


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Note: Activities in Bold denotes special programs such as: live music, religious services, &amp; Watermark University classes.</b></p>	<p><b>Transportation for Medical Appointments</b> Appointments can be made on <b>Tuesdays &amp; Thursdays</b> through the receptionist. For Memory Care, a <b>family member must accompany the resident.</b></p>	<p><b>Engage VR - Virtual Reality</b> 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><b>Pet Therapy</b> Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>			
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce &amp; Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression: Adult Coloring Group 4:00- Music Hour: 60's Mix 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- <b>WU: Daily Chronicle/Coffee Social in Cafe</b> 12:45- Group Meditation 1:30 - <b>WU: Walking Club</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Table Top Bowling 4:00- Music Hour: Jazz Mix 6:00- Comedy Club: Dean Martin</p>	<p>9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation/Aroma Therapy 1:30- <b>Roger Hart Slide Show</b> 2:30- Afternoon Stretch 3:00- Word Games 4:00- Sentimental Reflections 6:00- Game Night: Uno</p>	<p>9:45- Balance Exercise 10:30- <b>WU: Walking Club/Biography-Da'ny Devito</b> 12:45- Group Meditation/Aroma Therapy 1:30 - <b>WU:Timely Topics/World</b> 2:30 - Afternoon Stretch 3:00- Bingo 4:00- Autumn Ambiance &amp; Music 6:00- Jigsaw Puzzles &amp; Board Games</p>	<p>9:45- Cardio Exercise 10:30 - <b>WU: Health Talk "Diabetes Awareness"</b> 11:00-Story Telling 12:45- Group Meditation/Aroma Therapy 1:30 - Happy Hour/<b>TED Talk- Happiness</b> 2:30-Afternoon Stretch 3:00-Noodle Ball 4:00- Music Hour: Winter Jazz 6:00 - Watercolor Painting</p>	<p>9:45- Strength Exercise 10:30-<b>WU: Walking Club/Poetry</b> 12:45- Group Meditation 1:30- Corn Hole 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Scattergories 4:00- Music &amp; Reminisce 6:00- Volleyball</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation/Aroma Therapy 1:30-Movie Matinee: <i>Queen Bees</i> 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Caring Cards 6:00- Manicures &amp; Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce &amp; Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression: Adult Coloring Group 4:00- Music Hour: Golden Oldies 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- <b>WU: Daily Chronicle/Coffee Social in Cafe</b> 12:45- Group Meditation 1:30 - <b>Communion</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Nerf Gun Target Practice 4:00- Music Hour: Dean Martin 6:00- Comedy Club: Victor Borge</p>	<p>9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation/Aroma Therapy 1:30- <b>Honky Tonk Piano</b> 2:30- Afternoon Stretch 3:30- Plinko 4:00- Sentimental Reflections 6:00- Game Night:Play Nine or Crazy 8</p>	<p>9:45- Balance Exercise 10:30- <b>WU: Walking Club /Biography</b> 11:15- <b>Lunch Trip/IHOP</b> 12:45- Group Meditation/Aroma Therapy 1:30 - <b>WU: Timely Topics/World</b> 2:30 - Afternoon Stretch 3:00- Pitch &amp; Putt Golf 4:00- Fall Ambiance &amp; Music 6:00- Card Games or Charades</p>	<p>9:45- Cardio Exercise 10:30 - <b>WU: Scrumptious Delights</b> 11:00- Story Telling 12:45- Group Meditation/Aroma Therapy 1:30 - <b>WU: Letter Art Craft</b> 2:30-Afternoon Stretch 3:00- Swifferboard 4:00- Music Hour: Whitney Houston 6:00 - Watercolor Painting</p>	<p>9:45- Strength Exercise 10:30-<b>WU: Walking Club/Poetry</b> 12:45- Group Meditation 1:30- <b>Disco Dance Party</b> 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Cardo 4:00- Music &amp; Reminisce 6:00- Volleyball</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation/Aroma Therapy 1:30-Movie Matinee: <i>Ella Enchanted</i> 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Caring Cards 6:00- Manicures &amp; Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 1:00- <b>Piano Entertainment</b> 2:00- <b>Grace Church Service</b> 2:30- Afternoon