

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALA Activity Room AR Activity Room CY Courtyard DR Dining Room KT Kitchen LR Living Room MR Movie Room RE REM East RW REM West			9:30 SingFit (AR) 1 10:00 Bible Study (AR) 10:30 Generosity Club (AR) 1:00 Finish the Phrase (AR) 2:30 Fresh Flower Arranging (KT) 3:00 Hot Cocoa Social (AR) 6:00 Puzzle Hour (AR) 7:00 Guided Meditations with Hand Massage (LR)	9:30 Inspirational Movements (AR) 2 10:00 Random Trivia (AR) 11:00 Bread Baking (KT) 1:15 Generosity Donation Trip 2:30 Scavenger Hunt Walking Club 3:00 Social with Live Music with Zeke (ALA) 6:00 Support and Education Group with Terri, RC (AR) 6:00 Bingo (RW) 7:00 Fresh Bread & Short Stories (AR)	9:30 SingFit (AR) 3 10:00 Oh, the Places You'll Go! (AR) 10:30 Crock-Pot Creation (KT) 11:00 Sing Along (AR) 1:00 Paint & Polish (AR) 1:15 Shabbat Jewish Services (PDR) 2:00 You Be the Judge (AR) 3:00 Chips & Dip Social (AR) 6:00 Dominoes (AR) 7:00 Coloring & Crock-Pot Creation Treat	10:00 Exercise Essentials (LR) 4 10:30 Bowling (DR) 1:00 Volleyball (LR) 2:00 Bingo (DR) 3:00 Wine & Cheese Social (AR) 6:00 Paint & Polish (AR) 7:00 Saturday Movie Feature (LR)
10:00 Friendship Baptist Church Service (ALA) 5 10:30 Catholic Communion Service (PDR) 11:00 Hymn Sing Along (AR) 1:30 Name that Tune (AR) 3:00 Hot Apple Cider Social (LR) 6:00 Finish the Line (LR) 7:00 Movie Feature (LR)	9:30 Daily Devotions (LR) 6 10:00 What's in the Bag? (LR) 10:30 ZUMBA with Linda! (RW) 11:00 Devotions & Hymn Sing Along (LR) 1:00 Crafters Corner (AR) 2:30 1:1 Time 2:30 Roll the Dice (AR) 3:00 Wine & Cheese Social (LR) 6:00 Paint & Polish (AR) 7:00 Meditation through Coloring Social	Happy Birthday Janie R. 7 9:30 Homemade Crafts with Barb (RW) 9:30 Morning Stretches (LR) 10:00 Crossword Puzzle (LR) 10:30 Bake Shop (KT) 11:00 Outing to Chili's 1:30 News Currents (LR) 2:00 Wii Games 3:00 Bake Shop Treat Social (LR) 6:00 Singfit! (LR) 7:00 Winding down with Reflections and Tea (LR)	9:30 SingFit (AR) 8 10:00 Bible Study (AR) 10:30 Generosity Club (AR) 1:00 Finish the Phrase (AR) 2:30 Fresh Flower Arranging (KT) 3:00 Hot Cocoa Social (AR) 6:00 Puzzle Hour (AR) 7:00 Guided Meditations with Hand Massage (LR)	9:30 Inspirational Movements (AR) 9 10:00 Word Games (AR) 11:00 Bread Baking (KT) 1:15 Generosity Donation Trip 2:30 Scavenger Hunt Walking Club 3:00 Birthday Party Social with Paul B. (ALA) 6:00 Bingo (RW) 7:00 Fresh Bread & Short Stories (AR)	9:30 SingFit (AR) 10 10:00 My 2 Cents (AR) 10:30 Crock-Pot Creation (KT) 11:00 Sing Along (AR) 1:00 Paint & Polish (AR) 2:00 You Be the Judge (AR) 3:00 Chips & Dip Social (AR) 6:00 Dominoes (AR) 7:00 Coloring & Crock-Pot Creation Treat	10:00 Exercise Essentials (LR) 11 10:30 Bowling (DR) 2:00 Bingo (DR) 3:00 Wine & Cheese Social (AR) 6:00 Paint & Polish (AR) 7:00 Saturday Movie Feature (LR)
10:00 Friendship Baptist Church Service (ALA) 12 10:30 Catholic Communion Service (PDR) 11:00 Hymn Sing Along (AR) 3:00 Hot Apple Cider Social (LR) 6:00 Finish the Line (LR) 7:00 Movie Feature (LR)	9:30 Daily Devotions (AR) 13 10:00 What's in the Bag? (RE) 10:30 ZUMBA with Linda! (RE) 11:00 Bake Shop (LR) 11:00 Devotions & Hymn Sing Along (LR) 1:00 Crafters Corner (AR) 2:30 1:1 Time 2:30 Roll the Dice (AR) 3:00 Wine & Cheese Social (LR) 6:00 Paint & Polish (AR) 7:00 Meditation through Coloring Social	9:30 Homemade Crafts with Barb (RE) 14 9:30 Morning Stretches (LR) 10:00 Word Unscramble (AR) 10:30 Bake Shop (KT) 10:30 Country Ride 1:30 News Currents (LR) 2:00 Wii Games 3:00 Bake Shop Treat Social (LR) 6:00 Singfit! (LR) 7:00 Winding down with Reflections and Tea (LR)	9:30 SingFit (AR) 15 10:00 Bible Study (AR) 10:30 Generosity Club (AR) 1:00 Finish the Phrase (AR) 2:00 Resident Council and Food Committee (AR) 2:30 Fresh Flower Arranging (KT) 3:00 Hot Cocoa Social (AR) 6:00 Puzzle Hour (AR) 7:00 Guided Meditations