

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>Morning:</b> Seated Exercise Volleyball Morning Patio Social <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss 10 Card Flip Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Movie Social 3pm: Live Music by Kayte Devlin Afternoon Group Seated Stretch <b>Evening:</b> Sit & Paint Short Stories Social
<b>Morning:</b> Morning Meditation Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> 10am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Craft with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> 10am: Card Exercise w/Nicolette 10:30am: Scattergories w/Nicolette 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> November Social w/Nicolette Brain Fitness Afternoon Movie Social <b>Evening:</b> Poetry Reading Social Kitchen Creations Music Appreciation	<b>Morning:</b> Nature Appreciation Fitness & Cardio <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> Famous Faces Match Game w/Theresa Afternoon Movie Social Sit & Paint <b>Evening:</b> Refreshments & Music Spa Night	<b>Morning:</b> Seated Exercise Volleyball Morning Patio Social <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Checkers Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
3	4	5	6	7	8	9
<b>Morning:</b> Morning Meditation Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> 10am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Do you Remember ? with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> 10am: Card Exercise w/Nicolette 10:30am: Scattergories w/Nicolette 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> November Social w/Nicolette Brain Fitness Afternoon Movie Social <b>Evening:</b> Poetry Reading Social Kitchen Creations Music Appreciation	<b>Morning:</b> Nature Appreciation Fitness & Cardio <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> Bird Tales w/Theresa Afternoon Movie Social Sit & Paint <b>Evening:</b> Refreshments & Music Spa Night	<b>Morning:</b> Seated Exercise Volleyball Morning Patio Social <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Go Fish Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Movie Social 3pm: Live Music by Don Lowe Afternoon Group Seated Stretch <b>Evening:</b> Sit & Paint Short Stories Social
10	11	12	13	14	15	16
<b>Morning:</b> Morning Meditation Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> 10am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Craft with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> 10am: Card Exercise w/Nicolette 10:30am: Scattergories w/Nicolette 11am: Tabletop Bowling w/Nicolette <b>Afternoon:</b> November Social w/Nicolette Brain Fitness Afternoon Movie Social <b>Evening:</b> Poetry Reading Social Kitchen Creations Music Appreciation	<b>Morning:</b> Nature Appreciation Fitness & Cardio <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation	<b>Morning:</b> 10am: Seated Tai Chi by Ann Sullo 10:30am: Let's Get Crafty with Nicolette Sacred Heart Communion <b>Afternoon:</b> Afternoon Movie Social Sit & Paint <b>Evening:</b> Refreshments & Music Spa Night	<b>Morning:</b> Seated Exercise Volleyball Morning Patio Social <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss 10 Card Flip Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Nature Appreciation Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
17	18	19	20	21	22	23
<b>Morning:</b> Morning Meditation Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> 10am: Exercise with Sara 10:30am: Volleyball with Sara 11am: Memory Match Game with Sara Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> 10am: Card Exercise w/Nicolette 10:30am: Scattergories w/Nicolette 11am: Live Piano by Brian Horberg <b>Afternoon:</b> November Social w/Nicolette Brain Fitness Afternoon Movie Social <b>Evening:</b> Poetry Reading Social Kitchen Creations Music Appreciation	<b>Morning:</b> Nature Appreciation Fitness & Cardio <b>Afternoon:</b> Indoor Golf 1:30pm: Live Piano by Gary Stabile Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Mediation	<b>Thanksgiving</b> <b>Morning:</b> Macy's Thanksgiving Day Parade Dance Party Sacred Heart Communion <b>Afternoon:</b> Afternoon Movie Social Sit & Paint <b>Evening:</b> Refreshments & Music Spa Night	<b>Morning:</b> Seated Exercise Volleyball Morning Patio Social <b>Afternoon:</b> Kitchen Creations Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Checkers Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Tabletop Bowling Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
24	25	26	27	28	29	30

# NOVEMBER 2024

## The Villa



THE WATERMARK  
AT EAST HILL

All activities are led by  
Nayas unless otherwise  
noted.

\*All programs and times  
are subject to change.\*