

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		Visits w/ Omayra - IL Morning Music in the Lounge, Perry Como 10:30 Entertainer, MOJO - IL 1:00 Julia Child Talks Turkey - IL 2:00 Flowers & Friendship w/ CL - IL 3:00 A Movie to Remember w/ Friends - IL 4:30 Friday Night News w/ Friends - IL 6:30 Stretch & Smile w/ CG's - IL	Visits w/ Mary - IL Morning Music in the Lounge, Dean Martin 10:30 Stretch to Symphony w/ Mary - IL 11:00 What's in a Dream w/ Mary - IL 1:00 Birthday Bio: Daniel Boone - IL 2:00 Bead Art w/ Mary - WU - IL 3:30 Classic Movie w/ Friends - IL 4:30 News w/ Friends - IL 6:30 Saturday Night Dance Party w/ CG's - IL
Daylight Saving Time Ends Visits w/ Mary - IL Morning Music in the Lounge, Whitney Houston 10:30 Morning Moves w/ Mary - IL 11:00 Songs of the Spirit w/ Mary - WU - IL 1:00 Daylight Savings Time Chat w/ Mary - S 2:00 Put Tog-gether Poem w/ Mary - IL 3:30 Choir Music of Choice w/ Friends - IL 4:30 Sunday Night News w/ Friends - IL 6:30 Weekend Wrap Up w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Peter, Paul & Mary 10:30 Weekly Review w/ Omayra- IL 11:00 Mid Morning Stretch w/ Kayti - WU - IL 11:30 Weird Trivia w/ Omayra - IL 2:00 You Be The Judge w/ CL - IL 3:00 Library Time w/ Jazz Music - IL 4:30 Headline News w/ Friends - IL 6:30 Reminiscing w/ CG's - IL	Election Day Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Sammy Davis Jr. 10:30 Noodle Exercise w/ Omayra - IL 11:00 Fall Watercolors w/ Omayra - IL 1:00 Smile File w/ Omayra - S 2:00 Bingo w/ CL - IL 3:00 Opera Lovers' Group w/ Friends - IL 4:30 Note-able News w/ Friends - IL 5:45 Dinner Visits w/ Omayra - IL 6:30 After Dinner Stretch w/ CG's - IL	Visits w/ Omayra - IL Morning Music in the Lounge, Johnny Cash 10:30 Sit & Get Fit w/ Omayra - IL 11:00 History's Mysteries w/ Omayra - IL 1:00 Biography of Choice w/ Friends - IL 2:00 Game Time for the Mind w/ Omayra - IL 3:30 Cooking Channel Time w/ Friends - IL 4:30 Nightline News Stories w/ Friends - IL 6:30 Creative Art Group w/ CG's - IL	Visits w/ Mary - IL Morning Music in the Lounge, Simon & Garfunkel 10:30 Rumba Exercise w/ Mary - IL 11:15 Outing - Vazzy's Italian Restaurant 1:00 Word Challenge w/ Omayra - S 2:00 Unscramble the Word w/ Omayra - IL 3:30 Open Art Time & Music - IL 4:30 News & Views w/ Friends - IL 6:30 Mandala Art w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, John Denver 10:30 Simple Stretch w/ Omayra - IL 11:00 Entertainer, Lynn Lewis - S 1:45 Friendship & Flowers w/ CL - IL 2:00 Animal Embassy "Live Animals" - IL 3:30 "Specially Displayed Books" - IL 4:30 News Time w/ Friends - IL 6:30 Scrabble w/ CG's - IL	30th Anniversary of the Opening Berlin Wall 10:00 Morning Visits w/ MJ - S 10:30 All About November w/ MJ - IL 11:00 Tai Chi w/ Jonathan - IL 1:00 Harpist, Rebecca Swett - G 1:30 Afternoon Visits w/ MJ - S 2:00 Sequence Game w/ MJ - IL 4:00 History of the Berlin Wall w/ MJ - IL 6:30 Sweet Story Time w/ CG's - IL
3	4	5	6	7	8	9
