

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>"Welcome, November! May this month be as comforting as a warm blanket." — Unknown</p>	<p>International Drum Month Caregivers Appreciation Month Diabetes Awareness Month Native American Heritage Month Peanut Butter Lovers Month Novel Writing Month World Vegan Month Adoption Awareness Month</p>	<p>Thai Theme Dinner Night November 21st</p> <p>Thanksgiving Dinner November 28th</p>	<p>ALL SAINTS DAY 9:30 Morning Stretch w/VH-S 11:00 Dice Fitness w/VH -IL 11:30 All Saints Day w/VH-IL 11:30 Beach Ball Toss w/NP-S 2:30 Left-Center-Right w/VH-IL 3:30 World Religion w/VH -IL 4:15 All Saints Day w/NP-S 6:30 Article highlight w/CG-IL</p>	<p>PUMPKIN DESTRUCTION DAY 9:30 Saturday Stretch w/VH-S 10:00 Music&amp;Dance w/Jennifer-G 11:00 Music&amp;Dance w/Jennifer-IL 11:30 Manicures &amp; Music w/VH-S 2:30 Pumpkin Pie Social w/VH-IL 3:30 Armchair Travel: Spain w/VH-G 4:15 Yahtzee w/VH-S 6:30 Bottoms Up w/CG's - IL</p>
<p><b>SANDWICH DAY</b> 9:30 Get Fit w/VH-S 10:00 Sunday Fitness w/VH-G 11:00 Workout w/VH-IL 11:30 Manicures &amp; Music w/VH-S 2:30 <i>Pumkin Pie Social w/VH-G</i> 3:30 <i>Armchair Travel: Spain</i> w/VH-IL 4:15 Sunday Daily Bread w/VH-S 6:30 Sunday Movie w/CG</p>	<p><b>KING TUT DAY</b> 9:30 Warm Up Exercise w/NP-S 10:30 <i>Entertainer:MOJO-IL</i> 11:30 <i>Singing With Sister Char-S</i> 11:30 Looking Forward w/NP-IL 2:30 History King TUT w/NP-IL 3:00 <i>Art Remedy w/Morgan-IL</i> 6:00 <i>Pumpkin Pie Social w/VH-S</i> 6:30 Mandala Art w/CG's-IL</p>	<p><b>U.S. GENERAL ELECTION DAY</b> 9:30 Bend And Stretch w/NP-S 11:00 Fun Fitness w/NP-IL 11:00 <i>Singer: Jennifer DiSapio - S</i> 11:30 Old Wives Tales w/NP-IL 1:15 <i>Out Trip to the Cinema w/VH</i> 2:30 Word Game w/NP-IL 3:30 Yahtzee w/NP-IL 4:15 Lets Paint w/VH-S 6:30 Outburst! GameW/CG's-IL</p>	<p><b>NATIONAL NACHO DAY</b> 9:30 Morning Fitness w/NP-S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Bible Story w/NP-S 1:30 <i>Singing With Sister Char -IL</i> 2:30 <i>Nacho Social w/NP-IL</i> 3:30 Basket Ball w/NP-G 4:15 Trivia w/NP-S 6:30 Card Games w/CG's-IL</p>	<p><b>INTERNATIONAL MERLOT DAY</b> 9:30 Stay Fit w/NP-S 11:00 Shake It Loose w/NP-IL 11:30 Name 5 w/NP-IL 11:30 Wine Facts w/VH-S 2:30 <i>Wine Tasting w/NP-IL</i> 3:30 Bingo w/NP-IL 4:15 <i>Wine and Cheese w/VH-S</i> 6:30 Kerplunk ! Game w/CG's-IL</p>	<p><b>COOK SOMETHING BOLD DAY</b> 9:30 Light Stretch w/NP-S 11:00 Shake &amp; Groove w/NP-IL 11:30 Brain Teaser w/NP-IL 11:30 Wheel of Fortune w/VH-S 2:30 Buttons Up w/NP-IL 3:30 Reminisce w/NP-IL 4:15 World Foods w/VH-S 6:30 Evening TCM w/CG'S</p>	<p><b>WORLD FREEDOM DAY</b> 10:30 MorningGreetings w/Lisa-S 11:00 Morning Exercise w/Lisa-IL 11:30 Music &amp; Laughter w/Lisa-S 2:00 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 YouTube Concert w/CG's-IL</p>
