

<p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p><u>Dining Hours</u> 8:00 - 10:00 AM Continental Breakfast 12:15 - 1:30 PM Lunch (Monday-Saturday) 4:15-6:30 PM Dinner (Monday-Saturday) 12:30-3:30 PM Brunch on Sundays & Major Holidays</p>	<p>EVERY MONDAY 9:00 WU: Wake Up and Workout (A) 10:30 Weekend News & Coffee Klatch (LL) 2:30 WU: Stretching Class (ER) 3:00 Seniors for Peace Workshop (M)</p>	<p>EVERY TUESDAY 9:00 WU: Wake Up and Workout (A) 8:30 Yoga on DVD (A) 11:00 WU: Balance Class (ER) 12:20 WU: Line Dancing Class (A) 2:00 WU: Sit N Sculpt (ER) 2:30 WU: Stretching Class (ER) 3:00 WU: Advanced Boxing (ER)</p>	<p>EVERY WEDNESDAY 9:00 WU: Wake Up and Workout (A) 1:00 WU: Tai Chi (ER) 1:30 WU: Art Class (AS) 1:30 Dance Fitness (A) 2:30 WU: Stretching Class (ER) 3:00 WU: Beginner's Boxing (ER)</p>	<p>EVERY THURSDAY 8:30 Yoga on DVD (A) 9:00 WU: Wake Up and Workout (A) 11:00 WU: Balance Class (ER) 1:00 Swimming at the YMCA (Cab) 2:00 WU: Sit N Sculpt (ER) 2:30 WU: Stretching Class (ER)</p>	<p>EVERY FRIDAY 9:00 WU: Wake Up and Workout (A) 10:00/1:30 Thrift Shop (1007) 10:30 WU: Fit Brains: Cognitive Training (M) 1:30 Dance Fitness (A) 2:30 WU: Stretching Class (ER)</p>	<p>EVERY SATURDAY (1st & 3rd) 9:30 Loop/Reading Terminal (Drop Off) (1st & 3rd) 10:30 Loop/Reading Terminal (Pick Up) (2nd & 4th) 9:30 Loop/Free Library (Drop Off) (2nd & 4th) 10:30 Loop/Free Library (Pick Up) 11:30 Chestnut Street Loop (B) 1:00 Chestnut Street Loop (B) 2:00 Chestnut Street Loop (B) 3:00 Chestnut Street Loop (B) 4:00 Chestnut Street Loop (B)</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>3:30 Afternoon Movie (A) 7:30 Sunday Evening Concert Series Mike Trombetta, <i>Piano</i> (A)</p>	<p>10:30 Shopping trip to Trader Joe's (B) 11:00 WU: Introduction to Printmaking (AS) 2:30 "The 80s" CNN Documentary (A) 3:00 Games and Cards (LL) 2:00 Shopping trip to Walmart (B) 7:00 Free Library Lecture: Terry McAuliffe, <i>Beyond Charlottesville: Taking a Stand Against White Nationalism</i> {Free} (Walking Trip) 7:30 Resident Council Meeting (A)</p>	<p>10:00 Trip to Concert: <i>Rhythms of the World</i> at the Mann Center {Free} (B) 2:00/4:30 WU: Write from your Heart w/Michele Belluomini (M) 1:30 Catholic Communion (A) 2:00 Shopping trip to Dollar Tree (B) 3:00 WU: Mindfulness and Meditation (A) 7:30 Evening Movie (A)</p>	<p>9:00/12:00 Exercise Assessments with Drexel PT Students (A) 10:30 WU: Watermark Players Workshop (M) 11:00 WU: Bible Study with Pastor Freer (LL) 2:00 WU: Travelogue, Canada w/Jen Tapner (A) 4:00/5:15 Wine & Cheese Social (LL) 7:30 Rummykub Night (LL) 7:30 Paint Your Own Glass Night- <i>please sign up in trip book</i> (M)</p>	<p>11:00 WU: Intermediate Bridge Meeting - sign up in Library (LL) 2:00 Mural Arts Bus Tour w/Jill (B) 2:30 WU: Crochet with Ms. June (M) 3:00 Games and Cards (LL) 7:00 Evening Walk at Boathouse Row (B) 7:30 Beginner's Rummykub (LL) 7:30 Art Film (A)</p>	<p>10:30 Rosary and Faith Sharing (M) 11:00 Short Story Discussion (A) 2:00 Shopping Trip to Whole Foods & CVS (B) 2:00 Folk Song Hootenanny with Jill (A) 3:30 Charity Committee Meeting (LL) 4:00 Shabbat Services and Candle Lighting (A) 7:30 Evening Movie (A)</p>	<p>8:45 Nature Walk at Penn's Landing (B) 11:00 WU: Yoga (A) 7:30 Evening Movie (A)</p>
<p>3:30 Afternoon Movie (A) 7:30 Sunday Evening Concert Series: Philly Senior Stage Presents <i>Bye Bye Birdie</i> (A)</p>	<p>9:30 Trip to Jen's House in Brigantine {Free} (B) 11:00 WU: Introduction to Printmaking (AS) 2:00 Health Histories with Drexel Nursing Students (sign-up in book) (A) 3:00 Games and Cards (LL) 7:30 Evening Movie (A)</p>	<p>11:00 WU: Concerned Citizens (A) 2:00 WU: A Little Night Music- Sondheim Lecture Part 4 (A) 2:00 Caregiver's Support Group w/Sharlie (6L) 2:30 "The 80s" CNN Documentary (A) 7:30 Evening Movie (A)</p>	<p>10:00 Trip to WheatonArts Village {Free} (B) 10:30 WU: Watermark Players Workshop (A) 2:00 Matinee Movie on DVD w/Popcorn (A) 2:30 WU: Daily Devotionals