

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00am Youtube Chair Fitness L 10:30am Snack Chat L 1:30pm Exercise With Theo L 2:30pm Creative Coloring L 4:00pm Courtyard Strolls & Cornhole CY 6:00pm Movie Night L 1	Labor Day 10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Hummingbirds L 1:30pm Black Jack L 2:30p (WU) History of Labor Day L 3:30pm Creative Coloring 6:00pm Gardens Walking Club 2	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Bean Bag Twister L 1:30pm Left Right Center L 2:30pm Music Therapy w/ Katie L 3:30pm Afternoon Exercise L 6:00pm Post Dinner Movie L 3	10:00am Exercise With Theo L 11:00am Whiteboard Games L 1:30pm BINGO l 2:30pm (WU) All About Hawaii L 3:30pm Afternoon Stretch L 4:00pm Cornhole CY 6:00pm Creative Coloring L 4	10:00am Exercise With Carol L 10:45am Snack Chat L 11:00am Lucky Sevens Game L 11:30am Sing A Long Chorus L 1:00pm Friendly Visits With Wendy 1:30pm UNO L 2:30pm Courtyard Games CY 3:30pm Afternoon Exercise L 6:00pm Creative Coloring L 5	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Coffee Ice Cream 11:30pm Word Games L 1:30pm Bus Trip To: Powder Mills Park Hatchery 1:30pm Music With Andy L 2:30pm Apple Cider Floats L 3:30 Back to School Reminiscing L 6:00pm Friday Movie Night L 6	10:00am Total Body Workout L 10:30am Snack Chat L 11:30am Music and Memories L 3:30pm Trivia L 4:00pm Afternoon Stretch L 6:00pm Creative Coloring L 7	
10:00am Aerobics With Andy L 10:30am Snack Chat L 11:00am Open Crafting & Music L 1:00pm Bills VS Cardinals Game L 1:30pm Creative Coloring 2:30pm Courtyard Strolls and Cornhole CY 4:00pm Conversation Cube L 6:00pm Movie Night L HAPPY NATIONAL ASSISTED LIVING WEEK!! 8	Sports Day 10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Pamper and Polish L 1:30pm Left Right Center L 2:30pm (WU) The Age Of Exploration Pt. 6 2:30pm Entertainment By Joe Miltch GA 3:30pm Mocktail Monday L 6:00pm Gardens Walking Club 9	Hawaiian Day 10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Teddy Bear Project L 1:30pm Donut Tasting L 2:30pm Music Therapy w/ Katie L 3:30pm Afternoon Exercise L 6:00pm Post Dinner Movie L 10	Western Day 10:00am Bible Study w/ Ann & Tony L 11:00am Exercise With Theo L 1:30pm Musical Memory Lane With Bach to Roc Music School L 2:00pm BINGO l 3:00p (WU) 9/11 Remembrance L 3:30pm Afternoon Stretch L 4:00pm Memory Madness L 6:00pm Creative Coloring L 11	Dress Your Best Day 10:00am Exercise With Carol L 10:45am Snack Chat L 11:00a Rhyme Time & Charades L 11:30am Craft Corner L 1:00pm Friendly Visits With Wendy 2:30pm Lets have a Chocolate Milkshake! L 3:30pm Afternoon Exercise L 6:00pm Creative Coloring L 12	Casual Friday- PJ Day 10:00am Workout With Wendy L 11:00am Fortune Cookie Tasting L 11:30am Pop Rock Sing Along L 1:00pm Bus Trip To: Horse Stables/Riding 1:30pm Music With Andy L 2:30pm Fall Coloring L 3:30pm Water Painting/ Dot Art L 6:00pm Friday Movie Night L 13	10:00am Youtube Chair Fitness L 10:30am Snack Chat L 11:30am Word Games L 3:00pm Trivia With Theo L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L 14	
