

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA Activity Area CR Club Room DR Dining Room K Kitchen LR Living Room P Patio SG Sunrise Grounds			9:00 Breakfast with Chef Mike (K) <b>1</b> 10:00 Exercise Essentials with Jeannette 10:15 Walking Club - Mary and Diana (SG) 11:30 Daily Chronicle-Debra (AA) 2:00 Baking Club with Suki (K) 3:00 Sock Hop Social - Talmie (DR) 4:00 Communion with Kellenberg (LR) 4:00 Sing and Strum with Mary and Denise (AA) 7:00 Healthy Heart Snack and Puzzle time - Denise (LR)	10:00 Newspaper Club with Heather (CR) <b>2</b> 10:30 Exercise Essentials - Mary and Alicia (LR) 1:30 Travel Club - Anne (LR) 2:00 SingFit - with Suki (LR) 3:00 Peanut Butter and Jelly Sandwiches Social - with Yvette (DR) 4:00 Word Game with Paula (AA) 4:00 Walking Club - Mary and Marie B Dennis (AA) 7:00 Evening Social and Reminiscing - Dyana (LR)	10:00 Cooking Class with Chef Mike (AA) <b>3</b> 10:00 Walking Club - Tameka (SG) 10:15 Table Topics-Maryse (AA) 11:00 Exercise Essentials-Alicia (AA) 2:00 Bingo with Jaquita (AA) 2:00 Baking Club (K) 3:00 Wine and Cheese Social -Talmie (DR) 3:30 Bowling-Martha (AA) 4:00 Shabbat Prayers-with Ann and Dennis (AA) 7:00 Evening snack and Meditation - Marie (LR)	10:00 Coffee Klatch - Jaquita (AA) <b>4</b> 10:45 Exercise Essential - Alicia (LR) 11:00 Walking Club - Jaquita (SG) 2:00 Clipping for Cause with Jaquita (AA) 2:00 Baking Club (K) 3:00 Strawberries and Cream Social - Talmie (DR) 3:00 Mika the Therapy Dog visits with Vince 4:15 Trivia Challenge - Jean (AA) 7:00 Sing A Long and Snack - Marie (LR)
10:00 Morning Movie <b>5</b> 10:00 Sing Fit with Suki (LR) 10:00 Newspaper Club with Heather (CR) 11:00 Exercise Essentials:Noodles-Mary (LR) 11:00 Morning Mass-Lucy 1:30 News Currents SR-Debra (LR) 2:00 Walking Club-Marie S (SG) 2:00 Baking Club (K) 3:00 Ice Cream Social-Edith (DR) 3:30 Musical Bingo-Mary (AA) 7:00 Evening Social and Movie Classics-Edith (LR)	10:15 Exercise Essentials-Delcia (LR) <b>6</b> 10:30 Dear Abby-Debra (AA) 11:00 Manicures Club-Diana (P) 2:00 Book and Poetry Club-Mary (AA) 2:00 Baking Club (K) 3:00 Potato Pancake Social-Talmie 3:30 Laughter Yoga Club with Jeannette (AA) 4:00 Word Game with Paula (AA) 4:00 Rosary Society with Suki 4:00 Walking Club with Marie (SG) 7:00 Evening Social and Music-Maria (LR) 7:00 Evening Meditation- Denise (AA)	10:00 ZUMBA with Carol Tameka (SG) <b>7</b> 10:00 Walking Club with Tameka (SG) 10:45 Exercise Essentials-Peggy (LR) 11:15 Finishing Lines-Peggy (LR) 1:30 Sunrise Hair Salon-Debra (1st Flr) 2:00 Arts and Crafts with Mary and Suki (AA) 2:00 Baking Club (K) 3:00 Waffles and Fruit Social-Talmie (DR) 4:00 Sing Fit with Suki (AA) 7:00 Healthy Snack and Story Time- with Talmie (AA)	9:00 Breakfast with Chef Mike (K) <b>8</b> 10:00 Exercise Essentials with Jeannette 10:15 Walking Club - Mary and Diana (SG) 11:30 Daily Chronicle-Debra (AA) 2:00 Baking Club with Suki (K) 3:00 Sock Hop Social - Talmie (DR) 4:00 Communion with Kellenberg (LR) 