

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---|---|--|---|--|--|---|
| <p>Weekly Shopping trips: Wednesday's: Brookside Trumbull Mall Stop&Shop, Peoples Bank</p> <p>Friday's: Shop Rite Trader Joes CVS, Peoples Bank Bus departs front lobby 10:00</p> | | <p>Fitness Center Recurring Classes: M, W, F - 12:00: Stretch & Balance T, Th - 12:00: Seated Stretch & Strength T, W - 9:00: Barefoot Seated Yoga T 9:30 / Th 9:00: Yoga Stretch W - 9:30: Fun Aerobics M - 9:00 W - 10:30: Silver Sneak Resist & Bal</p> | | | <p>Anyone interested in presenting a Watermark University program please contact Cindy McGuire Director of Living Well Ext.6108</p> | <p>9:30 Zumba Gold & Weighted Aerobics w/ Cindy - WU - FC 11:00 You Can Draw Better Than U Think - CAS 12:00 Stretch & Balance - FC 1:00 Art Reception - 2nd Fl 1-2:00 Water Volleyball w/ Ice Cream Social- FC 2:30 Shabbat w/ Rabbi Barbara - IFC 3:00 Make a Collage - CAS 4:00 Happy Hour - WL</p> | <p>2:00 Scrabble - ML 2:00 Tea & Chat - WU - WL 3:00 Entertainer, Chris Coogan - ML 4:00 Happy Hour - WL 6:30 Pre-Subscribed Independent Outing - Greater Bridgeport Symphony 7:15 Manipulation Game - ML</p> |
| <p>DAYLIGHT SAVINGS TIME ENDS 8:45 - 10:15 Assumption Church - Catholic 8:30 Congregational Church - Protestant 10:00 Greenfield Hill - Protestant 2:00 Scrabble - ML 3:00 Afternoon Movie - A 5:00 BINGO w/ Karim - WL 6:30 Something to Talk About w/ Jean - 2nd Fl</p> | <p>9:00 Silver Sneakers w/ Kayti - WU -FC 10:00 This Weeks Happening's - ML 10:30 Literature That feeds Our Faith - IFC 10:30 Aqua Zumba w/ Cindy - FC 1-2:00 Water Volleyball - FC 1:30 This Weeks Happenings Low Vision - WL 1:30 Drawing What You See -WU -CAS 2:00 "Plan a Meaningful Life Celebration" - A 3:00 Discovery Series w/ HealthPro - A 4:30 New Resident Reception - WL 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Yoga Stretch w/ Kayti - WU - FC 9:30 Outing - Jewish Museum, NYC 10:00 Bus to Polls for Voting 11:00 Blood Pressure Clinic - WC 1:00 Parkinson's Exercise Group - FC 1:30 Creative Crafts w/ Kayti - CAS 2:00 Men's Gathering - 2nd Fl 3:00 Bus to Polls for Voting 4:00 Tuesday Game Night Social Hour - WL 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Fun Aerobics w/ Cindy - WU - FC 10:30 Silver Sneakers Resist & Balance - FC 10:30 Splash Fitness w/ Cindy - FC 12:00 Stretch & Balance w/ Kayti - FC 2:00 Rummikub w/ MJ - 2nd Fl 3:30 Worship w/ Rev. Rowe - IFC 4:00 Wine-Down Wednesday Social Hour - WL 7:15 Manipulation Card Game - ML</p> | <p>9:00 Yoga Stretch w/ Kayti - WU - FC 10:30 Professor, Marcie Patton Presents - A 11:00 Knit for Kids - WU - 4th Fl 11:00 Blood Pressure Clinic - WC 11:00 Resident Chorus Rehearsal - IFC 11- 3:30 Jags Creations - FL 12:00 Outpatient Rehab Office Hours - RC 3:30 Bible Study w/ Rev. Rowe - IFC 4:00 Thursday Social Hour - WL 7:30 Evening Movie - A</p> | <p>9:30 Zumba Gold & Weighted Aerobics w/ Cindy - WU - FC 11:00 Drawing What You See - WU-CAS 12:00 Stretch & Balance - FC 1:00-2:00 Water Volleyball - FC 1:30 Coffee & Chat w/ MJ - 2nd Fl 3:00 Make a Collage - CAS 3:00 Tech time w/ Central High Students - WL 4:00 Happy Hour - WL</p> | <p>2:00 Scrabble - ML 2:00 Tea & Chat - WU - WL 3:00 Afternoon movie - A 4:00 Happy Hour - WL 7:15 Manipulation Game - ML</p> | |
