

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Happy Birthday</b> Jane C. - 08/01 Joan A. - 08/09 Adolf R. - 08/23	Becky B. - 08/25 Betty F. - 08/28		<b>Elena G. Robillard</b> <b>Community Life Director</b> <b>Legacy at Cranberry Landing</b> <b>300 Cranberry Landing Drive</b> <b>Rochester, NY 14609</b> <b>(585)244-3630</b> egrobillard@watermarkcommunities.com	10:00 Sit and Be Fit Exercise (AR) 10:45 Shake Loose a Memory (AR) 1:30 <b>Bus Trip to WEGMANS (Lobby)</b> 2:00 Bingo BASH! (AR) 3:30 Olympic Games (MR) 6:15 Brain Teasers (Independent)	10:00 Silver Sneakers Exercise (AR) 10:45 10:45 Best Travel Destinations 2024 (AR) 1:15 Milkshakes (LR) 2:00 Sing-a-Long with Kathy (LR) 3:30 Jeopardy (AR) 6:15 Card Games (Independent)	10:00 Saturday Stretch (AR) 10:45 Morning Meditation (PA) 1:30 Concierge Social (FD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 Game Night (Independent, GR)
9:45 Weighted Exercise (AR) 10:30 Catholic Mass (CH) 1:30 Gratitude Circle (AR) 2:30 Air Hockey (GR) 3:30 Olympic Games (MR) 6:15 Creative Coloring (Independent)	10:00 Active Yoga (AR) 10:45 This Week in History (MR) 1:30 Ladderball (AR) 2:15 Holy Rosary (MR) 3:00 Manicures (AR) 6:15 Crossword Puzzles (Independent)	10:00 Sit and Be Fit Exercise (AR) 11:00 Church Service w/ Angelo (CH) 1:30 Dining Meeting with John (ILD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 <b>Montage Music (LR)</b>	10:00 Seated Exercise (AR) 10:45 W.U. National Lighthouse Day (AR) 1:30 Resident Counsel for Assisted Living (AR) 2:30 Card Game Social (AR) 3:30 Happy Hour (AR) 6:15 Board Games (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:45 W.U. National Cat Day (AR) 1:30 W.U. Art Class w/ Diana (AS) 1:30 Resident Counsel for Independent Living (LR) 2:00 Bingo BASH! (AR) 3:30 Biking around the Country (MR) 6:15 Brain Teasers (Independent)	10:00 Silver Sneakers Exercise (AR) 10:45 W.U. July National Days (MR) 1:15 Arnold Palmer Drinks (LR) 2:00 Sing-a-Long with Kathy (LR) 3:30 Air Hockey (GR) 6:15 Card Games (Independent)	10:00 Saturday Stretch (AR) 10:45 Morning Meditation (PA) 1:30 Concierge Social (FD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 6:15 Game Night (Independent, GR)
9:45 Weighted Exercise (AR) 10:30 Catholic Mass (CH) 1:30 Gratitude Circle (AR) 2:30 Cornhole (AR) 3:30 Olympic Game Highlights (MR) 6:15 Creative Coloring (Independent)	10:00 Active Yoga (AR) 10:45 <b>Bus Trip : Lunch at Union Tavern (Lobby)</b> 3:00 Manicures (AR) 6:15 Crossword Puzzles (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:45 This Week in History (MR) 1:30 Let's Travel to Myrtle Beach! (MR) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 Word Searches (Independent)	10:00 Seated Exercise (AR) 10:45 Deal or No Deal? (AR) 1:30 Bocce Ball (AR) 2:30 Holy Rosary (MR) 3:30 Happy Hour (AR) 6:15 Board Games (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:30 Feast of the Assumption Mass (CH) 1:15 Drum Fitness (AR) 2:00 Bingo BASH! (AR) 3:30 National Relaxation Day!- Face Masks (MR) 6:15 Brain Teasers (Independent)	10:00 Silver Sneakers Exercise (AR) 10:45 W.U. National Joke Day (AR) 1:15 Pina Colodas (LR) 2:00 Sing-a-Long with Kathy (LR) 3:30 Bird Watching (AR) 6:15 Card Games (Independent)	10:00 Saturday Stretch (AR) 10:45 Morning Meditation (PA) 1:30 Concierge Social (FD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 6:15 Game Night (Independent, GR)
