


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Note:</b> Activities in <b>bold</b> denote special programs such as : live music, religious services, &amp; Watermark University courses.</p>	<p><b>Transportation/ Medical Appointments:</b> Appointments can be made on <b>Tuesdays</b> and <b>Thursdays, 9-3</b> only, through Judy Gagnon. For Memory Care residents, a family member or staff person <b>must</b> accompany them.</p>	<p><b>Engage VR - Virtual Reality</b> If you are interested in travelling, exploring under the sea or adventuring into outer space without leaving the comfort of home, sign up with the Activity Staff to experience the Oculus Headset.</p>	<p><b>Pet Therapy</b> <b>Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.</b></p>		<p>9:45 - Flexibility Exercise 10:30 - Noodle Ball 1:00 - Walking Club 1:30 - <b>Catholic Mass w/Father Wayne</b> 1:30 - Word Game: Starts w/M 2:00 - Mid-Day Cardio 2:30 - <b>Karma the Dog Visits</b> 3:15 - Corn Hole 4:00 - Relaxation &amp; Meditation 6:00 - Kickball</p>	<p>9:45 - Morning Exercise 10:30 - <b>WU: Reminisce: Potatoes and Eggs</b> 1:30 - Saturday Matinee: <i>Ella Enchanted</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Hoop Toss 4:00 - Music Hour: Aretha Franklin</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Sequencing/ Sorting 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: 20's 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - Watercolor Painting 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - <b>Chaplet of Divine Mercy</b> 2:00 - Scenic Relaxation 3:15 - Volleyball 4:00 - Music Hour: The Carpenters 6:00 - Game Night: High/Low</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - <b>WU: Poetry Corner: Over the River and Through the Woods</b> 1:00 - Walking Club 1:30 - <b>Roger Hart Slide Show</b> 3:15 - <b>WU: Book Club: Little Women</b> 4:00 - Relaxation &amp; Meditation 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - <b>WU: Reminisce: My New Cars</b> 1:15 - <b>Out Trip to Giovanni's</b> 2:00 - Discussion: Cars/Driving 3:00 - Word Game: Begins with P 4:00 - Aqua Painting 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Group project: Paper Quilt 1:30 - Volleyball 2:00 - <b>WU: Biograpghies: Walter Cronkite</b> 2:30 - Folding 3:00 - <b>WU: Food for the Senses:</b> 4:00 - Music Hour: Beethoven 6:00 - Sorting</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:00 - Walking Club 1:30 - Karaoke 2:00 - Mid-Day Cardio 2:30 - <b>Karma the Dog Visits</b> 3:15 - <b>WU: Timely Topics</b> 4:00 - Relaxation &amp; Meditation 6:00 - Kickball</p>	<p>9:45 - Musical Meditation 10:30 - Objects Bingo 1:30 - Saturday Matinee: <i>Friday Night Lights</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Eye Spy 4:00 - Music Hour: Aretha Franklin 6:00 - Volleyball</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Sequencing/ Sorting 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: 20's 6:00 - Aqua Painting</p>	<p><b>Veteran's Day</b> 9:45 - Cardio Exercise 10:30 - Penny Pitch 10:30 - <b>Veteran's Program</b> 1:00 - Jigsaw Puzzles 1:00 - <b>Communion</b> 1:30 - Afternoon Walks 2:00 - <b>Chaplet of Divine Mercy</b> 2:00 - Scenic Relaxation 3:15 - Kickball 4:00 - Music Hour: The Carpenters 6:00 - Game Night: High/Low</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: Butter 11:00 - Discussion: Autumn 1:00 - Walking Club 1:30 - <b>Honky Tonk Piano</b> 3:00 - <b>WU: Book Club: Little Women</b> 4:00 - Relaxation &amp; Meditation 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - <b>WU: Reminisce: The Front Porch Swing</b> 2:00 - Discussion: Leisure Time 3:00 - Word Game: Kind Words 4:00 - Aqua Painting 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:00 - Aroma Therapy 1:30 - Volleyball 2:00 - <b>WU: Biograpghies: Sally Field</b> 2:30 - Folding 3:00 - <b>WU: Food for the Senses:</b> 4:00 - Music Hour: Beethoven 6:00 - Sorting</p>	<p>9:45 - Flexibility Exercise 10:30 - Sorting 1:00 - Walking Club 1:30 - <b>Disco Dance Party</b> 2:00 - Mid-Day Cardio 2:30 - <b>Karma the Dog Visits</b> 3:15 - Artistic Expression 4:00 - Relaxation &amp; Meditation 6:00 - Kickball</p>	<p>9:45 - Musical Meditation 10:30 - Parachute Fun! 1:30 - Saturday Matinee: <i>Fields of Dreams</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Sequencing 4:00 - Music Hour: Aretha Franklin 6:00 - Volleyball</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:00 - <b>Piano Entertainment</b> 2:00 - <b>Grace Church Service</b> 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: 20's 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - Collage Project 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - <b>Chaplet of Divine Mercy</b> 2:00 - Scenic Relaxation 3:15 - Scattergories 4:00 - Music Hour: The Carpenters 6:00 - Game Night: High/Low</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: Recipes 1:15 - <b>Out Trip to Giovanni's</b> 1:30 - Volleyball 1:45 - Walking Club 2:00 - <b>Chopped Challenge</b> 2:00 - Aroma Therapy 3:30 - <b>Book Club: "Little Women"</b> 4:00 - Relaxation &amp; Meditation 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - <b>WU: Reminisce: Daddy's Cousin Mitchell</b> 2:00 - Discussion: Families 3:00 - Word Game: Begins with T 4:00 - Aqua Painting 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - <b>Gem Tones Entertain/ Monthly Birthday Party</b> 1:30 - Relaxation/Aroma Therapy 2:30 - Folding 3:15 - <b>WU: Biograpghies: Danny DeVito</b> 4:00 - Music Hour: Beethoven 6:00 - Sorting</p>	<p>9:45 - Flexibility Exercise 10:30 - Penny Pitch 1:00 - Walking Club 1:30 - Dance Party 2:00 - Mid-Day Cardio 2:30 - <b>Karma the Dog Visits</b> 3:15 - Volleyball 4:00 - Relaxation &amp; Meditation 6:00 - Kickball</p>	<p>9:45 - Musical Meditation 10:30 - Noodle Ball 1:30 - Saturday Matinee: <i>The Wedding Planner</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - 4:00 - Music Hour: Aretha Franklin 6:00 - Volleyball</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Sequencing/ Sorting 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: 20's 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - Stamping 1:00 - Jigsaw Puzzles 1:00 - <b>Communion</b> 1:30 - Afternoon Walks 2:00 - <b>Chaplet of Divine Mercy</b> 2:00 - Scenic Relaxation 3:15 - Objects Bingo 4:00 - Music Hour: The Carpenters</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: Thanksgiving Traditions 1:00 - Walking Club 1:30 - Group Project: Holiday Centerpiece 2:00 - <b>Book Club: "Little Women"</b> 3:00 - <b>Ice Cream Social</b> 4:00 - Relaxation &amp; Meditation 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - <b>WU: Reminisce: The Great Pecan Pie Debacle of 1978</b> 2:00 - Discussion: Baking Mishaps 3:00 - Word Game: Thanksgiving 4:00 - Aqua Painting 6:00 - Scenic Relaxation</p>	<p><b>Thanksgiving</b> 9:45 - Morning Stretch 10:00 - Macy's Thanksgiving Day Parade Ch. 1:30 - Table Top Bowling 1:30 - Volleyball 2:00 - <b>WU: Biograpghies: Dale Carnegie</b> 2:30 - Folding 3:00 - Afternoon Movie: <i>Jingle Jangle</i> 4:00 - Music Hour: Beethoven 6:00 - Sorting</p>	<p>9:45 - Flexibility Exercise 10:30 - Karaoke 1:00 - Walking Club 1:30 - Word Game: Starts w/T 2:00 - Mid-Day Cardio 2:30 - <b>Karma the Dog Visits</b> 3:15 - Table Top Bowling 4:00 - Relaxation &amp; Meditation 6:00 - Kickball</p>	<p>9:45 - Musical Meditation 10:30 - Dancer-cise 1:30 - Saturday Matinee: <i>Falling For Christmas</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Objects Bingo 4:00 - Music Hour: Aretha Franklin 6:00 - Volleyball</p>

**NOVEMBER 2024**  
**Pathways**



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

**ACTIVITY LOCATOR KEY**

\*Schedule Subject to Change

**Happy Birthday!**

13th Janet Hemond  
13th Marigold Hiser  
13th Carolyn Dugan  
27th Peggy Sotirpolous  
28th Joanne DeLong



**Dates to Remember**

11/1 Mass w/ Fr.Wayne  
11/5 Roger Hart Slide Show  
11/6 Trip to Giovanni's  
11/11 Veteran's Program  
11/12 Honky Tonk Piano  
11/15 Disco Dance Party

11/17 Piano Entertainment  
11/17 Grace Church Service  
11/19 Trip to Giovanni's  
11/21 Gem Tones/Birthday Party  
11/28 Thanksgiving Luncheon