Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking With Elizabeth and Nkeiru 11:00 Rosary and Communion 2:30 SINGIFT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Isnt it Puzzle Time 6:30 Table Games	2 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Elizabeth 10:00 Creative Baking 2:00 Zumba in AL 2:30 Thirsty Thursday with Andy 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Movie Time	3 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking 10:30 Montessori Kids Visit 11:00 Lunch Bunch with Andy 2:30 SINGFIT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:00 Friday Night BINGO	4 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:30 Word in a Word 2:30 Sing Along 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Table Games 7:00 Meditation
5 9:30 Time to Stretch 10:00 Go4Life® Walking Club 2:00 Christian Church Service 2:30 Table Games 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Bible Study	6 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 2:30 SingFit! 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Country Ride with Andy 6:30 Table Games 7:00 Meditation Monday	7 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 1:30 Nail Time 2:30 Sewing time with Sofia 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Meditation with Care Managers	8 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking With Elizabeth and Nkeiru 11:00 Rosary and Communion 2:30 SINGIFT 2:30 Tea Time with Finda 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Isnt it Puzzle Time 6:30 Table Games	9 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Elizabeth 10:00 Creative Baking 2:00 Zumba in AL 2:30 Thirsty Thursday with Andy 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:00 Ceramics with Teri in AL 6:30 Movie Time	10 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking 10:30 Montessori Kids Visit 11:00 Lunch Bunch with Andy 2:30 SINGFIT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:00 Friday Night BINGO	11 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:30 Word in a Word 2:30 Sing Along 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Table Games 7:00 Meditation
12 9:30 Time to Stretch 10:00 Go4Life® Walking Club 2:00 Christian Church Service 2:30 Table Games 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Bible Study	13 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 2:30 SingFit! 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Country Ride with Andy 6:30 Table Games 7:00 Meditation Monday	14 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 1:30 Nail Time 2:30 Sewing time with Sofia 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Meditation with Care Managers	15 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking With Elizabeth and Nkeiru 11:00 Rosary and Communion 2:30 SINGIFT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Isnt it Puzzle Time 6:00 Family Support Group 6:30 Table Games	16 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Elizabeth 10:00 Creative Baking 2:00 Zumba in AL 2:30 Thirsty Thursday with Andy 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Movie Time	17 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking 10:30 Montessori Kids Visit 11:00 Lunch Bunch with Andy 2:30 SINGFIT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:00 Friday Night BINGO	18 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:30 Word in a Word 2:30 Sing Along 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Table Games 7:00 Meditation
19 9:30 Time to Stretch 10:00 Go4Life® Walking Club 2:00 Christian Church Service 2:30 Table Games 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Bible Study	20 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 2:30 SingFit! 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Country Ride with Andy 6:30 Table Games 7:00 Meditation Monday	21 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 1:30 Nail Time 2:00 Toast For Bill 2:30 Sewing time with Sofia 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Meditation with Care Managers	22 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking With Elizabeth and Nkeiru 11:00 Rosary and Communion 2:30 SINGIFT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Isnt it Puzzle Time 6:30 Table Games	23 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Elizabeth 10:00 Creative Baking 10:30 Just Bead It! 2:00 Zumba in AL 2:30 Thirsty Thursday with Andy 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Movie Time	24 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking 10:30 Montessori Kids Visit 11:00 Lunch Bunch with Andy 2:30 SINGFIT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:00 Friday Night BINGO	25 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:30 Word in a Word 2:30 Sing Along 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Table Games 7:00 Meditation
26 9:30 Time to Stretch 10:00 Go4Life® Walking Club 2:00 Christian Church Service 2:30 Table Games 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Bible Study	27 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 2:30 SingFit! 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Country Ride with Andy 6:30 Table Games 7:00 Meditation Monday	28 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Nkeiru 1:30 Nail Time 2:30 Sewing time with Sofia 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Meditation with Care Managers	29 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking With Elizabeth and Nkeiru 11:00 Rosary and Communion 2:30 SINGIFT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 3:30 Isnt it Puzzle Time 6:30 Table Games	30 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking with Elizabeth 10:00 Creative Baking 2:00 Zumba in AL 2:30 Thirsty Thursday with Andy 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:30 Movie Time	31 9:30 Time to Stretch 10:00 Go4Life® Walking Club 10:00 Creative Baking 10:30 Montessori Kids Visit 11:00 Lunch Bunch with Andy 2:30 SINGFIT 2:30 Afternoon Walking Club 3:00 Afternoon Social Time 6:00 Friday Night BINGO	

JANUARY 2020

Reminiscence

Sunrise of Columbia
6500 Freetown Rd, Columbia
MD 21044; 410-531-1444

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING