

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activities Room B Bistro CA Common Area DR Dining Room FD Front Desk LR Living Room OS Outdoors RDR Reminiscence Dining Room USL Up Stairs Library			New Years Day 1 9:15 Go 4 Life Walking Club (OS) 9:30 Group Word Search Puzzle (FD) 10:15 Catholic Mass (AR) 1:15 Scenic Drive (OS) 3:00 Bingo (AR) 6:30 Evening Movie (LR)	9:00 Go 4 Life Walking Club (OS) 2 9:30 Bingo (AR) 10:30 Group Word Search Puzzles (FD) 1:30 Silver Sneakers (DR) 2:30 Big Word Little Word (AR) 3:00 Birthday Social with George Rossi (DR) 6:30 Classic TV (LR)	9:00 Walking Club (OS) 3 9:30 Bingo (AR) 10:30 Jigsaw Puzzle Club (CA) 1:30 Matinee Movie (AR) 3:00 Mini Manicures (B) 6:30 Card Game Club (LR)	9:00 Walking Club (LR) 4 9:30 Arts & Crafts with Yelena (AR) 1:00 Card Game Club (B) 2:30 Happy Hour for the Brain: Crossword Puzzles (CA) 3:00 Bingo (AR) 6:30 Saturday Night Flicks! (AR)
9:15 Sunday Worship Service (AR) 5 10:00 Happy Hour for the Brain: Trivia! (AR) 11:00 Go 4 Life Walking Club (OS) 1:00 SingFit (AR) 2:00 Generosity Corner (AR) 3:00 Mini Manicures (B) 6:30 Documentary Night (AR)	9:00 Morning Riddles (LR) 6 9:30 Go4Life® Walking Club (OS) 10:30 Bingo (AR) 1:00 Senior Topics with Jeanie (AR) 3:00 Silver Sneakers (DR) 6:30 Card Game Club (AR)	9:00 Go for Life Walking Club (OS) 7 9:30 Music Arts with Lee (AR) 1:00 Categories (AR) 1:30 Silver Sneakers (DR) 2:30 NewsCurrents Sr. (AR) 3:30 Black Jack Social (AR)	9:00 What/Who Am I? (LR) 8 9:30 Go 4 Life Walking Club (OS) 10:15 Catholic Communion (AR) 11:15 Lunch Outing (OS) 1:30 Silver Sneakers (DR) 3:00 Flower Arranging Club (B) 4:00 Pictionary (AR) 6:30 Evening Movie (LR)	Happy Birthday, Julia! 9 9:00 Go 4 Life Walking Club (OS) 9:30 Bingo (AR) 10:30 Group Word Search Puzzles (FD) 1:30 Silver Sneakers (DR) 2:30 Categories (AR) 3:00 Entertainment with Roy (DR) 6:30 Classic TV (LR)	9:00 Walking Club (OS) 10 9:30 Bingo (AR) 10:30 Jigsaw Puzzle Club (CA) 1:30 Silver Sneakers: Cardio and Strength (AR) 3:00 Mini Manicures (B) 6:30 Card Game Club (LR)	9:00 Exercise Essentials (LR) 11 9:30 Arts & Crafts with Yelena (AR) 11:00 Go 4 Life Walking Club (OS) 1:00 Card Game Club (B) 2:30 Happy Hour for the Brain: Crossword Puzzles (CA) 3:00 Bingo (AR) 6:30 Saturday Night Flicks! (AR)
9:15 Sunday Worship Service (AR) 12 10:00 Happy Hour for the Brain: Trivia! (AR) 11:00 Go 4 Life Walking Club (OS) 1:00 SingFit (AR) 2:00 Generosity Corner (AR) 3:00 Mini Manicures (B) 6:30 Documentary Night (AR)	Happy Birthday, Mary! 13 9:00 Go4Life® Walking Club (OS) 9:30 Hula Exercise (DR) 10:30 Bingo (AR) 1:00 Senior Topics with Jeanie (AR) 2:00 Shopping Trip (OS) 3:00 Silver Sneakers (DR) 6:30 Card Game Club (AR)	9:00 Go for Life Walking Club (LR) 14 9:30 Music Arts with Lee (AR) 1:00 Categories (AR) 1:30 Silver Sneakers (DR) 2:30 NewsCurrents Sr. (AR) 3:30 Black Jack Social (AR) 6:00 Bible Study with Pastor Randy (AR)	9:00 What/Who Am I? (LR) 15 9:30 Go 4 Life Walking Club (OS) 10:15 Catholic Communion (AR) 1:30 Silver Sneakers (DR) 3:00 Flower Arranging Club (B) 4:00 Hangman (AR) 6:30 Evening Movie (LR)	9:00 Morning Riddles (AR) 16 9:30 Go 4 Life Walking Club (OS) 10:00 Entertainment with Paul (DR) 1:30 Silver Sneakers (DR) 2:30 Big Word Little Word (AR) 3:00 Bingo (B) 4:00 Group Word Search Puzzles (FD) 6:30 Classic TV (LR)	Happy Birthday, Norman! 