

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BIS Bistro 2nd fl. CK Country Kitchen 2nd fl. CR Card Room 3rd fl. Emmons EML Emmons Ave Lounge 2nd fl. FPR Fire Place Room 2nd fl. LOB Lobby 1st fl. PDR Private Dinning Room TVR Media Room 2nd fl.			9:00 Aqua Time (TVR) 9:00 What's Happening w/ Amy (TVR) 9:30 Get to Know Your Neighbor w/ Amy (TVR) 10:00 Walking Club (TVR) 10:30 Exercise and Hydration w/ Amy (TVR) 11:30 Rummikub w/ Lesanne (CK) 12:30 Movie Time w/ Amy (TVR) 12:30 Aqua Time (TVR) 2:30 Trivia w/ Amy (TVR) 3:00 Who am I? Social w/ Amy (TVR) 3:30 Bingo w/ Cordell (CK) 3:30 Word Games w/ Amy (EML)	1 9:00 Aqua Time w/ Kim (LOB) 9:30 Morning Affirmations w/ Kim (TVR) 10:30 Exercise Essentials w/ Mitcheel 11:30 Rummikub w/ Lesanne (TVR) 12:30 Aqua Time w/ Kim (LOB) 2:30 Word Building w/ Mitcheel (TVR) 3:00 Afternoon Social w/ Mitcheel (BIS) 3:30 Crossword w/ Mitcheel (BIS) 3:30 Bingo w/ Cordell (CK)	2 9:00 Aqua Time w/ Mitcheel (LOB) 9:15 Morning Stretches w/ Mitcheel (TVR) 10:30 Bingo (CK) 11:00 Rosary Club (EML) 12:30 Aqua Time w/ Mitcheel (LOB) 2:30 Happy Hour w/ Mitcheel (BIS) 3:00 Karaoke Social w/ Nyasha (TVR) 3:30 Crossword w/ Mitcheel (BIS) 5:30 Discuss and Recall in Lobby (LOB) 6:00 Mindful Coloring w/ Tricia (CK) 7:30 Winter Movie Series w/ Mitzie (TVR)	3 9:00 Aqua Time w/ Kim (LOB) 9:30 Mindful Breathing w/ Kim (TVR) 10:30 Exercise Essentials Class (TVR) 11:00 <b>BUS TRIP: Dollar Tree (LOB)</b> 11:00 Shabbat Service w/ Rabbi Hirchel (EML) 12:30 Aqua Time w/ Kim (LOB) 3:00 Afternoon Social w/ Kim (TVR) 3:30 Crossword w/ Mitcheel (BIS) 3:30 Bingo w/ Evita (CK)	4 9:00 Aqua Time w/ Kim (LOB) 9:30 Coffee Talk w/ Kim (BIS) 10:00 Singing with Saheed & Keema (TVR) 10:30 Hangman (BIS) 11:00 Zumba w/ Kim (TVR) 11:00 Brain Games w/ Mitcheel (TVR) 12:30 Aqua Time w/ Kim (LOB) 1:00 Domino w/ Rosa (BIS) 1:30 Trivia w/ Mitcheel (TVR) 3:00 <b>Brithday Celebration w/ Mitcheel (TVR)</b> 3:30 Bingo w/ Wendy (CK) 3:30 Crossword Game w/ Mitcheel (BIS)
9:00 Aqua Time w/ Kim (LOB) 9:00 Meditation w/ Kim (TVR) 10:00 <b>Messiah's Congregation Performs (TVR)</b> 10:00 Exercise Essentials w/ Kim (TVR) 11:00 Mass w/ Monsignor (EML) 12:30 Aqua Time w/ Kim (LOB) 1:00 Domino w/ Rosa (BIS) 1:30 Afternoon Relaxation Circle (TVR) 2:00 Community Service Project (CK) 2:30 Word Games w/ Kim (TVR) 3:00 Super Bowl Sunday Social w/ Kim (CK) 3:30 Bingo w/ Kim (CK)	5 9:00 Aqua Time w/ Kim (LOB) 9:30 What's in the News (TVR) 10:00 Music Appreciation w/ Kim (TVR) 10:30 Bible Study w/ Colleen (EML) 10:30 Fox Exercise Class (TVR) 12:30 Aqua Time w/ Kim (LOB) 1:00 Domino w/ Rosa 2:30 <b>Poetry Workshop w/ Barbra &amp; Richard (FPR)</b> 3:00 Matinee Movie & Popcorn Social w/ Kim (TVR) 3:30 Bingo w/ Kim (CK)	6 9:00 Aqua Time w/ Mitcheel (LOB) 9:15 Morning Stretches w/ Mitcheel (TVR) 10:00 Nail Salon w/ Mitcheel (BIS) 10:30 Trivia w/ Samantha (TVR) 12:30 Aqua Time w/ Mitcheel (LOB) 2:30 Winter Arts & Crafts w/ Mitcheel (CK) 3:00 Afternoon Social w/ Mitcheel (BIS) 3:30 Crossword w/ Mitcheel (BIS) 3:30 Bingo w/ Patrick (CK) 6:00 Evening Meditation (TVR) 7:30 Game Board Night w/ Brenda (CK)	7 9:00 Aqua Time w/ Kim (LOB) 9:30 Morning Affirmations w/ Kim (TVR) 10:30 Exercise Essentials w/ Mitcheel 11:30 Rummikub w/ Lesanne (TVR) 12:30 Aqua Time w/ Kim (LOB) 2:30 Word Building w/ Mitcheel (TVR) 3:00 Afternoon Social w/ Mitcheel (BIS) 3:30 Crossword w/ Mitcheel (BIS) 3:30 Bingo w/ Cordell (CK)	8 9:00 Aqua Time w/ Mitcheel (LOB) 9:15 Morning Stretches w/ Mitcheel (TVR) 10:30 <b>Stress Management w/ Marilyn (TVR)</b> 10:30 Bingo (CK) 11:00 Rosary Club (EML) 12:30 Aqua Time w/ Mitcheel (LOB) 2:30 Happy Hour w/ Mitcheel (BIS) 3:00 Karaoke Social w/ Nyasha (TVR) 3:30 Crossword w/ Mitcheel (BIS) 5:30 Discuss and Recall in Lobby (LOB) 6:00 Mindful Coloring w/ Tricia (CK) 7:30 Winter Movie Series w/ Mitzie (TVR)	9 9:00 Aqua Time w/ Kim (LOB) 9:30 Mindful Breathing w/ Kim (TVR) 10:30 Exercise Essentials Class (TVR) 11:00 <b>BUS TRIP: Funfest Bowling (LOB)</b> 11:00 Shabbat Service w/ Rabbi Hirchel (EML) 12:30 Aqua Time w/ Kim (LOB) 3:00 Afternoon Social w/ Kim (TVR) 3:30 Crossword w/ Mitcheel (BIS) 3:30 Bingo w/ Evita (CK)	10 9:00 Aqua Time w/ Kim (LOB) 9:30 Coffee Talk w/ Kim (BIS) 10:00 Singing with Saheed & Keema (TVR) 10:30 Hangman (BIS) 11:00 Zumba w/ Kim (TVR) 11:00 Brain Games w/ Mitcheel (TVR) 12:30 <b>Dine in Lunch: Kosher Deli (CK)</b> 12:30 Aqua Time w/ Kim (LOB) 1:00 Domino w/ Rosa (BIS) 2:30 Trivia w/ Mitcheel (TVR) 3:00 Afternoon Social w/ Mitcheel (BIS) 3:30 Bingo w/ Wendy (CK) 3:30 Crossword Game w/ Mitcheel (BIS)	
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**JANUARY 2020**  
**Assisted Living**  
 Sunrise at Sheephead Bay  
 2211 Emmons Ave, Brooklyn,  
 NY 11235; 718-616-1850

**LIVE WITH PURPOSE**



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