

| SUNDAY                                 | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|---|---|--|--|
|  | <b>HAPPY NEW YEAR</b><br>8:00 TH Men's Coffee Group-VG<br>9:00 Ladies Coffee Group-FR<br>10:00 Fitnessize-E<br>1:30 Quilting Group-2FIL<br>2:00 Word Games available in VG<br>3:00 Brain Teasers available in VG<br>7:00 Dominoes Club/500-VG   | 8:00 IL Coffee Group-VG<br><b>9:00 Trip to Hy-Vee</b><br>11:00 Exercise With Ashley-E<br>1:15 Hand and Foot-VG<br><b>2:00 Tingting Shao art presentation and discussion-TH</b><br>3:00 Trivia Tuesday w/Ashley-VG<br>7:00 Movie Night-TH                               | 8:00 IL Coffee Group-VG<br>10:00 Fitnessize-E<br><b>2:00 Trip to Hobby Lobby</b><br>2:30 Veggie Social-SNF<br><b>3:00 Music w/Alice Cooper-SNF</b><br>3:30 Craft with Ashley-VG<br>7:00 Card BINGO-CR               | 8:00 IL Coffee Group-VG<br>9:00 Pastry Past time-CR<br>11:00 Exercise With Ashley-E<br><b>11:30-1:00 Senior Helpers Blood Pressure Clinic-E</b><br>2:00 Creative Coloring-VG<br>7:00 Movie Night-TH   | 8:00 IL Coffee Group-VG<br><b>9:00 St. Boniface Bible Study-Cancelled Today</b><br>10:00 Fitnessize-E<br><b>1:30 Technology Q&amp;A-3FIL</b><br>1:30 Bridge Club-CR<br><b>2:00 Trip to BassPro Shop</b><br>7:00 Game Night-VG                                      | 3:00 Lutheran Church of Hope-CR  |
| 9:00 Heartland Presbyterian Church-SNF | 8:00 Morning Coffee Group-VG<br>9:00 Ladies Coffee Group-FR<br>10:00 Fitnessize-E<br>11:30-2:00 Treasure Cove-2FIL<br>1:30 Quilting-2FIL<br>2:00 Word Games w/Ashley-ALDR<br>2:00 Town Hall Meeting w/Amy-Cr<br>3:00 Brain Teasers w/Ashley<br>4:00 Bible Study-CR<br>7:00 Dominoes Club/500-VG | 8:00 IL Coffee Group-VG<br>9:00 TH Ladies Coffee Group-FR<br><b>9:00 Trip to Fareway</b><br>11:00 Exercise With Ashley-E<br>1:15 Hand and Foot-VG<br><b>2:00 Young Living Essential Oils Presentation-CR</b><br>3:00 Trivia Tuesday w/Ashley-VG<br>7:00 Movie Night-TH | <b>All Day: Can Drive For the Waukee Food Pantry-CR</b><br>8:00 IL Coffee Group-VG<br>10:00 Fitnessize-E<br><b>11:00 E-Valley Church Lunch-TC</b><br><b>2:00 Current Events with Dick-FR</b><br>7:00 Card BINGO-CR  | 8:00 IL Coffee Group-VG<br>9:00 Pastry Past time-CR<br>11:00 Exercise With Ashley-E<br>2:00 Creative Coloring-VG<br>3:00 Happy Hour-CR<br><b>4:00 Alzheimer's Support Group-AL Library</b><br>7:00 Movie Night-TH   | 8:00 IL Coffee Group-VG<br>9:00 St. Boniface Bible Study-CR<br>10:00 Fitnessize-E<br><b>1:30 Technology Q&amp;A-3FIL</b><br>1:30 Bridge Club-CR<br>1:30 Men's Group-VG<br>2:30 Get to know your neighbor-VG<br>5:00 IL & Townhome Potluck-CR<br>7:00 Game Night-VG |  |
| 9:30 St. Boniface Catholic Church-SNF  | 8:00 Morning Coffee Group-VG<br>9:00 Ladies Coffee Group-FR<br>10:00 Fitnessize-E<br>1:30 Quilting-2FIL<br>2:00 Word Games w/Ashley-ALDR<br>3:00 Brain Teasers w/Ashley<br>4:00 Bible Study-CR<br>7:00 Dominoes Club/500-VG<br><b>Martin Luther King Jr. Day</b>                                | 8:00 IL Coffee Group-VG<br><b>9:00 Trip to Walmart-TC</b><br>11:00 Exercise With Ashley-E<br>1:15 Hand and Foot-VG<br>2:00 IL Food Council-CR<br>3:00 Trivia Tuesday w/Ashley-VG<br><b>4:00 Aaron Schoemaker Performs-CR</b><br>7:00 Movie Night-TH                    | 8:00 IL Coffee