17 9:00 Walking Club (OS) 9:30 Bingo (AR) 10:30 Jigsaw Puzzle Club (CA) 1:30 Matinee Movie (LR) 3:00 Mini Manicures (B) 6:30 Card Game Club (LR)	9:00 Exercise Essentials (LR) 18 9:30 Arts & Crafts with Yelena (AR) 11:00 Go 4 Life Walking Club (OS) 1:00 Card Game Club (B) 2:30 Happy Hour for the Brain: Crossword Puzzles (CA) 3:00 Bingo (AR) 6:30 Saturday Night Flicks! (AR)
Happy Birthday, Darla! 19 9:15 Sunday Worship Service (AR) 10:00 Happy Hour for the Brain: Trivia! (AR) 11:00 Go 4 Life Walking Club (OS) 1:30 Movie Matinee (AR) 3:00 Mini Manicures (B) 6:30 Documentary Night (AR)	Martin Luther King Jr. Day 20 9:00 Go4Life® Walking Club (OS) 9:30 Group Word Search (FD) 10:00 Bingo (LR) 1:00 MLK Day Movie: Selma (AR) 3:00 Silver Sneakers (DR) 6:30 Card Game Club (AR)	9:00 Go for Life Walking Club (LR) 21 9:30 Music Arts with Lee (AR) 1:00 Categories (AR) 1:30 Silver Sneakers (DR) 2:30 NewsCurrents Sr. (AR) 3:30 Black Jack Social (AR) 6:00 Bible Study with Pastor Randy (AR)	9:00 Hula Exercise (DR) 22 10:15 Catholic Communion (AR) 11:00 What/Who Am I? (LR) 1:15 Silver Sneakers (DR) 2:30 Scenic Drive (OS) 3:00 Flower Arranging Club (B) 4:00 Pictionary (AR) 6:30 Evening Movie (LR)	9:00 Go 4 Life Walking Club (OS) 23 9:30 Bingo (AR) 10:30 Group Word Search Puzzles (FD) 1:30 Silver Sneakers (DR) 2:30 Categories (AR) 3:00 Entertainment with Mark (B) 6:30 Classic TV (LR)	9:00 Walking Club (OS) 24 9:30 Exercise Essentials: Stretching (LR) 10:30 Jigsaw Puzzle Club (CA) 1:30 Bingo (AR) 3:00 Mini Manicures (B) 6:30 Card Game Club (LR)	Chinese New Year 25 9:00 Go 4 Life Walking Club (OS) 9:30 Arts & Crafts with Yelena (AR) 1:00 Chinese New Year! (B) 2:30 Happy Hour for the Brain: Year of the Rat Word Search Puzzle (CA) 3:00 Bingo (AR) 6:30 Saturday Night Flicks! (AR)
9:15 Sunday Worship Service (AR) 26 10:00 Bingo (AR) 11:00 Go 4 Life Walking Club (OS) 1:00 Happy Hour for the Brain: Trivia! (AR) 3:00 Mini Manicures (B) 6:30 Documentary Night (AR)	9:00 Go4Life® Walking Club (OS) 27 9:30 Hula Exercise (DR) 10:30 Bingo (AR) 1:00 Senior Topics with Jeanie (AR) 3:00 Silver Sneakers (DR) 6:30 Card Game Club (AR)	Happy Birthday, Erna! 28 9:00 Go for Life Walking Club (LR) 9:30 Music Arts with Lee (AR) 1:00 Categories (AR) 1:30 Silver Sneakers (DR) 2:30 Resident Council Meeting followed by Auction! (AR) 4:00 Evening Word Search (AR) 6:00 Bible Study with Pastor Randy (AR)	9:00 What/Who Am I? (LR) 29 9:30 Go 4 Life Walking Club (OS) 10:15 Catholic Communion (AR) 1:30 Silver Sneakers (DR) 2:30 Shopping Trip (OS) 3:45 Flower Arranging Club (B) 6:30 Evening Movie (LR)	Happy Birthday, Anna! 30 9:00 Go 4 Life Walking Club (OS) 9:30 Bingo (AR) 10:30 Group Word Search Puzzles (FD) 1:30 Silver Sneakers (DR) 2:30 Big Word Little Word (AR) 6:30 Classic TV (LR)	9:00 Walking Club (OS) 31 9:30 Bingo (AR) 10:30 Jigsaw Puzzle Club (CA) 3:00 Mini Manicures (B) 6:30 Card Game Club (LR)	

JANUARY 2020

Assisted Living
Sunrise of La Palma

5321 La Palma Ave, La Palma,
CA 90623; 714-739-8111

LIVE WITH PURPOSE



SUNRISE SENIOR LIVING