinko 4:15- iN2L: Meditation 6:15- Prize Bingo</p>	<p>9:45- Cardio Exercise 10:30- Sunshine Club 1:30- WU: Timely Topics Around The World 3:00- Pitch & Putt Golf 4:00- WU: A Stitch In Time 6:00- Poker with Friends</p>	<p>9:45- Theraband Exercise 10:30- WU: Scrumptious Delights 11:30- Lunch Trip/Red Lobster 1:30- WU: Engage VR 1:30- Hallway Walks 3:00- Swifferboard 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Disco Dance Party 2:45- Karma The Dog Visits 3:00- Happy Hour/Music 4:15- iN2L: Breathe 6:15- Watercolor Painting</p>	<p>9:45- Yoga Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Bingo 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- Mass with Father Roach 11:00- iN2L: Hymn Sing 1:00- Piano Entertainment 2:00- Grace Church Service 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: "Autumn Art" 6:30- EWTN Worship Service</p>	<p>9:45-Resistance Exercise 10:30- Veteran's & Friends Social 1:30- Card & Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/News 4:15- iN2L: Animal Adventures Indian Elephant 6:30- Comedy Club: "Bob Newhart"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- Mass with Father Roach 1:30- WU: Engage VR 2:00- WU: Chopped Challenge 3:30- Recipe Club 4:15- iN2L: Meditation 6:15- Prize Bingo</p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- WU: The Wild Side 1:30- WU: Jen & Rosanna 3:00- WU: Timely Topics Around The World 4:00- WU: A Stitch In Time 6:00- Poker with Friends</p>	<p>10:00 WU: Jeff The Plant Guy/Horticulture 11:00- Hallway Walks 1:30- WU: Engage VR 1:30- Gem Tones Entertain/Birthday Party 3:00- Hallway Walks 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Ladder Golf 2:30- Karma The Dog Visits 3:00- Happy Hour/Trivia 4:15- iN2L: Breathe 6:15- Watercolor Painting</p>	<p>9:45- Yoga Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee ""Field of Dreams" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- Mass with Father Roach 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: "Creative Art" 6:30- EWTN Worship Service</p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:15- Communion 1:30- Card & Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Memories 4:15- iN2L: Animal Adventures Newt 6:30- Comedy Club: "David Letterman"</p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- Mass with Father Roach 1:30- WU: Engage VR 1:15- Daily Chronicles in the Cafe 3:00- Ice Cream Social 4:15- iN2L: Meditation 6:15- Prize Bingo</p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- Food For Thought Mtg 1:30- WU: Timely Topics Around The World 3:00- WU: National Parks 4:00- WU: A Stitch In Time 6:00- Poker with Friends</p>	<p>Happy Thanksgiving</p> <p>9:45-Exercise on You Tube 8:30-12- Parade on CH 6 12:00- Thanksgiving Luncheon 1:30- Football Games on TV 3:00- Artistic Expression 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Axe Throwing 2:45- Karma The Dog Visits 3:00- Happy Hour/Sports 4:15- iN2L: Breathe 6:15- Watercolor Painting</p>	<p>9:45- Yoga Exercise 10:30- Darts & Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "The Long Game" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p>
<p>NOVEMBER 2024</p> <p>Independent Living</p> <p>EAST VILLAGE PLACE A WATERMARK RETIREMENT COMMUNITY™</p>		<p>ACTIVITY LOCATOR KEY</p> <p>*Activities are Subject to Change</p>		<p>Happy Birthday</p> <p>13th Janet Hemond 13th Marigold Hiser 13th Carolynn Dugan 27th Peggy Sotiropoulos 28th Joanne Delong</p>	<p>Dates to Remember</p> <p>11/1 Mass with Fr. Wayne 11/5 Men's Breakfast 11/5 Roger Hart Slide Show 11/7 Giovanni's Pastry Trip 11/11 Veteran's Program 11/12 Honky Tonk Piano 11/14 Red Lobster Lunch 11/15 Disco Dance Party</p>	<p>11/17 Piano Entertainment 11/17 Grace Church Service 11/21 Jeff the Plant Guy 11/21 Gem Tones/Birthday Party 11/28 Thanksgiving Luncheon Sundays and Tuesdays Mass with Father Jack</p>