

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>10:00- Mass on TV CH. 9 - Cardio Exercise 12:45- Group Meditation - Reminisce & Reflect - Afternoon Stretch - Artistic Expression: Adult Coloring Group - Music Hour: The Jackson 5 6:00- Group Trivia</p> <p style="text-align: right;">1</p>	<p>- Resistance Exercise -WU: Daily Chronicle/Coffee Social in Cafe 12:45- Group Meditation - WU: Walking Club 2:00- Chaplet of Divine Mercy - Table Top Bowling - Music Hour: Motown: 6:00- Comedy Club: A Little help with Carol Burnett: Friendship</p> <p style="text-align: right;">2</p>	<p>-Yoga Exercise 10:30- WU: Baking Club 12:45- Group Meditation/Aroma Therapy 1:30- WU: Ornament Making -Afternoon Stretch - Word Games Sentimental Reflections 6:00- Game Night: Uno</p> <p style="text-align: right;">3</p>	<p>- Balance Exercise - WU: Walking Club/Biography- 12:45- Group Meditation/Aroma Therapy - Holiday Tree Decorating - Afternoon Stretch 2:30 S'mores and Holiday Cheer - Autumn Ambiance & Music 6:00- Jigsaw Puzzles & Board Games</p> <p style="text-align: right;">4</p>	<p>- Cardio Exercise 10:30 - WU: Health Talk "The Aging Brain" -Story Telling 12:45- Group Meditation/Aroma Therapy 1:30- Timely Topics/World Series - Happy Hour/TED Talk- Christmas - Music Hour: The Beatles 6:00 - Watercolor Painting</p> <p style="text-align: right;">5</p>	<p>- Strength Exercise -WU: Walking Club/Poetry 12:45- Group Meditation 1:30- Mass with Father Wayne - Afternoon Stretch 2:30- Karma the Dog Visits - WU: Astronomy/ Space Exploration - Music & Reminisce 6:00- Volleyball</p> <p style="text-align: right;">6</p>	<p>- Flexibility Exercise - Bingo 12:45- Group Meditation/Aroma Therapy -Movie Matinee: "The Holiday Calendar" - Afternoon Stretch - Sentimental Reflections - Reminisce: Caring Cards 6:00- Manicures & Music</p> <p style="text-align: right;">7</p>		
<p>10:00- Mass on TV CH. 9 - Cardio Exercise 12:45- Group Meditation - Reminisce & Reflect - Afternoon Stretch - Artistic Expression: Adult Coloring Group - Music Hour: Ray Charles 6:00- Group Trivia</p> <p style="text-align: right;">8</p>	<p>- Resistance Exercise 10:30- Somers Day Carollers 12:45- Group Meditation - WU: Walking Club 2:00- Chaplet of Divine Mercy - WU: Reminisce-The Front Porch Swing - Music Hour: Rock & Roll- Elvis 6:00- Comedy Club: Monk</p> <p style="text-align: right;">9</p>	<p>-Yoga Exercise 10:30- WU: Sugar Cookie Cutouts 12:45- Group Meditation/Aroma Therapy 1:30- Resident Birthday Party -Afternoon Stretch 3:00- Sweater Cookie Decorating Sentimental Reflections 6:00- Game Night: Hi/Lo</p> <p style="text-align: right;">10</p>	<p>- Balance Exercise 10:30- WU: Discovery Series "Overall Health" 12:45- Meditation/Aroma Therapy - WU:Timely Topics/World - Afternoon Stretch - Bingo - Autumn Ambiance & Music 5:30- Bright Nights Trip</p> <p style="text-align: right;">11</p>	<p>- Cardio Exercise 10:15- Dunkin Donuts Trip 12:45- Group Meditation/Aroma Therapy - Happy Hour/TED Talk- Xmas Tree & the Universe 3:30- Horse Racing - Music Hour: Englebert Humperdink 6:00 - Holiday Party with Jimmy Mazz & Mr. & Mrs. Claus</p> <p style="text-align: right;">12</p>	<p>- Strength Exercise -WU: Walking Club/Poetry 12:45- Group Meditation 1:30- Pitch & Putt Golf - Afternoon Stretch 2:30- Karma the Dog Visits - WU: History Of Christmas - Music & Reminisce 6:00- Volleyball</p> <p style="text-align: right;">13</p>	<p>- Flexibility Exercise - Bingo 12:45- Group Meditation/Aroma Therapy -Movie Matinee: "I Believe in Santa" - Afternoon Stretch - Sentimental Reflections - Reminisce: Tell About It 6:00- Manicures & Music</p> <p style="text-align: right;">14</p>		
<p>10:00- Mass on TV CH. 9 - Cardio Exercise 12:45- Group Meditation - Reminisce & Reflect - Afternoon Stretch - Artistic Expression: Adult Coloring Group - Music Hour: Marvin Gaye 6:00- Group Trivia</p> <p style="text-align: right;">15</p>	<p>- Resistance Exercise - WU: Daily Chronicle/Coffee Social in Cafe 12:45- Group Meditation 1:30- Communion 2:00- Chaplet of Divine Mercy - Reminisce- Pigs I Remember - Music Hour: Rock- 50's 6:00- Comedy Club: A Little Help with Carol Burnett: Love</p> <p style="text-align: right;">16</p>	<p>-Yoga Exercise 10:30- WU: Baking Club 12:45- Group Meditation/Aroma Therapy - Walking Club 2:00- Chopped Challenge -Afternoon Stretch -- Christmas Stories/Reminisce Sentimental Reflections 6:00- Game Night: Uno</p> <p style="text-align: right;">17</p>	<p>- Balance Exercise 10:30- WU: The Wild Side 12:45- Group Meditation/Aroma Therapy 1:30 WU: Jen & Rosanna Class - Afternoon