

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|------------------------------------|
| | | | | | Energy Burst Bowling Brain Games | Energy Burst Joyful Movement |
| Gratitude & Reflections Abstract Art | Guided Meditation 1:00PM- Alzheimer's and Dementia Support Group (Private Dining Room) Energy Burst Drumming | Chair Yoga Fall Decorating Community Church | Cup Stacking Energy Burst 1:30PM- Bingo (Bistro) Stretch & Strength | Watermark University Stocking Decorating Joyful Movement Sole to Soul Walking Club | Energy Burst Bowling Brain Games | Energy Burst Strength & Stretch |
| Gratitude & Reflections Tai Chi Balance | Balance Exercises 12:30PM- Nicole Tracy Performing (Bistro) 2:00PM- Veteran's Day Ceremony with ROTC (Out Front) Balloon Volleyball | Chair Yoga Fall Decorating Community Church | Cup Stacking Energy Burst 1:30PM- Bingo (Bistro) Stretch & Strength | Energy Burst Joyful Movement Sole to Soul Walking Club | Energy Burst Bowling Brain Games | Energy Burst Joyful Movement |
| Gratitude & Reflections Abstract Art | Guided Meditation Brain Games Drumming | Chair Yoga Fall Decorating Community Church | Cup Stacking Energy Burst 1:30PM- Bingo (Bistro) Stretch & Strength | Energy Burst Joyful Movement Sole to Soul Walking Club | Energy Burst Bowling Brain Games | Energy Burst Strength & Stretch |
| Gratitude & Reflections Tai Chi Balance | Balance Exercises Brain Games Balloon Volleyball | Chair Yoga Fall Decorating Community Church | Cup Stacking Energy Burst 1:30PM- Bingo (Bistro) Stretch and Strength | Energy Burst Joyful Movement Sole to Soul Walking Club 1:30PM- Watermark University (Color Blending with Acrylic Paint) | Energy Burst Bowling Brain Games | Energy Burst Joyful Movement |

NOVEMBER 2024
Gardens



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

Birthdays:
Miriam K. -11/4
Jeanette G. -11/8