Stretch 3:00- Artistic Expression: Adult Coloring Group 4:00- Music Hour: Classical 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- <b>WU: Daily Chronicle/Coffee Social in Cafe</b> 12:45- Group Meditation 1:30 - <b>WU: Walking Club</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Biographies 4:00- Music Hour: Frank Sinatra 6:00- Comedy Club: Carol Burnett</p>	<p>9:45- Yoga Exercise 10:15- Dunkin Donuts Trip 12:45- Group Meditation/Aroma Therapy 2:00- <b>WU: Chopped Challenge</b> 2:30- Afternoon Stretch 3:00- Word Games 4:00- Sentimental Reflections 6:00- Game Night: Table Top Bowling</p>	<p>9:45- Balance Exercise 10:30- <b>WU: The Wild Side</b> 12:45- Group Meditation/Aroma Therapy 1:30 - <b>WU: Curry Chicken &amp; Banana</b> 2:30 - Afternoon Stretch 3:00- <b>WU: Timely Topics/World</b> 4:00-Fall Ambiance &amp; Music 6:00- Jigsaw Puzzles &amp; Board Games</p>	<p>10:00- <b>Jeff the Plant Guy</b> 11:00 - Story Telling 12:45- Group Meditation/Aroma Therapy 1:30 - <b>The Gem Tones/Birthday Party</b> 2:30-Afternoon Stretch 3:00- Happy Hour/<b>TED Talk Aging Power</b> 4:00- Music Hour: Elvis Presley 6:00 - Watercolor Painting</p>	<p>9:45- Strength Exercise 10:30-<b>WU: Walking Club/Poetry</b> 12:45- Group Meditation 1:30- Ladder Golf 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Sing-a-long 4:00- Music &amp; Reminisce 6:00-Volleyball</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation/Aroma Therapy 1:30-Movie Matinee: <i>Field of Dreams</i> 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Caring Cards 6:00- Manicures &amp; Music</p>
<p>10:00- Mass on TV CH. 9 11:00- Cardio Exercise 12:45- Group Meditation 1:30- Reminisce &amp; Reflect 2:30- Afternoon Stretch 3:00- Artistic Expression: Adult Coloring Group 4:00- Music Hour: 40's Mix 6:00- Group Trivia</p>	<p>9:45- Resistance Exercise 10:30- <b>WU: Daily Chronicle/Coffee Social in Cafe</b> 12:45- Group Meditation 1:30 - <b>Communion</b> 2:00- <b>Chaplet of Divine Mercy</b> 3:00- Noodle Ball 4:00- Music Hour: Sammy Davis Jr 6:00- Comedy Club: Johnny Carson</p>	<p>9:45- Yoga Exercise 10:30- <b>WU: Baking Club</b> 12:45- Group Meditation/Aroma Therapy 1:30- Table Hockey Game 2:30- <b>Ice Cream Social</b> 3:00- Word Games 4:00- Sentimental Reflections 6:00- Game Night:</p>	<p>9:45- Balance Exercise 10:30-<b>WU: Walking Club/Biographies</b> 12:45- Group Meditation/Aroma Therapy 1:30 - <b>WU: Timely Topics/World</b> 2:30 - Afternoon Stretch 3:00- <b>WU: National Parks/Sites</b> 4:00- Fall Ambiance &amp; Music 6:00- Card Games or Charades</p>	<p><b>Happy Thanksgiving</b> 9:00 - <b>Thanksgiving Parade</b> 10:30 - Stretching Exercise 12:00- <b>Thanksgiving Luncheon</b> 12:45- Group Meditation/Aroma Therapy 1:30 -<b>WU: Daily Chronicle</b> 2:30-Afternoon Cardio Exercise 3:00- Artistic Expression-Holiday 4:00- Music Hour: 60's One Hit Wonders 6:00 -Watercolor Painting</p>	<p>9:45- Strength Exercise 10:30-<b>WU: Walking Club/Poetry</b> 12:45- Group Meditation 1:30- Axe Throwing 2:30- Afternoon Stretch 3:00- <b>Karma the Dog Visits</b> 3:00 - Happy Hour /<b>TED : Jane Fonda</b> 4:00- Music &amp; Reminisce 6:00-Volleyball</p>	<p>9:45- Flexibility Exercise 10:30- Bingo 12:45- Group Meditation/Aroma Therapy 1:30-Movie Matinee: <i>The Wedding Planner</i> 2:30- Afternoon Stretch 3:00- Sentimental Reflections 4:00- Reminisce: Caring Cards 6:00- Manicures &amp; Music</p>

# NOVEMBER 2024

## Our Place

### ACTIVITY LOCATOR KEY

\*Activities Are Subject to Change



### Happy Birthday!

13th - Janet Hemond  
13th - Marigold Hiser  
13th - Carolynn Dugan  
26th - Richard Coverdill  
27th - Peggy Sotiropoulos  
28th - Joanne DeLong

### Dates To Remember

11/1 Mass with Father Wayne  
11/5 Roger Hart Slide Show  
11/12 Honky Tonk Piano  
11/13 Lunch Trip/IHOP  
11/15 Disco Dance Party  
11/17 Piano Entertainment  
11/17 Grace Church Service

### Dates To Remember

11/19 Dunkin Donuts Trip  
11/21 Jeff The Plant Guy  
11/21 Gem Tones /Birthday Party  
11/28 Thanksgiving Luncheon