

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AR Activity Room B Bistro RDR Reminiscence Dining Room RLR Reminiscence Living Room RP Reminiscence Patio SA Snoezelen Area WP Walking Path | | | | | | |
| 9:00 Reminiscence Go4Life® Walking Club (WP) 5 9:15 Christian Worship w/LifeWay Ministries 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit Hymn Sing Along (RLR) 1:15 Community Service Club (RDR) 2:45 Making and Baking: Brownie Bites (RDR) 3:15 Brownie Bites & Sunday News Headlines Discussion (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 6 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Kitchen Life Skills w/Care Managers (RDR) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fresh Fruit & ElderGames Trivia Social (RDR) 4:00 Picture Word Bingo! (RLR) 6:30 Evening Relaxation: Creative Adult Coloring Designs | 9:00 Reminiscence Go4Life® Walking Club (WP) 7 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music and Trivia 1:00 Silver Sneakers w/Rose Cooke! (RDR) 2:00 Handbell Choir Practice with Kathy 2:45 Making and Baking: Cookies! (RDR) 3:15 Coffee & Puzzles Social (RLR) 4:00 MUSIC WITH RITA WONG, MUSIC THERAPIST 4:15 Poetry & Short Stories Group w/Kimberly (RLR) 6:30 Evening Relaxation: TV Trivia (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 8 9:15 Catholic Communion (AR) 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 LUNCH BUNCH: Chili's 11:15 Lawn Games in Reminiscence 2:00 Live with Anticipation Baking Club (RDR) 3:15 Happy Hour & Trivia Social! (RDR) 4:15 Music and Movement with Rose in Reminiscence (RLR) 6:30 Evening Relaxation: Family Feud (RLR) | 9:00 Reminiscence Go4Life® Walking Club 2 11:15 SingFit® Music & Trivia 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music & Trivia 1:15 Meet Me at MoMA Mobile Museum (B) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fruit Juices & Jigsaw Puzzles Social (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 3 9:30 Exercise Essentials (RLR) 9:30 Mobility & Balance Class w/Rose Cooke! 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Fine Arts Class w/Glenda (RDR) 2:45 Making and Baking: Cran-Orange Crushes (RDR) 3:00 Balloon Badminton w/Youth Volunteers (RLR) 3:15 Cran-Orange Crushes & ElderGames Social (RLR) 6:00 Evening Relaxation: Friday Night Movie! (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 4 9:30 Balloon Badminton (RLR) 10:00 Pet Pals Prescriptions Visit 10:30 Live with Learning Brain Games (RLR) 11:15 Flower Arranging w/Youth Volunteers 1:00 Kitchen Life Skills w/Youth Volunteers (RDR) 2:45 Making and Baking: Sweet Treats (RDR) 3:15 Sweet Treats Social & Reminiscence w/Life Stories Cards (RDR) 6:30 Evening Relaxation: Creative Adult Coloring Designs (RLR) |
| 9:00 Reminiscence Go4Life® Walking Club (WP) 12 9:15 Christian Worship w/LifeWay Ministries 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit Hymn Sing Along (RLR) 1:15 Community Service Club (RDR) 2:45 Making and Baking: Brownie Bites (RDR) 3:15 Brownie Bites & Sunday News Headlines Discussion (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 13 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Kitchen Life Skills w/Care Managers (RDR) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fresh Fruit & ElderGames Trivia Social (RDR) 4:00 Picture Word Bingo! (RLR) 6:30 Evening Relaxation: Creative Adult Coloring Designs | 9:00 Reminiscence Go4Life® Walking Club (WP) 14 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music and Trivia 1:00 Silver Sneakers w/Rose Cooke! (RDR) 2:00 Handbell Choir Practice with Kathy 2:45 Making and Baking: Cookies! (RDR) 3:15 Coffee & Puzzles Social (RLR) 4:15 Poetry & Short Stories Group w/Kimberly (RLR) 6:30 Evening Relaxation: TV Trivia (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 15 9:15 Catholic Communion (AR) 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 LUNCH BUNCH: Cask 'n Cleaver 11:15 Lawn Games in Reminiscence 2:00 Live with Anticipation Baking Club (RDR) 3:15 Happy Hour & Trivia Social! (RDR) 4:15 Music and Movement with Rose in Reminiscence (RLR) 6:30 Evening Relaxation: Family Feud (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 16 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music & Trivia 1:15 Meet Me at MoMA Mobile Museum (B) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fruit Juices & Jigsaw Puzzles Social (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 17 9:30 Exercise Essentials (RLR) 9:30 Mobility & Balance Class w/Rose Cooke! 10:30 Live with Learning Brain Games (RLR) 11:15 REMINISCENCE OUTING 11:15 Gardening Skills on the Porch (RP) 1:00 Fine Arts Class w/Glenda (RDR) 2:45 Making and Baking: Cran-Orange Crushes (RDR) 3:00 Balloon Badminton w/Youth Volunteers (RLR) 3:15 Cran-Orange Crushes & ElderGames Social (RLR) 4:00 MONTHLY BINGO STORE! 6:00 Evening Relaxation: Friday Night Movie! (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 18 9:30 Balloon Badminton (RLR) 10:30 Third Saturday Worship Music w/Hillside Church 10:00 ALZHEIMER'S SUPPORT GROUP 10:30 Live with Learning Brain Games (RLR) 11:15 Flower Arranging w/Youth Volunteers (RDR) 1:00 Kitchen Life Skills w/Youth Volunteers (RDR) 2:45 Making and Baking: Sweet Treats (RDR) 3:15 Sweet Treats Social & Reminiscence w/Life Stories Cards (RDR) 6:30 Evening Relaxation: Creative Adult Coloring Designs (RLR) |