| <p>8:45 - 10:15 Assumption Church - Catholic 8:30 Congregational Church - Protestant 10:00 Greenfield Hill - Protestant 11:30 Pre-Subscribed Independent Outing - Quick Center, Fairfield 2:00 Scrabble - ML 3:00 Guitarist, Dean Snelback - ML 5:00 BINGO w/ Karim - WL 6:30 Something to Talk About w/ Jean - 2nd Fl</p> | <p>VETERANS DAY 9:00 Silver Sneakers w/ Kayti - WU -FC 10:00 This Weeks Happening's - ML 10:30 Aqua Zumba w/ Cindy - FC 12:00 Stretch & Balance - FC 1-2:00 Water Volleyball - FC 1:30 Catholic Mass - IFC 1:30 This Weeks Happenings Low Vision - WL 1:30 Drawing What You See -WU -CAS 3:00 Veterans Celebration - A 7:30 Evening Movie - A</p> | <p>9:00 Outing - The Culinary Institute, NY 9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Yoga Stretch w/ Kayti - WU - FC 11:00 Blood Pressure Clinic - WC 11 - 4:00 Rina Fashions - ML 12:00 Seated Stretch & Strength w/ Kayti - FC 1:00 Parkinson's Exercise Group - FC 2:00 Men's Gathering - 2nd Fl 4:00 Tuesday Game Night Social Hour - WL 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Fun Aerobics w/ Cindy - WU - FC 10:30 Silver Sneakers Resist & Balance - FC 10:30 Mark Albertson "Saudi Arabia" - A 12:00 Stretch & Balance w/ Kayti - FC 1:30 Book Group - 2nd Fl 3:00 Book Signing Event, w/ Archeologist, Nicholas Bellantoni, PhD. - A 3:30 Word Game Challenge - 2nd Fl 4:00 Wednesday Social Hour w/ Karaoke - WL 7:15 Manipulation Card Game - ML</p> | <p>9:00 Yoga Stretch w/ Kayti - WU - FC 10:00 Lecturer, Art Gottlieb "NY Worlds Fair" - A 11:00 Knit for Kids - WU - 4th Fl 11:00 Blood Pressure Clinic - WC 12:00 Seated Stretch & Strength w/ Kayti - FC 12:00 Outpatient Rehab Office Hours - RC 1:30-3:00 Interfaith Celebration - A 4:00 Thursday Social Hour - WL 4:45-7:00 Taste of England Theme Dinner - DR 7:30 Evening Movie - A</p> | <p>9:30 Zumba Gold & Weighted Aerobics w/ Cindy - WU - FC 11:00 Drawing What You See - WU-CAS 12:00 Stretch & Balance - FC 1:00-2:00 Water Volleyball - FC 1:30 Coffee & Chat w/ MJ - 2nd Fl 2:00 Shabbat w/ Rabbi Barbara - IFC 3:00 Make a Collage - CAS 3:00 Armchair Travelers "Northern India" - A 4:00 Happy Hour - WL</p> | <p>2:00 Scrabble - ML 2:00 Tea & Chat - WU - WL 2:30 Yesterday's Headlines w/ Robert Novak - A 4:00 Happy Hour - WL 7:15 Manipulation Game - ML</p> | |
| <p>8:45 - 10:15 Assumption Church - Catholic 8:30 Congregational Church - Protestant 10:00 Greenfield Hill - Protestant 2:00 Scrabble - ML 3:00 Swing Sisters - A 5:00 BINGO w/ Karim - WL 6:30 Something to Talk About w/ Jean - 2nd Fl</p> | <p>9:00 Silver Sneakers w/ Kayti - WU -FC 10:00 This Weeks Happening's - ML 10:30 Literature That feeds Our Faith - IFC 10:30 Aqua Zumba w/ Cindy - FC 12:00 Stretch & Balance - FC 1-2:00 Water Volleyball - FC 1:30 This Weeks Happenings Low Vision - WL 1:30 Antiques Roadshow w/ Mary Jo - ML 1:30 Drawing What You See -WU -CAS 3:00 Netflix "Seyit & Suri" - 2nd Fl 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Yoga Stretch w/ Kayti - WU - FC 10:00 Outing - Clinton Crossing 11:00 Blood Pressure Clinic - WC 12:00 Seated Stretch & Strength w/ Kayti - FC 1:00 Parkinson's Exercise Group - FC 1:30 Creative Crafts w/ Kayti - CAS 2:00 Film Noir w/ Frank DeStefano 4:00 Tuesday Game Night Social Hour - WL 7:30 Entertainer, Tom Sansone - ML</p> | <p>9:30 Fun Aerobics w/ Cindy - WU - FC 10:30 Silver Sneakers Resist & Balance - FC 10:30 Splash Fitness