

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- <b>Lisa Roll &amp; Stroll</b> 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Impressionism 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>1</b></p>	<p>9:45-Resistance Exercise 10:15 <b>Balance Assessments</b> 10:30- Scattergories 1:30- Card &amp; Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Trivia 4:15- iN2L: Animal Adventures North American Birds 6:30- Comedy Club: "Carol Burnett"</p> <p style="text-align: right;"><b>2</b></p>	<p>9:45- Balance Exercise 10:15- <b>Festival of Trees Trip</b> 11:00- <b>Mass with Father Roach</b> 1:30- <b>WU: Gingerbread Houses</b> 1:30- <b>WU: Engage VR</b> 3:15- One Long Word 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30- <b>Blood Pressure Clinic</b> 9:45- Cardio Exercise 10:30- <b>Resident Council Meeting</b> 1:15- <b>Holiday Tree Decorating</b> 2:30- <b>S'mores &amp; Holiday fun</b> 4:00- <b>WU: A Stitch In Time</b> 5:30- <b>Bright Nights Trip</b></p> <p style="text-align: right;"><b>4</b></p>	<p>9:45- Theraband Exercise 10:30- <b>WU: Health Talk "The Aging Brain"</b> 1:30- <b>WU: Engage VR</b> 1:30- <b>WU: Timely Topics Around the World</b> 3:00- Games in the Pub 4:15- iN2L: Relaxation 6:15- Poker with friends the</p> <p style="text-align: right;"><b>5</b></p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Catholic Mass with Father Wayne 2:45- Karma The Dog Visits 3:00- Happy Hour/Jokes 4:15- iN2L: Breathe 6:15- Watercolor Painting</p> <p style="text-align: right;"><b>6</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "A Merry Scottish Christmas" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>7</b></p>		
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Realism 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>8</b></p>	<p>9:45-Resistance Exercise 10:30- <b>Somer's Day Carolers</b> 1:30- Card &amp; Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Music 4:15- iN2L: Animal Adventures Rodents 6:30- Comedy Club: "Shirley Temple"</p> <p style="text-align: right;"><b>9</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>Resident Birthday Party</b> 1:30- <b>WU: Engage VR</b> 3:00- <b>WU: Gingerbread house decorating</b> 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>10</b></p>	<p>9:45- Cardio Exercise 10:30- <b>WU: Discovery Series "Overall Health"</b> 1:30- <b>WU: Timely Topics Around the World</b> 3:00- <b>WU: Holiday Card Making</b> 4:00- <b>WU: A Stitch In Time</b> 6:00- Poker with Friends</p> <p style="text-align: right;"><b>11</b></p>	<p>9:45- Theraband Exercise 10:30- <b>WU: Rugelach Making</b> 1:30- <b>WU: Engage VR</b> 1:30- <b>Giovanni's Trip</b> 3:15- <b>Horse Racing</b> 4:15- iN2L: Relaxation 6:00- <b>Holiday Party with</b></p> <p style="text-align: right;"><b>12</b></p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Pitch &amp; Putt Golf 2:45- Karma The Dog Visits 3:00- <b>WU: Wine &amp; The Times</b> 4:15- iN2L: Breathe 6:15- Watercolor Painting</p> <p style="text-align: right;"><b>13</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Prize Bingo 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>14</b></p>		
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:00- <b>Piano Entertainment</b> 2:00- <b>Grace Church Service</b> 2:00- <b>OPRO Trip/Music</b> 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Pollock 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>15</b></p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:15- <b>Communion</b> 1:30- Card &amp; Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Jokes 4:15- iN2L: Animal Adventures Rhino's 6:30- Comedy Club: "Rodney Dangerfield"</p> <p style="text-align: right;"><b>16</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>WU: Engage VR</b> 2:00- <b>WU: Chopped Challenge</b> 3:30- LCR 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30- <b>Blood Pressure Clinic</b> 9:45- Cardio Exercise 10:30- <b>WU; The Wild Side</b> 1:30- <b>WU: Jen &amp; Rosanna</b> 3:00- <b>Food For Thought</b> 4:00- <b>WU: A Stitch In Time</b> 6:00- Poker with Friends</p> <p style="text-align: right;"><b>18</b></p>	