| 9:00 Reminiscence Go4Life® Walking Club (WP) 19 9:15 Christian Worship w/LifeWay Ministries 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit Hymn Sing Along (RLR) 1:15 Community Service Club (RDR) 2:45 Making and Baking: Brownie Bites (RDR) 3:15 Brownie Bites & Sunday News Headlines Discussion (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 20 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Kitchen Life Skills w/Care Managers (RDR) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fresh Fruit & ElderGames Trivia Social (RDR) 4:00 Picture Word Bingo! (RLR) 6:30 Evening Relaxation: Creative Adult Coloring Designs | 9:00 Reminiscence Go4Life® Walking Club (WP) 21 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music and Trivia 1:00 Silver Sneakers w/Rose Cooke! (RDR) 2:45 Making and Baking: Cookies! (RDR) 3:15 Coffee & Puzzles Social (RLR) 4:15 Poetry & Short Stories Group w/Kimberly (RLR) 6:30 Evening Relaxation: TV Trivia (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 22 9:15 Catholic Communion (AR) 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 LUNCH BUNCH: Applebee's 11:15 Lawn Games in Reminiscence 2:00 Live with Anticipation Baking Club (RDR) 3:15 Happy Hour & Trivia Social! (RDR) 4:15 Music and Movement with Rose in Reminiscence (RLR) 6:30 Evening Relaxation: Family Feud (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 23 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music & Trivia 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fruit Juices & Jigsaw Puzzles Social (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 24 9:30 Exercise Essentials (RLR) 9:30 Mobility & Balance Class w/Rose Cooke! 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Fine Arts Class w/Glenda (RDR) 2:45 Making and Baking: Cran-Orange Crushes (RDR) 3:00 Balloon Badminton w/Youth Volunteers (RLR) 3:15 Cran-Orange Crushes & ElderGames Social (RLR) 6:00 Evening Relaxation: Friday Night Movie! (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 25 9:30 Balloon Badminton (RLR) 10:00 Fourth Saturday Worship Music w/Hillside Church 10:30 Live with Learning Brain Games (RLR) 11:15 Flower Arranging w/Youth Volunteers (RDR) 1:00 Kitchen Life Skills w/Youth Volunteers (RDR) 2:45 Making and Baking: Sweet Treats (RDR) 3:15 Sweet Treats Social & Reminiscence w/Life Stories Cards (RDR) 6:30 Evening Relaxation: Creative Adult Coloring Designs (RLR) |
| 9:00 Reminiscence Go4Life® Walking Club (WP) 26 9:15 Christian Worship w/LifeWay Ministries 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit Hymn Sing Along (RLR) 1:15 Community Service Club (RDR) 2:45 Making and Baking: Brownie Bites (RDR) 3:15 Brownie Bites & Sunday News Headlines Discussion (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 27 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 Gardening Skills on the Porch (RP) 1:00 Kitchen Life Skills w/Care Managers (RDR) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fresh Fruit & ElderGames Trivia Social (RDR) 4:00 Picture Word Bingo! (RLR) 6:30 Evening Relaxation: Creative Adult Coloring Designs | 9:00 Reminiscence Go4Life® Walking Club (WP) 28 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music and Trivia 1:00 Silver Sneakers w/Rose Cooke! (RDR) 2:45 Making and Baking: Cookies! (RDR) 3:15 Coffee & Puzzles Social (RLR) 4:15 Poetry & Short Stories Group w/Kimberly (RLR) 6:30 Evening Relaxation: TV Trivia (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 29 9:15 Catholic Communion (AR) 9:30 Exercise Essentials (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 LUNCH BUNCH: Logan's Roadhouse 11:15 Lawn Games in Reminiscence 2:00 Live with Anticipation Baking Club (RDR) 2:15 DINING COMMITTEE MEETING 3:15 Happy Hour & Trivia Social! (RDR) 4:15 Music and Movement with Rose in Reminiscence (RLR) 6:30 Evening Relaxation: Family Feud (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 30 9:30 Balloon Badminton (RLR) 10:30 Live with Learning Brain Games (RLR) 11:15 SingFit® Music & Trivia 1:15 Meet Me at MoMA Mobile Museum (B) 2:45 Making and Baking: Fresh Fruit Creations (RDR) 3:15 Fruit Juices & Jigsaw Puzzles Social (RLR) 6:30 Evening Relaxation: Connect4 and More (RLR) | 9:00 Reminiscence Go4Life® Walking Club (WP) 31 9:30 Exercise Essentials (RLR) 9:30 Mobility & Balance Class w/Rose Cooke! 10:30 Live with Learning Brain Games (RLR) 11:15 REMINISCENCE OUTING 11:15 Gardening Skills on the Porch (RP) 1:00 Fine Arts Class w/Glenda (RDR) 2:45 Making and Baking: Cran-Orange Crushes (RDR) 3:00 Balloon Badminton w/Youth Volunteers (RLR) 3:15 Cran-Orange Crushes & ElderGames Social (RLR) 6:00 Evening Relaxation: Friday Night Movie! (RLR) | |

JANUARY 2020
Reminiscence
 Sunrise at Alta Loma
 9519 Baseline Road, Rancho Cucamonga,
 CA 91730; 909-941-3001

LIVE WITH PURPOSE