4:00 Sing and Strum with Mary and Denise (AA) 7:00 Healthy Heart Snack and Puzzle time - Denise (LR)	10:00 Newspaper Club with Heather (CR) <b>9</b> 10:30 Exercise Essentials - Mary and Alicia (LR) 12:00 Lunch Bunch Club with Suki and Tameka 1:30 Travel Club - Anne (LR) 2:00 SingFit - with Suki (LR) 3:00 Peanut Butter and Jelly Sandwiches Social - with Yvette (DR) 4:00 Word Game with Paula (AA) 4:00 Walking Club - Mary and Marie B Dennis (AA) 7:00 Evening Social and Reminiscing - Dyana (LR)	10:00 Cooking Class with Chef Mike (AA) <b>10</b> 10:00 Walking Club - Tameka (SG) 10:15 Table Topics-Maryse (AA) 11:00 Exercise Essentials-Alicia (AA) 2:00 Bingo with Jaquita (AA) 2:00 Baking Club (K) 3:00 Wine and Cheese Social -Talmie (DR) 3:30 Bowling-Martha (AA) 4:00 Shabbat Prayers-with Ann and Dennis (AA) 7:00 Evening snack and Meditation - Marie (LR)	10:00 Coffee Klatch - Jaquita (AA) <b>11</b> 10:45 Exercise Essential - Alicia (LR) 11:00 Walking Club - Jaquita (SG) 2:00 Clipping for Cause with Jaquita (AA) 2:00 Baking Club (K) 3:00 Strawberries and Cream Social - Talmie (DR) 3:00 Mika the Therapy Dog visits with Vince 4:15 Trivia Challenge - Jean (AA) 7:00 Sing A Long and Snack - Marie (LR)
9:20 Sunday Mass Outing with Jeannette and Hopie <b>12</b> 10:00 Sing Fit with Suki (LR) 10:00 Newspaper Club with Heather (CR) 11:00 Exercise Essentials:Noodles-Mary (LR) 11:00 Morning Mass-Lucy 1:30 News Currents SR-Debra (LR) 2:00 Walking Club-Marie S (SG) 2:00 Baking Club (K) 3:00 Ice Cream Social-Edith (DR) 3:30 Musical Bingo-Mary (AA) 7:00 Evening Social and Movie Classics-Edith (LR)	10:15 Exercise Essentials-Delcia (LR) <b>13</b> 10:30 Dear Abby-Debra (AA) 11:00 Gentle Yoga with Adrienne Manicures Club-Diana (P) 2:00 Book and Poetry Club-Mary (AA) 2:00 Baking Club (K) 3:00 Potato Pancake Social-Talmie 3:30 Laughter Yoga Club with Jeannette (AA) 4:00 Word Game with Paula (AA) 4:00 Rosary Society with Suki 4:00 Walking Club with Marie (SG) 7:00 Evening Social and Music-Maria (LR) 7:00 Evening Meditation- Denise (AA)	10:00 ZUMBA with Carol Tameka (SG) <b>14</b> 10:00 Walking Club with Tameka (SG) 10:45 Exercise Essentials-Peggy (LR) 11:15 Finishing Lines-Peggy (LR) 1:30 Sunrise Hair Salon-Debra (1st Flr) 2:00 Baking Club (K) 2:00 Meet Me at the MOMA with Mary (AA) 3:00 Waffles and Fruit Social-Talmie (DR) 4:00 Sing Fit with Suki (AA) 7:00 Healthy Snack and Story Time- with Talmie (AA)	9:00 Breakfast with Chef Mike (K) <b>15</b> 10:00 Exercise Essentials with Jeannette 10:15 Walking Club - Mary and Diana (SG) 11:30 Daily Chronicle-Debra (AA) 2:00 Baking Club with Suki (K) 3:00 Sock Hop Social - Talmie (DR) 4:00 Communion with Kellenberg (LR) 4:00 Sing and Strum with Mary and Denise (AA) 7:00 Healthy Heart Snack and Puzzle time - Denise (LR)	10:00 Newspaper Club with Heather (CR) <b>16</b> 10:30 Exercise Essentials - Mary and Alicia (LR) 12:00 Lunch Bunch Club with Suki and Tameka 1:30 Travel Club - Anne (LR) 2:00 SingFit - with Suki (LR) 3:00 Peanut