9:45 Weighted Exercise (AR) 10:30 Catholic Mass (CH) 1:30 Gratitude Circle (AR) 2:30 Old Maid (AR) 3:30 "Rick Steves' Cruising the Mediterranean" (MR) 6:15 Creative Coloring (Independent)	10:00 Active Yoga (AR) 10:45 This Week in History (MR) 1:30 <b>Bus Trip to Wickham Farms Sunflower Spectacular (Lobby)</b> 3:00 Manicures (AR) 6:15 Crossword Puzzles (Independent)	10:00 Sit and Be Fit Exercise (AR) 11:00 Church Service w/ Angelo (CH) 1:30 Dining Meeting with John (ILD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 Word Searches (Independent)	10:00 Seated Exercise (AR) 10:45 Shake Loose a Memory (AR) 1:30 Watermelon Tote Bag Craft (AR) 2:30 Jeopardy (MR) 3:30 Happy Hour (AR) 6:15 Board Games (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:45 Name That Tune (AR) 1:30 W.U. Art Class with Diana (AS) 2:00 Bingo BASH! (AR) 3:30 Scrabble (AR) 6:15 Brain Teasers (Independent)	10:00 Silver Sneakers Exercise (AR) 10:45 1989: The Year that Made Us (MR) 1:15 Tropical Punch Drinks (LR) 2:00 Sing-a-Long with Kathy (LR) 3:30 Billiards Social (Pool Table) 6:15 Card Games (Independent)	10:00 Saturday Stretch (AR) 10:45 Morning Meditation (PA) 1:30 Concierge Social (FD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 6:15 Game Night (Independent, GR)
9:45 Weighted Exercise (AR) 10:30 Catholic Mass (CH) 1:30 Gratitude Circle (AR) 2:30 Giant Jenga (AR) 3:30 The Price is Right (MR) 6:15 Creative Coloring (Independent)	10:00 Active Yoga (AR) 10:45 This Week in History (MR) 1:30 Drum Fitness (AR) 2:15 "The Lady Bird Diaries" (MR) 3:00 Manicures (AR) 6:15 Crossword Puzzles (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:45 DARTS! (AR) 1:30 Bingo BASH! (AR) 2:30 <b>Mike Sidoti (LR)</b> 3:30 Walking Club (Lobby) 6:15 Word Searches (Independent)	10:00 Seated Exercise (AR) 10:45 Guess the Historical Figure (AR) 1:30 Rock Painting (AR) 2:30 Are you Smarter Than a 5th Grader? (MR) 3:30 Happy Hour (AR) 6:15 Board Games (Independent)	10:00 Sit and Be Fit Exercise (AR) 10:45 Decades Trivia (AR) 1:30 Bus Trip to DOLLAR TREE (Lobby) 2:00 Bingo BASH! (AR) 3:30 Biking on the Beach (AR) 6:15 Brain Teasers (Independent)	10:00 Silver Sneakers Exercise (AR) 10:45 Shake Loose a Memory- Back to School (AR) 1:15 Italian Sodas (LR) 2:00 Sing-a-Long with Kathy (LR) 3:30 1989: The Year that Made Us (MR) 6:15 Card Games (Independent)	10:00 Saturday Stretch (AR) 10:45 Morning Meditation (PA) 1:30 Concierge Social (FD) 2:30 Bingo BASH! (AR) 3:30 Walking Club (Lobby) 6:15 6:15 Game Night (Independent, GR)

**AUGUST 2024**  
**Assisted and Independent Living**



LEGACY  
AT CRANBERRY LANDING  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ACTIVITY LOCATOR**

AR-Activity Room  
MR- Media Room  
AS- Art Studio

CH- Chapel  
LR- Living Room  
ILD- Independent Living Dining Room  
GR- Game Room

PA- Patio  
FD- Front Desk  
Independent- Self directed, materials available in the Activity Room

**Calendar Key:**  
W.U. - Watermark University, educational programming  
*Italics*- Entertainer Performance

**Bus Trips- Sign up in Lobby**