10:00 Morning Visits w/ MJ - S 10:30 Exploring Italy w/ MJ - IL 11:00 Antiques Roadshow w/ MJ - IL 1:30 Afternoon Visits w/ MJ - S 2:00 Entertainer, Jim Sheehan - IL 3:30 Left-Center-Right w/ MJ - IL 6:30 Soft Music w/ CG's - IL	Veterans Day Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Patriotic 10:30 What's Happening w/ Omayra - IL 11:00 Mid Morning Stretch w/ Kayti - WU - IL 11:30 HaHaHa Humor w/ Omayra - IL 1:00 Tribute Veterans' Documentary - IL 2:00 Cooking w/ Omayra "S'mores" - WU - IL 3:00 Veterans Celebration - A 4:30 News to Use w/ Friends - IL 6:30 Board Games w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Nat King Cole 10:30 Stretch & Sing w/ Mary - IL 11:00 Tongue Twisters w/ Mary - IL 1:00 Fun Facts w/ Mary - S 2:00 BINGO w/ CL - IL 3:00 Opera Lovers' Group w/ Friends - IL 4:30 The Big News Stories w/ Friends - IL 5:45 Dinner Visits w/ Mary - IL 6:30 Big Word, Little Word w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Frank Sinatra 10:30 Tai Chi w/ Jonathan - IL 11:00 Unforgettable Moments w/ Omayra - IL 1:00 Food Network "Turkey Talk" - IL 2:00 TV Shows to Remember w/ Mary - IL 3:30 Arm Chair Travel: Fall in Connecticut - IL 4:30 Nightly News w Friends - IL 6:30 Creative Art Group w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Elvis 10:30 Stretch & Smile w/ Mary - IL 11:15 Outing - Penny's Diner, Fairfield 1:00 "I Love Lucy" Episodes w/Friends- IL 2:00 Let's Write A Story w/ Mary - IL 3:00 Quotes to Live By w/ Mary - IL 4:30 News to Remember w/ Friends - IL 5:00 Taste of England Theme Dinner - DR 6:30 Dynamic Dominos' Group w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounges, Bee Gees 10:30 Exercise with Weights w/ Omayra - IL 11:00 Tissue Art w/ Omayra - WU - IL 1:30 Catholic Mass w/ Fr. Alexis - SCR 2:30 Fun, Flowers & Friends w/ CL - IL 3:00 "Sonny & Cher" Show Clips - IL 4:30 Headlines w/ Friends - IL 6:30 Stories of Faith w/ CG's - IL	10:30 Morning Stretch w/ Sue - IL 11:00 Make Essential Oil Lotion w/ Sue - IL 1:00 Big Word Little Word Game w/Sue - IL 2:00 BINGO w/ Sue - IL 3:30 Mandala Art w/ CG's - IL 4:30 Music in the Lounge w/ CG's - IL 6:30 Humor Time w/ CG's - IL
10	11	12	13	14	15	16
10:30 Move & Stretch w/ Sue - IL 11:00 Morning News & Coffee w/ Sue - IL 11:30 Hangman w/ Sue - IL 1:00 Word Game w/ Sue - IL 2:00 Thanksgiving Trivia w/ Sue - IL 3:30 Board Games w/ CG's - IL 4:30 Sunday Night News w/ Friends - IL 6:30 Sunday Evening Chat w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Diana Ross 10:30 Happening Now w/ Omayra - IL 11:00 Mid Morning Stretch w/ Kayti - WU - IL 11:30 14,000 Reason to Smile w/ Omayra - IL 1:00 How it is Made: Tur-duck-in - IL 2:00 Surviving in the Wilderness w/ Mary - IL 3:00 Armchair Travel: New England - IL 4:30 News to Remember w/ Friends - IL 6:30 Yahtzee w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Neil Diamond 10:30 Balloon Boogie w/ Omayra - IL 11:00 Getting To Know You w/ Omayra - IL 1:00 Silly Sayings w/ Omayra - S 2:00 Entertainer, Gary Andreadis - IL 3:00 Opera Lovers' Group w/ Friends - IL 4:30 Top of the News w/ Friends - IL 5:45 Dinner Visits w/ Omayra - IL 6:30 Name 5 w/ CG's - IL	Visits w/ Mary - IL Morning Music in the Lounge, Jazz 10:30 Rise, Shine & Smile! w/ Mary - IL 11:15 Health Talk w/ Kathy Quinn, RN 1:00 "Carol Burnett" Show Episodes - IL 2:00 Simplify Your Life Discussion w/ Mary - IL 3:00 Positive Thinking w/ Mary - IL 4:30 News Review w/ Friends - IL 6:30 Creative Art Group w/ CG's - IL	World "Hello!" Day "Hello" Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Happy Music 10:30 Bean Bag Tossing w/ Omayra - IL 11:15 Outing - Omanel Portuguese Rest 1:00 Simple Sayings & Smiles w/ Omayra - S 2:00 Pick A Topic w/ Omayra - IL 3:00 Bible Versus Among Friends - IL 4:30 News of the Day w/ Friends - IL 6:30 Fall Colored Mandala Art w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Disco Music! 