with Hand Massage (LR)	9:30 Inspirational Movements (AR) 16 10:00 Finish the Rhyme (AR) 11:00 Bread Baking (KT) 2:30 Scavenger Hunt Walking Club 3:00 Social with Live Music with Zeke (ALA) 6:00 Bingo (RW) 7:00 Fresh Bread & Short Stories (AR)	9:30 SingFit (AR) 17 10:00 Roll the Dice (AR) 10:30 Crock-Pot Creation (KT) 11:00 Sing Along (AR) 1:00 Paint & Polish (AR) 2:00 You Be the Judge (AR) 3:00 Chips & Dip Social (AR) 6:00 Dominoes (AR) 7:00 Coloring & Crock-Pot Creation Treat	Happy Birthday Merrill L. 18 10:00 Exercise Essentials (LR) 10:30 Bowling (DR) 2:00 Bingo (DR) 3:00 Social with music by Barbara Sneed (RE) 3:00 Wine & Cheese Social (AR) 6:00 Paint & Polish (AR) 7:00 Saturday Movie Feature (LR)
Happy Birthday Barnie A. 19 10:00 Friendship Baptist Church Service (ALA) 10:30 Catholic Communion Service (PDR) 11:00 Hymn Sing Along (AR) 3:00 Hot Apple Cider Social (LR) 6:00 Finish the Line (LR) 7:00 Movie Feature (LR)	9:30 Daily Devotions (LR) 20 10:00 Picture This (LR) 10:30 ZUMBA with Linda! (RW) 11:00 Bake Shop (LR) 11:00 Devotions & Hymn Sing Along (LR) 1:00 Crafters Corner (AR) 2:30 1:1 Time 2:30 Roll the Dice (AR) 3:00 Wine & Cheese Social (LR) 6:00 Paint & Polish (AR) 7:00 Meditation through Coloring Social	9:30 Morning Stretches (LR) 21 10:00 Hangman (LR) 10:30 Bake Shop (KT) 11:00 Outing to Red Robin 1:30 News Currents (LR) 2:00 Wii Games 3:00 Bake Shop Treat Social (LR) 6:00 Singfit! (LR) 7:00 Winding down with Reflections and Tea (LR)	9:30 SingFit (AR) 22 10:00 Bible Study (AR) 10:30 Generosity Club (AR) 1:00 Finish the Phrase (AR) 2:30 Fresh Flower Arranging (KT) 3:00 Hot Cocoa Social (AR) 6:00 Puzzle Hour (AR) 7:00 Guided Meditations with Hand Massage (LR)	Movie Outing Time TBD 23 9:30 Inspirational Movements (AR) 10:00 Categories Game (AR) 11:00 Bread Baking (KT) 2:30 Scavenger Hunt Walking Club 3:00 You be the Judge Cookie Social (AR) 6:00 Bingo (RW) 7:00 Fresh Bread & Short Stories (AR)	9:30 SingFit (AR) 24 10:00 Detective Search 10:30 Crock-Pot Creation (KT) 11:00 Sing Along (AR) 1:00 Paint & Polish (AR) 2:00 You Be the Judge (AR) 3:00 Chips & Dip Social (AR) 6:00 Dominoes (AR) 7:00 Coloring & Crock-Pot Creation Treat	10:00 Exercise Essentials (LR) 25 10:30 Bowling (DR) 2:00 Bingo (DR) 3:00 Wine & Cheese Social (AR) 6:00 Paint & Polish (AR) 7:00 Saturday Movie Feature (LR)
10:00 Friendship Baptist Church Service (ALA) 26 10:30 Catholic Communion Service (PDR) 11:00 Hymn Sing Along (AR) 3:00 Hot Apple Cider Social (LR) 6:00 Finish the Line (LR) 7:00 Movie Feature (LR)	9:30 Daily Devotions (AR) 27 10:30 ZUMBA with Linda! (RE) 11:00 Bake Shop (LR) 11:00 Devotions & Hymn Sing Along (LR) 1:00 Crafters Corner (AR) 2:30 1:1 Time 2:30 Roll the Dice (AR) 3:00 Wine & Cheese Social (LR) 6:00 Paint & Polish (AR) 7:00 Meditation through Coloring Social	9:30 Morning Stretches (LR) 28 10:00 Inwords (AR) 10:30 Bake Shop (KT) 10:30 Historic Raleigh Drive 1:30 News Currents (LR) 2:00 Wii Games 3:00 Bake Shop Treat Social (LR) 6:00 Singfit! (LR) 7:00 Winding down with Reflections and Tea (LR)	9:30 SingFit (AR) 29 10:00 Bible Study (AR) 10:30 Generosity Club (AR) 1:00 Finish the Phrase (AR) 2:30 Fresh Flower Arranging (KT) 3:00 Hot Cocoa Social (AR) 6:00 Puzzle Hour (AR) 7:00 Guided Meditations with Hand Massage (LR)	9:30 Inspirational Movements (AR) 30 11:00 Bread Baking (KT) 1:15 Generosity Donation Trip 1:15 Generosity 2:30 Scavenger Hunt Walking Club 3:00 Sing Along Social (AR) 6:00 Bingo (RW) 7:00 Fresh Bread & Short Stories (AR)	Happy Birthday Kate E. & Florence L. 31 9:30 SingFit (AR) 10:30 Crock-Pot Creation (KT) 11:00 Sing Along (AR) 1:00 Paint & Polish (AR) 2:00 You Be the Judge (AR) 3:00 Chips & Dip Social (AR) 6:00 Dominoes (AR) 7:00 Coloring & Crock-Pot Creation Treat	

JANUARY 2020
Reminiscence
Sunrise at North Hills
615 Spring Forest Road, Raleigh,
NC 27609; 919-981-6100

LIVE WITH PURPOSE