with Sharlie (M) 4:00/5:15 Wine & Cheese Social (LL) 7:00 Evening Walk at Boathouse Row (B) 7:30 Evening Movie (A)</p>	<p>9:30 Shopping trip to ShopRite (B) 11:00 WU: Pop Culture Thursdays w/Anna (LL) 2:30 WU: Watermark Yiddish Club (M) 3:30 WU: Meet Me at the Cellar Door w/Jen (M) 7:00 Duplicate Bridge Tournament (M) 7:30 Evening Movie (A)</p>	<p>9:30 Casino Trip to Atlantic City {\$8 cash} (B) 1:30 Matinee Movie on DVD w/popcorn (A) 4:00 Candle Lighting & Shabbat Services with Cantor Hirsch (A) 7:30 Evening Movie (A)</p>	<p>8:45 Nature Walk at Penn's Landing (B) 11:00 WU: Yoga (A) 2:00 WU: Ceramics Class (AS) 7:30 Saturday Evening Concert David Hughes (A)</p>
<p>3:30 Afternoon Movie (A) 7:30 Sunday Evening Concert Series Craig Satchell, <i>Jazz</i> (A)</p>	<p>10:30 Shopping trip to Trader Joe's (B) 11:00 WU: Introduction to Printmaking (AS) 1:30 Shopping trip to Acme (South Philly) (B) 2:00 Navigating Grief & Loss w/Compassus (6L) 2:00 Health Histories with Drexel Nursing Students (sign-up in book) (A) 3:00 Games and Cards (LL) 7:30 Evening Movie (A)</p>	<p>11:00 WU: INSPIRE: A General Health Support Group with Bayada (A) 2:00/4:30 WU: Write from your Heart w/Michele Belluomini (M) 2:00 Town Hall Meeting w/Jen Tapner (A) 3:00 Watermark Service of Remembrance (A) 7:30 Musical Presentation w/Nancy Capizzi (A)</p>	<p>9:00/12:00 Exercise Assessments with Drexel PT Students (A) 11:00 WU: Bible Study with Pastor Freer (LL) 2:00 Matinee Movie on DVD w/Popcorn (A) 4:00/5:15 Wine & Cheese Social (LL) 7:30 Poker Night with Donna (A)</p>	<p>11:30 Crafter's Corner: Seaglass Mosaics (AS) 1:30 Global Cuisine: A Taste of Summer (M) 2:30 WU: Crochet with Ms. June (M) 3:00 Games and Cards (LL) 3:30 New Resident Social (M) 7:30 Art Film (A)</p>	<p>11:00 Short Story Discussion (A) 2:00 Shopping Trip to Whole Foods & CVS (B) 2:00 Jen Tapner's Triathlon Presentation (A) 4:00 Shabbat Services and Candle Lighting (A) 7:30 Evening Movie (A)</p>	<p>8:45 Nature Walk at Penn's Landing (B) 11:00 WU: Yoga (A) 2:00/4:00 Art Gallery Opening Reception: Alex Pierok 7:30 Evening Movie (A)</p>
<p>3:30 Afternoon Movie (A) 7:30 Sunday Evening Concert Series: Jim Correnti, <i>Piano</i> (A)</p>	<p>9:30/12:00 Trip to Volunteer at MANNA (B) 11:00 WU: Introduction to Printmaking (AS) 1:15 Shopping trip to Acme (City Ave) (B) 3:00 Games and Cards (LL) 2:30 "The 80s" CNN Documentary (A) 4:00 Trip to Free Library Opera Performance: <i>Verdi's Forza del Destino</i> (Walking Trip) 7:30 Monday Murder Mystery Movie (A)</p>	<p>11:00 WU: Concerned Citizens (A) 11:00 WU: Coffee Club with David Samachson, Edward Jones Advisor (LL) 1:30 Catholic Mass w/Ft. Tom Gillin (A) 1:30 Shopping trip to Wegman's and Bed, Bath and Beyond (B) 7:30 Evening Movie (A)</p>	<p>10:30 WU: Watermark Players Workshop (A) 11:00 WU: Mindfulness and Meditation (M) 2:00 WU: Musical talk and screening w/Peter Binder: <i>TBA</i> (A) 3:00 WU: Sports Review with Bob (LL) 4:00/5:15 Wine & Cheese Social (LL) 7:30 Rummykub Night (LL) 7:30 Evening Movie (A)</p>	<p>11:00 WU: TED Talks: <i>The Beauty of Strangers</i>(A) 2:00 Shopping trip to Whole Foods & CVS (B) 2:30 Watermark U. New Semester Kick-Off! (A) 7:30 Evening Movie (A)</p>	<p>10:30 Shopping trip to ShopRite (B) 11:30 Folk Song Hootenanny with Jill (A) 1:30 Matinee Movie on DVD w/popcorn (A) 2:00 Shopping trip to Target (B) 4:00 Shabbat Services and Candle Lighting (A) 7:30 Evening Movie (A)</p>	<p>8:45 Nature Walk at Penn's Landing (B) 11:00 WU: Yoga (A) 7:30 Evening Movie (A)</p>

ACTIVITY LOCATOR KEY

(A)	Auditorium	(ER)	Exercise Room	(6L)	6th Floor Lounge
(AS)	Art Studio	(GR)	Game Room		
(B)	Bus	(4L)	4th Floor Lobby		
(PDR)	Private Dining Room	(LL)	Library/Lounge		
(Nter)	North Terrace	(M)	The Mark Dining Room		
		(MEZ)	Mezzanine		
		WU:	Watermark University		

Calendar is subject to change. Please refer to your Week At a Glance and call extension 7499 for Updated Activity Information and Dinner Menu.

AUGUST 2019

Town Center