

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR2 Activity Rm-2nd Flr AR3 Activity Rm-3rd Flr B DR1 Dining Room-1st Floor DR3 Dining Room-3rd Floor FE Front Entry FP Front Porch LIB Library-1st Floor LR1 Living Room-1st Floor			9:30 Morning Chat (AR2) 1 10:00 Exercise (AR2) 11:00 News Currents SR. (AR2) 1:00 Go4Life® Walking Club (FE) 1:30 Cookie Baking (B) 2:00 Worship w/Pastor Jeanne (AR2) 3:30 Hot Chocolate Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 2 10:00 Exercise (AR2) 11:00 Cooking Class (AR2) 11:15 Dining Council (B) 1:00 MoMA Art: Artfully Aging Watercolors (DR3) 1:00 Resident Shopping Club 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 3:30 Happy Hour Social w/Lamar Flising (B) 6:15 Puzzle Club (LIB) 6:30 Uno Card Game (B)	9:30 Morning Chat (AR2) 3 10:00 Exercise (AR2) 10:45 Flower Arranging (AR2) 1:00 Resident Shopping (FE) 1:00 Go4Life® Walking Club (FE) 1:30 Afternoon Movie (AR2) 2:00 Cookie Baking (B) 3:15 Bingo Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 4 10:00 Noodle Ball Exercise (AR2) 10:30 Manicures (AR2) 11:00 Sing Along w/Cindy (AR3) 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 3:30 Wine & Cheese Social (B) 6:15 Puzzle Club (LIB)
9:30 Morning Chat (AR2) 5 10:00 Noodle Ball Exercise 10:45 Marvelous Minds (B) 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 3:15 Bingo Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 6 10:00 Exercise (AR2) 10:30 Floral Arranging (AR2) 10:30 Rosaryw/Tim (AR3) 1:00 Go4Life® Walking Club (FE) 1:30 Wonders of the World (AR2) 1:30 Sing a Long w/Lolly (AR3) 2:00 Cookie Baking (B) 3:30 Smoothie Social (B) 6:15 Puzzle Club (LIB) 6:30 Uno Card Game (B)	9:30 Morning Chat (AR2) 7 10:00 Exercise (AR2) 10:45 Game Time (B) 11:00 Communion Service (AR2) 11:15 Lunch Bunch (FE) 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 2:15 SingFit® (B) 3:15 Bingo Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 8 10:00 Dancing through the Decades Exercise (AR2) 11:00 News Currents SR. (AR2) 1:00 Bingo Buck Store (LR1) 1:00 Go4Life® Walking Club (FE) 1:30 Cookie Baking (B) 2:00 Creation Station (B) 3:30 Hot Chocolate Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 9 10:00 Exercise (AR2) 10:30 Resident Council (AR2) 11:00 Cooking Class (AR2) 1:00 Resident Shopping Club 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 3:30 Happy Hour Social w/Luke Queen (B) 6:15 Puzzle Club (LIB) 6:30 Uno Card Game (B)	9:30 Morning Chat (AR2) 10 10:00 Exercise (AR2) 10:45 Flower Arranging (AR2) 1:00 Go4Life® Walking Club (FE) 1:30 Afternoon Movie (AR2) 2:00 Cookie Baking (B) 3:15 Bingo Social (B) 6:15 Puzzle Club (LIB)	9:30 Morning Chat (AR2) 11 10:00 Noodle Ball Exercise (AR2) 10:30 Manicures (AR2) 11:00 Sing Along w/Cindy (AR3) 1:00 Go4Life® Walking Club (FE) 2:00 Cookie Baking (B) 3:30 Wine & Cheese Social (B) 6:15 Puzzle Club (LIB)
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JANUARY 2020

Assisted Living

Sunrise of Des Peres

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LIVE WITH PURPOSE



SUNRISE SENIOR LIVING