

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Anyone interested in presenting a Watermark University program, please contact Cindy McGuire Director of Living Well Ext.6108		Morning Visits w/ Omayra - G, S Morning Music in Lounge - G, S, 10:00 Workout/Lightweights w/ Omayra - G Trivia w/ Nayas -G BINGO w/ Nayas - G 11:00 Mind Teasers w/ Omayra -S Color The Pilgrims w/ Nayas - G 3:00 Operas Lovers w/ Nayas - G How is Glue Made w/ Nayas	Deviled Egg Day Morning Visits w/ Mary - G, S, Morning Music in the Lounge - G, S 10:00 Breathe In & Out Stretch w/ Mary - G 10:30 Trivia w/ Nayas - G Coloring Leaves w/ Nayas - G 2:00 Bead Art w/ Mary - WU - IL Balloon Tossing w/ Nayas - G 4:00 "News" w/ Friends - G Amazing Fish Around the World w/ Nayas - G
Daylight Savings Time Ends Morning Visits w/ Mary - G, S Morning Music in the Lounge - G, S 10:00 Morning Strolls for Fresh Air w/ Mary - G 10:30 Sing-a-Long w/ Nayas - G 11:00 Songs for the Soul w/ Mary - WU - il 2:00 Weekend Wrap Up w/ Nayas - G Different Sounds for the Afternoon w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Exercise w/ Mary - G 11:00 Draw w/ Mary - WU - G 2:30 Move to the Beat w/ Cindy - WU - G Coloring w/ Nayas - G The Big News w/ Nayas - G Music Appreciation w/ Marvel - WU - G	Morning Visits w/ Omayra - G, S Morning Music in the Lounge - G, S 10:00 Dance & Movement w/ Jennifer -G 11:00 Mind Teasers w/ Omayra - G 1:00 Short Stories w/ Omayra - S Water Coloring w/ Nayas - G 3:00 America Back in the Day w/ Omayra Soft Music For The Soul w/ Nayas - G 5:45 Dinner Visits w/ Mary - G, S, I Gentle Rub/ Scented Cream w/ Nayas - G	Nachos Day Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:30 Trivia w/ Omayra - G 11:00 Balloon Tossing w/ Omayra - S 2:00 Meditation w/ Omayra - G 3:00 Match The Pair w/ Nayas - G Music Mode w/ Nayas - G Listening To The Birds w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Morning Stretch w/ Omayra - G 11:15 Outing - Vazzy's Italian Restaurant Manicures w/ Nayas - G 1:00 Making Words Out of November w/Omayra - S Silly Jokes for The Folks w/ Nayas - G Movie Time w/ Nayas - G Let's Chat w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Exercise w/ Mary - Gardens 10:30 Proverbs w/ Mary - G 11:00 Balloon Tossing w/ Omayra -G 2:00 Animal Embassy - IL Soft Jazz w/ Nayas - G How Glue is Made - G, S Chicken Soup For The Soul w/ Nayas - G	Good Morning Rise & Shine - G, S Morning Strolls w/ Nayas - G 10:30 Tai-Chi w/ Johnathan - G Card Game w/ Nayas - G News & Views w/ Nayas -G 1:00 Harpist, Rebecca Swett - G Balloon Tossing w/ Nayas - G All About Animals w/ Nayas - G News In Action w/ Nayas - G
3	4	5	6	7	8	9
Vanilla Cupcake Day Sunday Funday Workout w/ Nayas - G Sing a Long w/ Nayas - G Weekend Wrap Up w/ Nayas - G News & Views w/ Nayas - G Coloring Together w/ Friends - G Evening Bingo w/ Nayas - G Manicures w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:30 Exercise w/ Mary - G 11:00 Draw w/ Mary - WU - G 1:00 Bingo w/ Omayra - G 2:30 Move to the Beat w/ Cindy - WU - G Bean Bag Toss w/ Nayas - G Music Appreciation w/ Marvel - WU - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Dance & Movement w/ Jennifer - G 11:00 Cognitive Exercises w/ Omayra - G 1:30 Documentary On Grace Nelly - S Testing The Brain w/ Nayas - G 2:00 Making Chains w/ Omayra - G You Be The Judge w/ Nayas - G 5:45 Dinner Visits w/ Omayra - G, S, I Live, Learn, & Pass On w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Tai-Chi w/ Johnathan - G 10:30 Tissue Art w/ Omayra - G 11:00 Time Of Era In America - S 1:00 Balloon Tossing w/ Omayra - S 2:00 Bingo w/ Omayra - G 3:00 True Or False w/ Nayas - G News & Views w/ Nayas - G	Pickle Day Morning Visits w/ Mary & Omayra - G, S Morning Music in the Lounge - G, S 10:00 Move To The Beat w/ Omayra - G 11:15 Outing - Penny's Diner, Fairfield Trivia w/ Nayas - G 3:00 Quotes To Live By w/ Nayas - G 5:00 Taste of England Theme Dinner - DR Balloon Tossing w/ Nayas - G Sittercise w/ Nayas - G Relaxing Music w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Exercise w/ Omayra - G 10:30 Family Feud w/ Omayra - G 11:00 Proverbs w/ Omayra - S 1:00 Coloring w/ Nayas - G 1:30 Catholic Mass w/ Fr. Alexis - SC Documentary On Georgia O Keefe - G, S 3:00 Name 5 Important Things w/ Mary - G About the Days Back In America w/ Nayas - G	Movin & Groovin w/ Nayas - G All About November w/ Nayas - G Afternoon Stretch w/ Nayas - G Soft Music for the Evening w/ Nayas - G Late BINGO Game w/ Nayas - G