<p><b>FORGET - ME - NOT DAY</b> 9:30 MorningGreetings w/Kayti-S 10:30 Exercise&amp;Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL 11:30 <i>Pianist: John Lamb-S</i> 2:30 Manicures w/Kayti-IL 6:30 Bible Stories w/CG's-IL</p>	<p><b>VETERANS DAY</b> 9:30 Monday Fitness w/VH-S 11:00 Exercise Trivia w/Joey-IL 11:00 <i>Singer: Lynn Lewis -S</i> 11:30 Looking Forward w/VH-IL 2:30 <i>Veterans Day Social w/VH-IL</i> 3:30 Manicures &amp; Music w/VH-IL 6:00 <i>Veterans Day Social w/NP-S</i> 6:30 Drawing With Color /CG's-IL</p>	<p><b>CHICKEN SOUP FOR THE SOUL DAY</b> 9:30 Easy Does It Stretch w/VH -S 11:00 Weight Fitness w/VH-IL 11:30 World Religion w/VH-IL 11:30 Who &amp; What w/NP-S 2:30 Horseshoe Toss w/VH -IL 3:30 StoriesFromTheSoulw/VH-IL 4:15 ChickenSoupForSoulw/NP-S 6:30 Tic Tac Toe w/CG's - IL</p>	<p><b>WORLD KINDNESS DAY</b> 9:30 Mid-week Fitness w/VH-S 10:00 Lets Exercise w/VH-G 11:00 Dice Fitness w/VH-IL 11:30 Wheel Of Fortune w/VH-S 1:30 <i>Singing With Sister Char -IL</i> 2:30 Charades w/VH-IL 3:30 Hot Chocolate w/VH-G 4:15 Mandala Art w/VH-S 6:30 Evening Chat w/CG's-IL</p>	<p><b>LOOSEN UP DAY</b> 9:30 Shake It Loose w/VH-S 11:00 Wake Up Fitness w/VH-IL 11:30 Wheel Of Fortune w/VH-IL 11:30 Balloon Toss /NP-S 2:30 Drumming w/VH-IL 3:30 Hollywood w/VH -IL 4:15 Brain Teaser w/NP-S 6:30 Clue Game w/CG's</p>	<p><b>AMERICAN RECYCLING DAY</b> 9:30 TGIF Fitness w/VH-S 11:00 Dancersice w/VH-IL 11:30 Recycling Day w/ VH -IL 11:30 Ring Toss w/NP-S 2:30 <i>November Birthday w/VH-IL</i> 3:30 The Price Is Right w/VH-IL 4:15 Sing Along w/NP-S 6:30 Card Games w/CG's-IL</p>	<p><b>NATIONAL FAST FOOD DAY</b> 9:30 Light Stretch w/NP 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Reminisce/w NP-S 2:30 <i>Singer : Lynn Lewis - IL</i> 3:30 <i>Creative Art (Fall Decor)</i> w/NP-G 4:15 Old Saying w/NP-S 6:30 Evening TMC w/CG'S</p>
<p><b>WORLD PEACE DAY</b> 9:30 Rise And Shine w/NP-S 10:00 Head And Toes w/NP-G 11:00 Warm Up w/NP-IL 11:30 Let's Talk About World Peace w/NP- S 2:30 <i>Creative Fall Decor w/NP -IL</i> 3:30 Who And What w/NP-G 4:15 Balloon Volleyball w/NP-S 6:30 Farkle Game w/ CG's</p>	<p><b>OCCULT DAY</b> 9:30 Morning Stretch w/NP-S 11:30 <i>Singing With Sister Char-S</i> 11:00 Exercise Trivia w/Joey-IL 11:30 Looking Forward w/NP-IL 2:30 Pictionary w/NP-IL 3:30 You Tube Trivia w/NP-IL 6:00 <i>Armchair Travel:Spain w/VH-S</i> 6:30 Short Stories w/CG's</p>	<p><b>PLAY MONOPOLY GAME DAY</b> 9:30 1-2-3 Fitness w/NP-S 11:00 Warm Up Exercise w/NP-IL 11:30 Puzzles w/NP-IL 11:30 Wheel Of Fortune w/VH-S 2:15 <i>Singer Jennifer DiSapio/ Happy Hour- IL</i> 3:30 Monopoly Game w/NP-IL 4:15 World Religion w/VH - S 6:30 Jigsaw Fun w/CG'S-IL</p>	<p><b>BEAUTIFUL DAY</b> 9:30 Mid - Week Fitness w/VH-S 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 <i>SpringsResidentCouncil-SDR</i> 1:30 <i>Singing With Sister Char -IL</i> 2:30 Name 5 Game w/VH-IL 3:30 Musical Favorites w/VH-G 4:15 About The Earth w/VH-S 6:30 Evening Stretch w/CG's-IL</p>	<p><b>WORLD HELLO DAY</b> 9:30 Head To Toe Fitness w/NP-S 11:00 ShakeThoseBones w/NP-IL 11:15 <i>Out - Trip For Lunch w/VH</i> 11:30 Wacky Trivia w/NP-IL 11:30 Hello To The World w/VH-S 2:30 <i>Arts And Crafts w/NP-IL</i> 3:30 Bottom Up w/NP-IL 4:15 Bingo w/VH-S 6:30 Card Game w/CG's-IL</p>	<p><b>GO FOR A RIDE DAY</b> 9:30 Light Stretch w/NP-S 