Butter and Jelly Sandwiches Social - with Yvette (DR) 4:00 Word Game with Paula (AA) 4:00 Walking Club - Mary and Marie B Dennis (AA) 7:00 Evening Social and Reminiscing - Dyana (LR)	10:00 Cooking Class with Chef Mike (AA) <b>17</b> 10:00 Walking Club - Tameka (SG) 10:15 Table Topics-Maryse (AA) 11:00 Exercise Essentials-Alicia (AA) 2:00 Bingo with Jaquita (AA) 2:00 Baking Club (K) 3:00 Wine and Cheese Social -Talmie (DR) 3:30 Bowling-Martha (AA) 4:00 Shabbat Prayers-with Ann and Dennis (AA) 7:00 Evening snack and Meditation - Marie (LR)	10:00 Coffee Klatch - Jaquita (AA) <b>18</b> 10:45 Exercise Essential - Alicia (LR) 11:00 Walking Club - Jaquita (SG) 2:00 Clipping for Cause with Jaquita (AA) 2:00 Baking Club (K) 3:00 Strawberries and Cream Social - Talmie (DR) 3:00 Mika the Therapy Dog visits with Vince 4:15 Trivia Challenge - Jean (AA) 7:00 Sing A Long and Snack - Marie (LR)
9:20 Sunday Mass Outing with Jeannette and Delcia <b>19</b> 10:00 Sing Fit with Suki (LR) 10:00 Newspaper Club with Heather (CR) 11:00 Exercise Essentials:Noodles-Mary (LR) 11:00 Morning Mass-Lucy 1:30 News Currents SR-Debra (LR) 2:00 Walking Club-Marie S (SG) 2:00 Baking Club (K) 3:00 Ice Cream Social-Edith (DR) 3:30 Musical Bingo-Mary (AA) 7:00 Evening Social and Movie Classics-Edith (LR)	10:15 Exercise Essentials-Delcia (LR) <b>20</b> 10:30 Dear Abby-Debra (AA) 11:00 Manicures Club-Diana (P) 2:00 Book and Poetry Club-Mary (AA) 2:00 Baking Club (K) 3:00 Potato Pancake Social-Talmie 3:30 Laughter Yoga Club with Jeannette (AA) 4:00 Word Game with Paula (AA) 4:00 Rosary Society with Suki 4:00 Walking Club with Marie (SG) 7:00 Evening Social and Music-Maria (LR) 7:00 Evening Meditation- Denise (AA)	10:00 ZUMBA with Carol Tameka (SG) <b>21</b> 10:00 Walking Club with Tameka (SG) 10:45 Exercise Essentials-Peggy (LR) 11:15 Finishing Lines-Peggy (LR) 1:30 Sunrise Hair Salon-Debra (1st Flr) 2:00 Arts and Crafts with Mary and Suki (AA) 2:00 Baking Club (K) 3:00 Waffles and Fruit Social-Talmie (DR) 4:00 Sing Fit with Suki (AA) 7:00 Healthy Snack and Story Time- with Talmie (AA)	9:00 Breakfast with Chef Mike (K) <b>22</b> 10:00 Exercise Essentials with Jeannette 10:15 Walking Club - Mary and Diana (SG) 11:30 Daily Chronicle-Debra (AA) 2:00 Baking Club with Suki (K) 3:00 Sock Hop Social - Talmie (DR) 4:00 Communion with Kellenberg (LR) 4:00 Sing and Strum with Mary and Denise (AA) 7:00 Healthy Heart Snack and Puzzle time - Denise (LR)	10:00 Newspaper Club with Heather (CR) <b>23</b> 10:30 Exercise Essentials - Mary and Alicia (LR) 1:30 Travel Club - Anne (LR) 2:00 SingFit - with Suki (LR) 3:00 Peanut Butter and Jelly Sandwiches Social - with Yvette (DR) 4:00 Word Game with Paula (AA) 4:00 Walking Club - Mary and Marie B Dennis (AA) 7:00 Evening Social and Reminiscing - Dyana (LR)	10:00 Cooking Class with Chef Mike (AA) <b>24</b> 10:00 Walking Club - Tameka (SG) 10:15 Table Topics-Maryse (AA) 11:00 Exercise Essentials-Alicia (AA) 2:00 Bingo with Jaquita (AA) 2:00 Baking Club (K) 3:00 Wine and Cheese Social -Talmie (DR) 3:30 Bowling-Martha (AA) 4:00 Shabbat Prayers-with Ann and Dennis (AA) 7:00 Evening snack and Meditation - Marie (LR)	10:00 Coffee Klatch - Jaquita (AA) <b>25</b> 10:45 Exercise Essential - Alicia (LR) 11:00 Walking Club - Jaquita (SG) 2:00 Clipping for Cause with Jaquita (AA) 2:00 Baking Club (K) 3:00 Strawberries and Cream Social - Talmie (DR) 3:00 Mika the Therapy Dog visits with Vince 4:15 Trivia Challenge - Jean (AA) 7:00 Sing A Long and Snack - Marie (LR)
9:20 Sunday Mass Outing with Jeannette and Hopie <b>26</b> 10:00 Sing Fit with Suki (LR) 10:00 Newspaper Club with Heather (CR) 11:00 Exercise Essentials:Noodles-Mary (LR) 11:00 Morning Mass-Lucy 1:30 News Currents SR-Debra (LR) 2:00 Walking Club-Marie S (SG) 2:00 Baking Club (K) 3:00 Ice Cream Social-Edith (DR) 3:30 Musical Bingo-Mary (AA) 7:00 Evening Social and Movie Classics-Edith (LR)	10:15 Exercise Essentials-Delcia (LR) <b>27</b> 10:30 Dear Abby-Debra (AA) 11:00 Gentle Yoga with Adrienne Manicures Club-Diana (P) 2:00 Book and Poetry Club-Mary (AA) 2:00 Baking Club (K) 3:00 Potato Pancake Social-Talmie 3:30 Laughter Yoga Club with Jeannette (AA) 4:00 Word Game with Paula (AA) 4:00 Rosary Society with Suki 4:00 Walking Club with Marie (SG) 7:00 Evening Social and Music-Maria (LR) 7:00 Evening Meditation- Denise (AA)	10:00 ZUMBA with Carol Tameka (SG) <b>28</b> 10:00 Walking Club with Tameka (SG) 10:45 Exercise Essentials-Peggy (LR) 11:15 Finishing Lines-Peggy (LR) 1:30 Sunrise Hair Salon-Debra (1st Flr) 2:00 Baking Club (K) 2:00 Meet Me at the MOMA with Mary (AA) 3:00 Waffles and Fruit Social-Talmie (DR) 4:00 Sing Fit with Suki (AA) 7:00 Healthy Snack and Story Time- with Talmie (AA)	9:00 Breakfast with Chef Mike (K) <b>29</b> 10:00 Exercise Essentials with Jeannette 10:15 Walking Club - Mary and Diana (SG) 11:30 Daily Chronicle-Debra (AA) 2:00 Baking Club with Suki (K) 3:00 Sock Hop Social - Talmie (DR) 4:00 Communion with Kellenberg (LR) 4:00 Sing and Strum with Mary and Denise (AA) 7:00 Healthy Heart Snack and Puzzle time - Denise (LR)	10:00 Newspaper Club with Heather (CR) <b>30</b> 10:30 Exercise Essentials - Mary and Alicia (LR) 1:30 Travel Club - Anne (LR) 2:00 SingFit - with Suki (LR) 3:00 Peanut Butter and Jelly Sandwiches Social - with Yvette (DR) 4:00 Word Game with Paula (AA) 4:00 Walking Club - Mary and Marie B Dennis (AA) 7:00 Evening Social and Reminiscing - Dyana (LR)	10:00 Cooking Class with Chef Mike (AA) <b>31</b> 10:00 Walking Club - Tameka (SG) 10:15 Table Topics-Maryse (AA) 11:00 Exercise Essentials-Alicia (AA) 2:00 Afternoon Classic Movie 2:00 Baking Club (K) 3:00 Wine and Cheese Social -Talmie (DR) 3:30 Sentimental Sing a long with Suki 4:00 Shabbat Prayers-with Ann and Dennis (AA) 7:00 Evening snack and Meditation - Marie (LR)	

**REMINISCENCE 2020**  
**Reminiscence**  
 Sunrise of East Meadow  
 1555 Glenn Curtiss Blvd., East Meadow  
 NY 11554; 516-542-0990

LIVE WITH PURPOSE



SUNRISE SENIOR LIVING