w/ Cindy - FC 12:00 Stretch & Balance w/ Sue - FC 2:30 History PhD., Mona Garcia Presents - A 3:30 Word Game Challenge - 2nd Fl 4:00 Wednesday Social Hour w/ Karaoke - WL 7:15 Manipulation Card Game - ML</p> | <p>9:00 Yoga Stretch w/ Kayti - WU - FC 10:00 Town Hall w/ Kristin - A 11:00 Knit for Kids - WU - 4th Fl 11:00 Resident Chorus Rehearsal - IFC 11:00 Blood Pressure Clinic - WC 12:00 Outpatient Rehab Office Hours - RC 1:00 Cardiac Rehab w/ Sue - FC 2:30 Cooking Demo "Pumpkin Pie" - WL 3:30 Bible Study w/ Rev. Rowe - IFC 4:00 Thursday Social Hour - WL 6:30 - 9:00 Casino Night - ML</p> | <p>9:30 Zumba Gold & Weighted Aerobics w/ Cindy - WU - FC 11:00 Drawing What You See - WU-CAS 12:00 Stretch & Balance - FC 1:00-2:00 Water Volleyball - FC 1:30 Coffee & Chat w/ MJ - 2nd Fl 2:00 Nutrition Talk w/ Candace - 2nd Fl 3:00 Make a Collage - CAS 3:00 Audubon Society - A 4:00 Happy Hour - WL</p> | <p>2:00 Scrabble - ML 2:00 Tea & Chat - WU - WL 3:00 Stratford Performing Arts - A 4:00 Happy Hour - WL 7:15 Manipulation Game - ML 7:30 Home Cinemas Movie & Review - A</p> | |
| <p>8:45 - 10:15 Assumption Church - Catholic 8:30 Congregational Church - Protestant 10:00 Greenfield Hill - Protestant 2:00 Scrabble - ML 2:30 Afternoon Movie - A 4:00 St. Timothy's Episcopal Church w/ Fr. Kevin Olds - IFC 5:00 BINGO w/ Karim - WL 6:30 Something to Talk About w/ Jean - 2nd Fl</p> | <p>9:00 Silver Sneakers w/ Kayti - WU -FC 10:00 This Weeks Happening's - ML 10:30 Aqua Zumba w/ Cindy - FC 12:00 Stretch & Balance - FC 1-2:00 Water Volleyball - FC 1:30 Pray the Rosary - IFC 1:30 This Weeks Happenings Low Vision - WL 1:30 Drawing What You See -WU -CAS 2:00 Art Lecturer, Marcie Slepian - A 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Yoga Stretch w/ Kayti - WU - FC 11:00 Blood Pressure Clinic - WC 12:00 Seated Stretch & Strength w/ Kayti - FC 1:00 Outing - Bow Tie Cinema, Trumbull 1:00 Parkinson's Exercise Group - FC 2:00 Men's Gathering - 2nd Fl 4:00 Tuesday Game Night Social Hour- WL 7:30 Evening Movie - A</p> | <p>9:00 Barefoot Seated Yoga w/ Kayti - WU - FC 9:30 Fun Aerobics - WU - FC 10:00 Resident Ambassador Meeting - ML 10:30 Silver Sneakers Resist & Balance - FC 10:30 Splash Fitness - FC 2:30 Birthday Party - WL 3:30 Health & Wellness - ML 4:00 Wine-Down Wednesday Social Hour - WL 6:30 Pre-Subscribed Independent Outing - Westport Community Theater 7:15 Manipulation Card Game - ML</p> | <p>THANKSGIVING DAY FITNESS CENTER OPEN 6:00 A.M. - 7:00 P.M. 11:45 Thanksgiving Day Brunch - DR 3:00 Afternoon Movie - A 7:30 Evening Movie - A</p> | <p>9:30 Zumba Gold & Weighted Aerobics w/ Cindy - WU - FC 11:00 Drawing What You See - WU-CAS 12:00 Stretch & Balance - FC 1:00-2:00 Water Volleyball - FC 1:30 Coffee & Chat w/ MJ - 2nd Fl 3:00 Make a Collage - CAS 4:00 Happy Hour - WL</p> | <p>2:00 Scrabble - ML 2:00 Tea & Chat - WU - WL 3:00 Entertainer, Gary Kahn - ML 4:00 Happy Hour - WL 7:15 Manipulation Game - ML</p> | |
| | | | | <p>ACTIVITY LOCATOR KEY</p> <p>AG - ART GALLERY A - AUDITORIUM BR - BILLIARDS ROOM CAS - CREATIVE ARTS STUDIO DR - DINING ROOM FC - FITNESS CENTER FL - FRONT LOBBY</p> | <p>GC - GALLERY CAFE IFC - INTERFAITH CHAPEL IL - INN LOUNGE ML - MAIN LOUNGE NO - NURSING OFFICE RC - REHAB CLINIC WL - W LOUNGE</p> | | |
| <h1>NOVEMBER 2019</h1> <p>Town Center</p> | | | | | | | |