10:00am Aerobics With Andy L 10:30am Snack Chat L 11:00am Open Crafting & Music L 1:30pm Creative Coloring 2:30pm Courtyard Strolls and Cornhole CY 4:00pm Conversation Cube L 6:00pm Movie Night 15	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Farm Animal Trivia L 1:30pm Blackjack L 2:30pm (WU) Irondequoit Bay L 3:30pm Milkshake Monday L 4:00pm Conversation Cube L 6:00pm Gardens Walking Club 16	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am (WU) US Constitution L 1:30pm Candy Tasting L 2:30pm Music Therapy w/ Katie L 3:30pm Afternoon Exercise L 4:00pm Memory Madness L 6:00pm Post Dinner Movie L 17	10:00am Exercise With Theo L 11:00am Whiteboard Games L 1:30pm BINGO l 2:30pm Apple Tasting L 3:00pm Finish the Phrase L 3:30pm Afternoon Stretch L 5:00p S'mores in the Courtyard GV 6:00pm Creative Coloring L 18	10:00am Exercise With Carol L 11:00 (WU) Apple Tasting & Facts 11:30am Sing A Long Chorus L 1:00pm Friendly Visits W/ Wendy 1:30pm UNO L 2:30pm Soda Tasting L 3:30pm Craft Corner L 3:30pm Non Denominational Church Service GVC 6:00pm Creative Coloring L 19	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Popcorn Party L 1:30pm Bus Trip To: Apple Picking 1:30pm Apple Bowling L 2:00pm Catholic Mass GVC 2:30pm Fall Craft L 3:30pm Creative Coloring L 6:00pm Friday Movie Night L 20	10:00am Workout With Wendy L 11:00am Hymn Sing L 11:30am Penny Toss L 10:30am Snack Chat L 11:30am Music and Memories L 3:30pm Trivia L 4:00pm Afternoon Stretch L 6:00pm Creative Coloring L 21	
First Day of Fall 10:00am Aerobics With Andy L 10:30am Snack Chat L 11:00am Open Crafting & Music L 1:30pm Creative Coloring 2:30pm Courtyard Strolls and Cornhole CY 4:00pm Conversation Cube L 6:00pm Movie Night 22	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Lemonade Strolls CY 1:30pm September Trivia L 2:00pm Concert By AMPS GA 2:30pm (WU) Salmon L 3:30pm Mocktail Monday L 4:00pm Scattergories L 6:00pm Gardens Walking Club 7:30pm Bills VS Jaguars Game L 23	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Pamper and Polish L 1:30pm Word Games L 2:30pm Music Therapy w/ Katie L 3:30pm Afternoon Exercise L 4:00pm Conversation Cube L 6:00pm Post Dinner Movie L 24	10:00am Bible Study w/ Ann & Tony L 11:00am Exercise With Theo L 1:30pm Musical Memory Lane With Bach to ROC Music School L 2:00pm BINGO l 3:00pm (WU) Irondequoit Bay L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L 25	10:00am Exercise With Carol L 11:00am Twister Toss L 11:00 Flute Concert By Caitlyn GA 11:30am JINGO L 1:30pm Word Games L 2:30pm Craft Corner L 3:30pm Afternoon Exercise L 3:30pm Non Denominational Church Service GVC 6:00pm Creative Coloring L 26	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am Scarf Dancing 11:30am Crafting With Wendy L 1:30pm Bus Trip To: Fall Foliage Ride 1:30pm Music With Andy L 2:30pm Caramel Apple Bar L 3:30pm Autumn Door Decor L 6:00pm Friday Movie Night L 27	10:00am Youtube Chair Fitness L 10:30am Snack Chat L 11:30am Word Games L 3:00pm Trivia With Theo L 3:30pm Afternoon Stretch L 6:00pm Creative Coloring L 28	
10:00am Aerobics With Andy L 10:30am Snack Chat L 11:00am Open Crafting & Music L 1:30pm Creative Coloring 2:30pm Courtyard Strolls and Cornhole CY 4:00pm Conversation Cube L 6:00pm Movie Night 8:20pm Bills VS Ravens Game L 29	10:00am Workout With Wendy L 10:30am Snack Chat L 11:00am (WU) Big Jazz Bands- Buddy Rich & Mel Torme L 1:30pm Left Right Center L 2:30 (WU) Age of Exploration Pt.6 3:30pm Mocktail Monday L 4:00pm Creative Coloring L 6:00pm Gardens Walking Club 30	ACTIVITY LOCATOR KEY					

GA- Grande' Vie Activities Area
WU- Watermark University
CY- Courtyard
SR- Sensory Room
DR- Dining Room
L- Lounge
GVC- Grande'Vie Chapel

****All Activities are Subject to Change**
All Outings are Weather Permitting**

With any questions please reach out to:
 Emily Whitney
 Community Life Director
 (585) 381-0680
 Ext. 1116
 ewhitney@watermarkcommunities.com

Happy September Birthdays To:
 6th Phyllis C.
 22nd Patricia B.

SEPTEMBER 2024
The Gardens

LEGACY AT GRANDE'VIE
 A WATERMARK RETIREMENT COMMUNITYSM