<p>10:00-<b>WU: Jeff The Plant Man</b> 1:30- <b>WU: Engage VR</b> 1:30- <b>WU: Timely Topics Around The World</b> 3:00-<b>WU: National Parks and Historic Sites</b> 4:15- iN2L: Relaxation 6:15- Game Night in the Pub</p> <p style="text-align: right;"><b>19</b></p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- <b>Disco Dance Party</b> 2:45- Karma The Dog Visits 3:00- Happy Hour/Animals 4:15- iN2L: Breathe 6:00- <b>Cub Scouts Carol</b></p> <p style="text-align: right;"><b>20</b></p>	<p><b>First Day of Winter</b> 9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Christmas Island" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>21</b></p>		
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Van Gough 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>22</b></p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:30- Card &amp; Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Sports 4:15- iN2L: Animal Adventures Chimpanzees 6:30- Comedy Club: "The Three Stooges"</p> <p style="text-align: right;"><b>23</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>Holiday Party/Sing-a-long</b> 1:30- <b>WU: Engage VR</b> 3:00- Horse Racing 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>24</b></p>	<p><b>Merry Christmas/Hanukkah</b> 9:45- Cardio Exercise/TV 10:30- Jigsaw Puzzle/Pool 12PM- <b>Holiday Luncheon</b> 1:30- Holiday Movie "The Christmas Chronicles" 3:00- Artistic Expression 4:00- Social in Cafe 6:00- Poker with Friends</p> <p style="text-align: right;"><b>25</b></p>	<p>9:45- Theraband Exercise 10:30- <b>WU: Scrumptious Delights</b> 1:30- <b>WU: Engage VR</b> 1:15- Sunshine Club 3:00- <b>Ice Cream Social</b> 4:15- iN2L: Relaxation 6:15- Game Night in the Pub</p> <p style="text-align: right;"><b>26</b></p>	<p>9:45- WU: Exercise w/Jen 10:30- Group Crossword Puzzle 1:30- Axe Throwing 2:45- Karma The Dog Visits 3:00- Happy Hour/Music 4:15- iN2L: Breathe 6:15- Watercolor Painting</p> <p style="text-align: right;"><b>27</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Best Christmas Ever" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>28</b></p>		
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Rembrandt 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>29</b></p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:15- <b>Communion</b> 1:30- Card &amp; Board Games 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Travel 4:15- iN2L: Animal Adventures Boa Constrictor 6:30- Comedy Club: "Dean martin"</p> <p style="text-align: right;"><b>30</b></p>	<p style="text-align: center;"><b>New Year's Eve</b></p> <p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>Chet Kerr/New Year's Eve</b> 1:30- <b>WU: Engage VR</b> 3:00- Wii Bowling 4:15- iN2L: Meditation</p> <p style="text-align: right;"><b>31</b></p>	<p>Note: Activities in <b>bold</b> denotes special programs such as: live music, religious services, &amp; Watermark University classes</p>			<p style="text-align: center;"><b>Doctor Appointment Transportation</b></p> <p>All appointments can be made on Tuesdays and Thursdays. Be aware that others may have appts. also and we may ask you to reschedule if there is a conflict. Shopping trips are every Wednesday at 9AM</p>	<p style="text-align: center;"><b>Pet Therapy</b></p> <p>Reduce Anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>	<p style="text-align: center;"><b>Dates to Remember</b></p> <p>1st Lisa Roll &amp; Stroll 3rd Festival of Trees Trip 4th Bright Nights Trip 6th Catholic Mass 9th Carolers 10th Birthday Party 12th Gingerbread Trip</p>

**DECEMBER 2024**

**Assisted Living**

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

**ACTIVITY LOCATOR KEY**

\*Activities are Subject to Change

**Engage VR - Virtual Reality**

If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset

**Happy Birthday**

2nd Tony Miller  
13th Helen Graydon  
15th Peggy Perry  
17th Don LaClair



12th Holiday Party with Jimmy Mazz  
15th Grace Church Service  
16th Vets & Friends Social  
20th Scout Variety Show  
24th Holiday Party/Sing  
26th Ice Cream Social  
27th Piano Sing-a-long  
31st Chet Kerr Sings