Group-VG<br>10:00 Fitnessize-E<br><b>11:00 Lunch Bunch</b><br>3:00 AL/IL Birthday Party-CR<br>7:00 Card BINGO-CR   | 8:00 IL Coffee Group-VG<br>9:00 Pastry Past time-CR<br>11:00 Exercise With Ashley-E<br>11:00 Chair Exercise-E<br><b>1:30 Pat Lydon-plays piano and sing along-CR</b><br>2:00 Creative Coloring-VG<br><b>3:00 Hearing aid Discussion-CR</b><br>7:00 Movie Night-TH | 8:00 IL Coffee Group-VG<br>9:00 St. Boniface Bible Study-CR<br>10:00 Fitnessize-E<br><b>1:30 Technology Q&amp;A-3FIL</b><br>1:30 Bridge Club-CR<br><b>2:00 Botanical Center Trip</b><br>7:00 Game Night-VG   | 3:00 Lutheran Church of Hope-CR  |
|  | 8:00 Morning Coffee Group-VG<br>9:00 Ladies Coffee Group-FR<br>10:00 Fitnessize-E<br>11:30-2:00 Treasure Cove-2FIL<br>2:00 Word Games w/Ashley-ALDR<br>3:00 Brain Teasers w/Ashley<br>4:00 Bible Study-CR<br>7:00 Dominoes Club/500-VG  | 8:00 IL Coffee Group-VG<br><b>9:00 Trip to Aldi-TC</b><br>11:00 Exercise With Ashley-E<br>1:15 Hand and Foot-VG<br><b>2:00 Mike Lozano-SNF</b><br>3:00 Trivia Tuesday w/Ashley-VG<br>7:00 Movie Night-TH   | 8:00 IL Coffee Group-VG<br>10:00 Fitnessize-E<br><b>11:00 Senior Helpers Discussion-CR</b><br><b>2:00 Current Events with Dick-FR</b><br><b>2:00 Trip to Goodwill</b><br>3:30 Ladies Group-VG<br>7:00 Card BINGO-CR | 8:00 IL Coffee Group-VG<br>9:00 Pastry Past time-CR<br>11:00 Exercise With Ashley-E<br>2:00 Creative Coloring-VG<br><b>2:00 Blood Pressure Clinic w/ Leann-CR</b><br>3:00 Happy Hour-CR<br>7:00 Movie Night-TH  | 8:00 IL Coffee Group-VG<br>9:00 St. Boniface Bible Study-CR<br>10:00 Fitnessize-E<br><b>1:30 Technology Q&amp;A-3FIL</b><br>1:30 Bridge Club-CR<br>2:30 Get to know your neighbor-VG<br>3:00 Ugly Xmas Sweater Party-CR<br>7:00 Game Night-VG                      |  |
| 9:30 St. Boniface Catholic Church-SNF  | 8:00 Morning Coffee Group-VG<br>9:00 Ladies Coffee Group-FR<br>10:00 Fitnessize-E<br>1:30 Quilting-2FIL<br>2:00 Word Games w/Ashley-ALDR<br>3:00 Brain Teasers w/Ashley<br>4:00 Bible Study-CR<br>7:00 Dominoes Club/500-VG   | 8:00 IL Coffee Group-VG<br><b>9:00 Trip to Hy-Vee-TC</b><br>11:00 Exercise With Ashley-E<br>1:15 Hand and Foot-VG<br>3:00 Trivia Tuesday w/Ashley-VG<br>7:00 Movie Night-TH  | 8:00 IL Coffee Group-VG<br>10:00 Fitnessize-E<br><b>2:00 State Historical Museum Trip</b><br><b>3:30 Book Club-Discussion-FR</b><br>7:00 Card BINGO-CR  | <b>Bankers Trust Hours</b><br>Wednesdays from 1:00-3:00pm<br>Town Center  | <b>Senior Care Hair Colleen</b><br><b>515-669-3593</b><br><b>Indulge Salon Mary Mars</b><br><b>515-250-7140</b>  | <b>Community Life Director</b><br>Ashley Wiederin<br>515-987-4107<br>awiederin@watermarkcommunities.com  |
|  | <b>All offerings in BLUE are Watermark University</b><br><b>All offerings in RED are outings and require residents to sign up</b><br><b>All entertainment offerings are in GREEN</b>  | <h1>JANUARY 2018</h1> <p>Town Center</p>   |   | <b>ACTIVITY LOCATOR KEY</b><br>ALDR- Assisted Living Dining Room<br>E-Exercise Room<br>Independent Living<br>3FIL-3rd Floor Independent Living  | TC- Town Center<br>TH- Theater Room<br>VG- Village Grounds<br>ILDR-Independent Living Dining Room  | CR-Community Room<br>FR-Family Room<br>SNF-Skilled Nursing Facility<br>2FIL-2nd Floor Independent Living |