10	11	12	13	14	15	16
Balloon Tossing w/ Nayas - G Game Shows w/ Nayas - G Horoscopes w/ Nayas -G Reminisce When a Child w/ Nayas -G Manicures w/ Nayas -G	Morning Visits w/ Omayra - G, S Morning Music in the Lounge - G, S 10:00 Exercise w/ Omayra - G 11:00 Draw w/ Mary - WU - G 2:30 Move to the Beat w/ Cindy - WU - G Making Words From A Letter w/ Nayas Music Appreciation w/ Marvel - WU- G Throw The Balloon w/ Nayas - G	Morning Visits w/ Omayra & Mary Morning Music in the Lounge - G, S 10:00 Dance & Movement w/ Jennifer - G 11:00 Word Game w/ CL - G 1:00 Balloon Tossing w/ Omayra - S Dog Theme Bingo w/ Nayas - G 2:00 Over The Bench Volleyball w/ Omayra - G 3:00 Dominoes w/ Omayra - G Show & Tell w/ Nayas - G 5:45 Dinner Visits w/ Mary- G, S, I Unscramble Words w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:30 Fill In Phrases w/ Omayra - G 11:15 Health Talk (Hypertension) Kathy - IL Sing-a-Long w/ Nayas - G BINGO w/ Nayas - G Movie Time w/ Nayas - G	Morning Visits w/ Mary & Omayra - G, S Morning Music in the Lounge - G, S 10:00 Sittercise w/ Omayra - G 11:15 Outing - Omanel Portuguese Restaurant - Bridgeport Quess Who It Is w/ Nayas - G 1:00 Making Words From Scratch w/ Omayra - S Chicken Soup for the Soul w/ Nayas - G Music of 1930's w/ Nayas - G Watercolor w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Exercise w/ Mary - G 10:30 Believe It Or Not w/ Mary - G 11:15 Spring's Resident Council Meeting - S 2:00 Back in the Days w/ Omayra - S 3:00 Poetry Reading w/ Nayas - G Documentary on Carl Sagan w/ Omayra - G Ways To Stay Warm w/ Nayas - G	Morning Visits w/ Omayra - G, S Morning Music in the Lounge - G, S 10:00 - Workout w/ Omayra - G 10:30 Tai-Chi w/ Johnathan - G Coloring w/ Nayas - G Stroll Outdoors for Fresh Air w/ Nayas - G Stories About America w/ Omayra - S 3:00 Movies in the Lounge - G,S Soft Jazz w/ Nayas - G Toss The Ball w/ Nayas - G
17	18	19	20	21	22	23
Morning Visits w/ Omayra - G, S Morning Music in the Lounge - G, S 10:00 Move To The Beat w/ Omayra - G Love Poems with Omayra - S Water Coloring w/ Nayas - G, S News & Views w/Nayas - G Movie Time w/ Nayas - G	Morning Visits w/ Omayra & Mary - G,S Morning Music in the Lounge - G, S 10:30 Exercise w/ Mary - G 11:00 Draw w/ Mary - WU- G Toss The Balloon w/ Nayas - G 2:30 Move to the Beat w/ Cindy - WU - G 3:30 Celebrate November Birthdays - G, S Card Game w/ Nayas - G Music Appreciation w/ Marvel - WU - G News & Views w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Dance & Movement w/ Jennifer - G 11:00 Thinking Game w/ Omayra - G 1:00 Meaning of Thanksgiving w/ Omayra - S 2:00 Tissue Art w/ Omayra - G News & Views w/ Nayas - G 5:45 Dinner Visits w/ Omayra - G, S, I Soft Jazz w/ Nayas - G	Morning Visits w/ Omayra & Mary - G, S Morning Music in the Lounge - G, S 10:00 Tai-Chi w/ Johnathan - G 10:30 What's In The Blank w/ Omayra - G 11:00 Chicken Soup for the Soul w/ Omayra - S 2:00 Balloon Volleyball w/ Omayra - S 3:00 What Are You Thankful For w/ Omayra - G Engage the Brain w/ Nayas - G Color Craze w/ Nayas - G	Happy Thanksgiving Morning Music in the Lounge - G, S Move Those Bones w/ Nayas - G 10:00 Fresh Air Stroll w/ Nayas - G 11:00 Soft Mellow Music w/ Nayas Coloring Turkeys w/ Nayas - G 3:00 Storytelling w/ Nayas - G BINGO w/ Nayas - G Movie Time w/ Nayas - G	Morning Visits w/ Mary - G, S Morning Music in the Lounge - G, S 10:30 Name That Tune w/ Nayas - G 11:00 Balloon Tossing w/ Mary - S 1:00 Story Time w/ Mary - S Coloring Winter Paintings w/ Nayas - G 3:00 Cheese, Crackers & Juice w/ Mary - G, S News & Views w/ Nayas - G	Morning Wake Up w/ Nayas - G Let's Meditate with Soft Music - G Relax Time with Ocean Sound - G Look Who's Talking w/ Nayas - G Memory Game w/ Nayas - G Story Time w/ Nayas - G
24	25	26	27	28	29	30
		<h1>NOVEMBER 2019</h1> <p>Gardens & Springs</p>		ACTIVITY LOCATOR KEY A - Auditorium AG - Art Gallery CAS - Creative Arts Studio DR - Dining Room FC - Fitness Center G - Gardens		IFC - Interfaith Chapel IL - Inn Lounge RtoR - Room to Room S - Springs SC - Springs Conference Room TC - Town Center I, S, G - Inn, Springs & Gardens