11:00 Shake It Loose w/NP-IL 11:30 Funny Stories w/NP-IL 11:30 Dance With Me w/VH -S 2:30 Bingo w/NP-IL 3:30 Word Game w/NP 4:15 Card Game w/VH-S 6:30 YouTube Concert w/CG's -</p>	<p><b>NATIONAL ESPRESSO DAY</b> 10:00 MorningGreetingsw/Joey-S 10:30 Exercise &amp; Trivia w/Joey-G 11:00 Exercise &amp; Trivia w/Joey-IL 11:30 Family Feud w/Joey-S 2:00 <i>Paisley Pet Therapy -G</i> 2:30 Wheel of Fortune w/Joey-IL 3:30 Family Feud w/Joey-G 4:00 AfternoonGreetingsw/Joey-S 6:30 Game Night w/CG's-IL</p>
<p><b>EVOLUTION DAY</b> 10:00 MorningGreetingsw/Joey-S 10:30 Exercise &amp; Trivia w/Joey-G 11:00 Exercise &amp; Trivia w/Joey-IL 11:30 Inspirational w/Joey-S 2:30 Acey Deucey w/Joey -IL 3:30 Wheel Of Fortune w/Joey - G 4:00 AfternoonGreetingsw/Joey-S 6:30 Relaxing Music w/CG's - IL</p>	<p><b>NATIONAL PARFAIT DAY</b> 9:30 Monday Tune Up w/VH-S 11:00 Exercise Trivia w/Joey-IL 11:30 <i>Singing With Sister Char-S</i> 11:30 Looking Forward w/VH-IL 2:30 <i>Making Parfait w/VH-IL</i> 3:30 Manicures &amp; Music w/VH-IL 6:00 <i>Hot Apple Cider w/NP-S</i> 6:30 Reminiscing w/CG's-il</p>	<p><b>SHOPPING REMINDER DAY</b> 9:30 Easy Does It Fitness w/VH-S 11:00 Lets Move w/VH-IL 11:30 <i>Health Talk "Pneumonia" w/Bindu George, RN-IL</i> 11:30 Basket Ball w/VH-S 3:30 All About Black Friday w/VH-IL 4:15 Word Game w/NP-S 6:30 Classical Favorites w/CG's-IL</p>	<p><b>NATIONAL JUKEBOX DAY</b> 9:30 Head To Toe Fitness w/VH-S 10:30 Light Fitness w/NP -IL 11:15 <i>Inn Resident Council - IL DR</i> 11:45 Good Old Days w/NP-S 2:30 <i>Pianist: John Lamb Thanksgiving Day Social w/VH-IL</i> 3:30 Thanksgiving w/VH-IL 4:00 <i>Thanksgiving Day Social - S</i> 6:30 Thanksgiving Movie w/CG</p>	<p><b>THANKSGIVING DAY</b> <i>Macy's Thanksgiving Parade Live NBC Starting At 8:30am - 12pm w/Nayas-G</i> 10:00 Morning Independent Activities-IL 11:00 Exercise to Music w/CG's-IL 2:30 Theme Bingo! w/CG's-IL 3:30 Independent Activities - IL 6:30 Thanksgiving Chat w/CG's</p>	<p><b>BLACK FRIDAY</b> 9:30 TGIF Fitness w/NP-S 10:00 Light Fitness w/NP-G 11:00 Stay Fit w/NP-IL 11:30 Bingo w/NP-S 2:30 Scattergories w/NP-IL 3:30 Hungry Hippo w/NP-G 4:15 The Good Old Days w/NP-S 6:30 Relaxing Music w/CG's -IL</p>	<p><b>SMALL BUSINESS SATURDAY</b> 10:00 <i>Tai Chi w/Jonathan-G</i> 10:30 <i>Tai Chi w/Jonathan-IL</i> 11:30 Music &amp; Laughter w/Lisa-S 2:00 <i>Paisley Pet Therapy -S</i> 2:30 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 Evening Stretch w/CG's-IL</p>

# NOVEMBER 2024 INN/SPRINGS

THE WATERMARK  
AT 3030 PARK

**ACTIVITY LOCATOR KEY**

AG - Art Gallery  
AS - Art Studio  
A - Auditorium  
G - Gardens  
TC - Town Center

CG's - Caregivers  
CL - Community Life  
IL - Inn Lounge  
S - Springs  
VH - Victoria  
NP- Noemi  
SC - Springs Conference  
Room  
DR - Dining Room

Any Questions About  
Out-Trips or Family  
gathering, or programs.  
Call Victoria at  
203-374-6452  
or Noemi at  
203-374- 6168

Weekly Shabbat Service In The  
Town Center Interfaith Chapel

Monthly Catholic  
Communion  
with Sister Maureen

Programs Are Subject To  
Change With Little  
Notice!