10:30 Exciting Exercise w/ Omayra - IL 11:00 Tissue Art w/ Omayra - WU - IL 1:45 Fun with Flowers w/ CL - IL 2:00 Just the Facts w/ CL - IL 3:00 Birthday Bio: "Charles De Gaulle" - IL 4:30 News to Know w/ Friends - IL 6:30 Disco Music w/ CG's - IL	Visits w/ Omayra - IL Morning Music in the Lounge, Spanish Guitar 10:30 Salsa Stretch w/ Omayra - IL 11:00 Tai Chi w/ Jonathan - IL 1:00 Smiles & Laughter w/ Omayra - S 2:00 Games & Names w/ Omayra- IL 3:30 Documentary of Choice w/ Friends - IL 4:30 World News w/ Friends - IL 6:30 Farkle Game w/ CG's - IL
17	18	19	20	21	22	23
Visits w/ Omayra - IL Morning Music in the Lounge, Country 10:30 Sunday Start Up w/ Omayra - IL 11:00 Would You Rather Be? w/ Omayra - IL 1:00 Sayings for the Spirit w/ Omayra - S 2:00 Word Twist w/ Omayra - IL 3:00 Entertainer, Gary Kahn - IL 4:30 Weekend News Rundown w/ Friends - IL 6:30 Sunday Slow Down w/ CG's - IL	Visits w/ Omayra & Mary -IL Morning Music in the Lounge, Andy Williams 10:30 "The Now" w/ Omayra - IL 11:00 Mid Morning Stretch w/ Kayti - WU - IL 11:30 Friendship Forum w/ Omayra - IL 1:00 "Andy Griffith" Episodes w/ Friends - IL 2:00 Mind Teasers w/ Mary - IL 3:30 November Birthday Visits w CL - IL 4:30 Views & News w/ Friends - IL 6:30 Outburst! Game w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, Tony Bennett 10:30 Quick Stretch w/ Mary - IL 11:15 Inn Resident Council Meeting - IL 1:00 Friendship Forum w/ Mary - S 2:00 Pianist, John Lamb - IL 3:00 Opera Lovers' Group w/ Friends - IL 4:30 Local News w/ Friends - IL 5:45 Dinner Visits w/ Mary - IL 6:30 Left-Center-Right w/ CG's - IL	Visits w/ Omayra & Mary - IL Morning Music in the Lounge, The Three Tenors 10:30 Tai Chi w/ Jonathan - IL 11:00 Thanksgiving Day Craft w/ Omayra - IL 1:00 Holiday Chat w/ Mary - S 2:00 Attitude of Gratitude w/ Mary - IL 3:00 Fall Scenery w/ Soft Music - IL 4:30 What's in the News? w/ Friends - IL 6:30 Creative Art Group w/ CG's - IL	Thanksgiving A Blessed Day to Everyone! Macy's Thanksgiving Parade In all Lounges Football! Football! Football!!	Black Friday Visits w/ Mary - IL Morning Music in the Lounge, Nature Sounds 10:30 Morning Flex & Smile w/ Mary- IL 11:00 Put To Gether Poem w/ Mary - IL 1:00 Glenn Miller Concert w/ Friends - IL 2:00 Fun, Friendship & Flowers w/ CL - IL 3:00 Cheese, Crackers & Chat w/ CL - IL 4:30 News to Use w/ Friends - IL 6:30 What Are You Grateful For? w/ CG's - IL	10:00 Seashell Painting w/ Kayti - IL 11:00 Yoga Stretch w/ Kayti - IL 2:00 Manicures & Music w/ Kayti - IL Independent Activities - IL 6:30 Card Game "21" w/ CG's - IL
24	25	26	27	28	29	30
		NOVEMBER 2019 <i>Inn</i>		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 SCR - Springs Conference Room TC - Town Center I, S, G - Inn, Springs & Gardens	