Stretch - Bingo - Autumn Ambiance & Music 6:00- Jigsaw Puzzles & Board Games</p> <p style="text-align: right;">18</p>	<p>10:00 - Jeff The Plant Guy -Story Telling 12:45- Meditation/Aroma Therapy 1:30- Timely Topics Around The World - Happy Hour/TED Talk- - Music Hour: Celine Dion 6:00 - Watercolor Painting</p> <p style="text-align: right;">19</p>	<p>- Strength Exercise -WU: Walking Club/Poetry 12:45- Group Meditation 1:30- Disco Dance Party - Afternoon Stretch 2:30- Karma the Dog Visits - Wreath Making - Music & Reminisce 6:00- Cub Scouts Variety Show</p> <p style="text-align: right;">20</p>	<p>- Flexibility Exercise - Bingo 12:45- Group Meditation/Aroma Therapy -Movie Matinee: "Christmas on Mistletoe Farm" - Afternoon Stretch - Sentimental Reflections - Reminisce: Caring Cards 6:00- Manicures & Music</p> <p style="text-align: right;">21</p>		
<p>10:00- Mass on TV CH. 9 - Cardio Exercise - Group Meditation - Reminisce & Reflect - Afternoon Stretch - Artistic Expression: Adult Coloring Group - Music Hour: AL Green 6:00- Group Trivia</p> <p style="text-align: right;">22</p>	<p>- Resistance Exercise - WU: Daily Chronicle/Coffee Social in Cafe 12:45- Group Meditation - WU: Walking Club 2:00- Chaplet of Divine Mercy - Biography-Carol Burnett - Music Hour: R&B Ray Charles 6:00- Mariah Carey: Merry Christmas To All Holiday Special</p> <p style="text-align: right;">23</p>	<p>-Yoga Exercise 10:30- WU: Baking Club 12:45- Group Meditation/Aroma Therapy 1:30 Holiday Party/Sing-a-long -Afternoon Stretch - Ladder Golf Sentimental Reflections 6:00- Game Night: UHi/Lo</p> <p style="text-align: right;">24</p>	<p>Merry Christmas/Hanukkah - Balance Exercise on TV - WU: Walking Club with Nayas 12:00 Holiday Luncheon 12:45- Meditation/Aroma Therapy -Holiday Matinee "Jingle Jangle" - Afternoon Stretch - Winter Ambiance & Music 6:00- Jigsaw Puzzles & Board Games</p> <p style="text-align: right;">25</p>	<p>- Cardio Exercise 10:30 - WU: Scrumptious Delights -Story Telling 12:45- Group Meditation/Aroma Therapy - Noodleball 2:30- Ice Cream Social -Afternoon Stretch - Music Hour: The Beach Boys 6:00 - Watercolor Painting</p> <p style="text-align: right;">26</p>	<p>- Strength Exercise -WU: Walking Club/Poetry 12:45- Group Meditation 1:30- Axe Throwing - Afternoon Stretch 2:30- Karma the Dog Visits 3:00- Piano Sing-a-long in Lobby - Music & Reminisce 6:00- Volleyball</p> <p style="text-align: right;">27</p>	<p>- Flexibility Exercise - Bingo 12:45- Group Meditation/Aroma Therapy -Movie Matinee: "Family Switch" - Afternoon Stretch - Sentimental Reflections - Reminisce: Our Breakfast Table 6:00- Manicures & Music</p> <p style="text-align: right;">28</p>		
<p>10:00- Mass on TV CH. 9 - Cardio Exercise 12:45- Group Meditation - Reminisce & Reflect - Afternoon Stretch - Artistic Expression: Adult Coloring Group 3:00- Music Hour: Smokey Robinson 4:00- Music Hour: Smokey Robinson 6:00- Group Trivia</p> <p style="text-align: right;">29</p>	<p>- Resistance Exercise - WU: Daily Chronicle/Coffee Social in Cafe 12:45- Group Meditation 1:30- Communion 2:00- Chaplet of Divine Mercy - Poems-Over the River & Thru the Woods - Music Hour: Folk Music-Bob Dylan 6:00- Comedy Club: My Wife & Kids</p> <p style="text-align: right;">30</p>	<p>-Yoga Exercise 10:30- WU: Baking Club 12:45- Group Meditation/Aroma Therapy 1:30 Chet Kerr New Year's Eve Party -Afternoon Stretch New years Eve Facts/Poetry - Mystery Object Game Sentimental Reflections 6:00- Game Night: Uno</p> <p style="text-align: right;">31</p>	<p>Note: Activities in Bold denotes special programs such as: live music, religious services, & Watermark University classes.</p>			<p>Transportation for Medical Appointments Appointments can be made on Tuesdays & Thursdays through the receptionist. For Memory Care, a family member must accompany the resident.</p>	<p>Engage VR - Virtual Reality 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>Dates to Remember 1st Lisa Roll & Stroll 6th Catholic Mass 9th Carolers 10th Birthday Party 11th Bright Nights Trip 12th Dunkin Donuts Trip w/Jimmy Mazz</p>

DECEMBER 2024
Our Place

 **EAST VILLAGE PLACE**
A WATERMARK RETIREMENT COMMUNITY™

ACTIVITY LOCATOR KEY

***Activities Are Subject to Change**

Pet Therapy
Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma



Happy Birthday!
2nd Tony Miller
13th Helen Graydon
15th Peggy Perry
17th Donald LaClair

19th Jeff the Plant Guy
20th Disco Dance Party
20th Scout Variety Show
24th Holiday Party Sing
26th Ice Cream Social
27th Piano Sing-a-long
31st Chet Kerr New Year's Party