

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Reminiscence Activity Room RD Dining Room RK Reminiscence Kitchen RL Reminiscence Emmons Lounge RN Reminiscence Neighborhood SF 2nd Floor Lounge						
8:00 NewsCurrents Sr. 5 9:00 Morning Meditation 10:00 <b>Messiah Congregation Performs 2nd FL (SF)</b> 10:30 Exercise Essentials w/Rosemund (AR) 11:00 Catholic Mass w/Kim (SF) 11:30 Music w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 3:30 Manicures (AR) 4:00 Matinee Movie w/ Misty (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 6 9:00 Morning Meditation 10:00 Morning Affirmations w/ Kim (AR) 10:30 Go4Life Walking Club w/Anne (AR) 11:00 Kitchen Life Skills with James Madison HS (RK) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 2:30 <b>Poetry Workshop 2nd FL (SF)</b> 3:00 Social w/Rosemund (AR) 3:30 Manicures (AR) 4:00 Trivia Fun w/Rosemund (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Documentary (AR)	8:00 NewsCurrents Sr. 7 9:00 Morning Meditation 10:30 Exercise Essentials w/Joan (AR) 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 3:00 Afternoon Social (AR) 3:30 Manicures (AR) 4:00 Finish the Phrase w/Marie (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 8 9:00 Morning Meditation 9:00 Breakfast Club w/ Amy (RK) 10:30 Morning Stretch w/Joan (AR) 10:30 Go4Life Walking Club w/Amy (RN) 11:00 Baking Club w/ Joan (RD) 11:00 Juice & Discussion w/ Amy 11:00 Kitchen Life Skills with James Madison HS (RK) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 3:00 Coupons for Troops (RK) 3:30 Manicures (AR) 4:00 Meet me at MOMA w/Joan (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 9 9:00 Morning Meditation 10:30 <b>STRESS MANAGEMENT w/ MARILYN (SF)</b> 10:30 Exercise Essentials w/Anne (AR) 11:00 Life Skills w/Anne (AR) 11:00 Rosary Club w/Kim (SF) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Meditation w/Marie (RL)	8:00 NewsCurrents Sr. 10 9:00 Morning Meditation 10:30 Morning Stretch w/Quenna (AR) 10:30 Baking Time w/Joan (RK) 11:00 <b>BUS TRIP: FUNFEST BOWLING (SF)</b> 11:00 Kitchen Life Skills with James Madison HS (RK) 11:00 Jewish Service w/ Rabbi Hirsh (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 11 9:00 Morning Meditation 10:00 DIY Crafts w/ Kim (RK) 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 <b>Scenic Drive w/ Kim (SF)</b> 12:30 <b>DJ IN LUNCH: KOSHER DELI (SF)</b> 2:00 Sports Club w/Joan (AR) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Relaxation Circle w/Florendo (AR)
8:00 NewsCurrents Sr. 12 9:00 Morning Meditation 10:30 Exercise Essentials w/Rosemund (AR) 11:00 Catholic Mass w/Kim (SF) 11:30 Music w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 3:30 <b>Sunrise Players Perform on 2nd Floor (SF)</b> 3:30 Manicures (AR) 4:00 Matinee Movie w/ Misty (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 13 9:00 Morning Meditation 10:00 Morning Affirmations w/ Kim (AR) 10:30 Go4Life Walking Club w/Anne (AR) 11:00 Kitchen Life Skills with James Madison HS (RK) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosemund (AR) 3:30 Manicures (AR) 4:00 Trivia Fun w/Rosemund (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Documentary (AR)	8:00 NewsCurrents Sr. 14 9:00 Morning Meditation 10:30 Exercise Essentials w/Joan (AR) 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 3:00 Afternoon Social (AR) 3:30 Manicures (AR) 4:00 Finish the Phrase w/Marie (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 15 9:00 Morning Meditation 9:00 Breakfast Club w/ Amy (RK) 10:30 Morning Stretch w/Joan (AR) 10:30 Go4Life Walking Club w/Amy (RN) 11:00 Baking Club w/ Joan (RD) 11:00 Juice & Discussion w/ Amy 11:00 Kitchen Life Skills with James Madison HS (RK) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 3:00 Coupons for Troops (RK) 3:30 Manicures (AR) 4:00 Meet me at MOMA w/Joan (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 16 9:00 Morning Meditation 10:30 Exercise Essentials w/Anne (AR) 11:00 Life Skills w/Anne (AR) 11:00 Rosary Club w/Kim (SF) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Meditation w/Marie (RL)	8:00 NewsCurrents Sr. 17 9:00 Morning Meditation 10:30 Morning Stretch w/Quenna (AR) 10:30 Baking Time w/Joan (RK) 11:00 <b>BUS TRIP: CHOP STIX (SF)</b> 11:00 Kitchen Life Skills with James Madison HS (RK) 11:00 Jewish Service w/ Rabbi Hirsh (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 18 9:00 Morning Meditation 10:00 DIY Crafts w/ Kim (RK) 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 <b>Scenic Drive w/ Kim (SF)</b> 2:00 Sports Club w/Joan (AR) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Relaxation Circle w/Florendo (AR)
8:00 NewsCurrents Sr. 19 9:00 Morning Meditation 10:30 Exercise Essentials w/Rosemund (AR) 11:00 Catholic Mass w/Kim (SF) 11:30 Music w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 2:30 <b>LIVE w/ REFLECTION EVENT: VIBRATION THERAPY (SF)</b> 3:00 Social w/ Misty (AR) 3:30 Manicures (AR) 4:00 Matinee Movie w/ Misty (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 20 9:00 Morning Meditation 10:00 Morning Affirmations w/ Kim (AR) 10:30 <b>LIVE WITH LEARNING: LECTURE BY PAUL WHITE (SF)</b> 10:30 Go4Life Walking Club w/Anne (AR) 11:00 Kitchen Life Skills with James Madison HS (RK) 1:30 Exercise Therapy w/Naila (AR) 2:30 <b>LIVE WITH ANTICIPATION: ARABIAN DANCE AND EDUCATION (SF)</b> 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosemund (AR) 4:00 Trivia Fun w/Rosemund (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Documentary (AR)	8:00 NewsCurrents Sr. 21 9:00 Morning Meditation 10:30 <b>LIVE w/ MELODY: DRUM CIRCLE w/ SPIRIT SKY (SF)</b> 10:30 Exercise Essentials w/Joan (AR) 10:30 Catholic Mass w/Mitchel (SF) 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 3:00 Afternoon Social (AR) 3:30 Manicures (AR) 4:00 Finish the Phrase w/Marie (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 22 9:00 Morning Meditation 9:00 Breakfast Club w/ Amy (RK) 10:30 Morning Stretch w/Joan (AR) 10:30 Go4Life Walking Club w/Amy (RN) 11:00 Baking Club w/ Joan (RD) 11:00 Juice & Discussion w/ Amy 11:00 Kitchen Life Skills with James Madison HS (RK) 2:00 You be the Judge w/Kim (AR) 2:30 <b>LIVE w/ ARTISTRY: PAINT AND SIP w/ KIM (SF)</b> 3:00 Social w/Rosemary (AR) 3:00 Coupons for Troops (RK) 3:30 Manicures (AR) 4:00 Meet me at MOMA w/Joan (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 23 9:00 Morning Meditation 10:30 <b>STRESS MANAGEMENT w/ MARILYN (SF)</b> 10:30 Exercise Essentials w/Anne (AR) 11:00 Life Skills w/Anne (AR) 11:00 Rosary Club w/Kim (SF) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Meditation w/Marie (RL)	8:00 NewsCurrents Sr. 24 9:00 Morning Meditation 10:30 <b>LIVE w/ ACTION: WORK OUT PARTY (SF)</b> 10:30 Morning Stretch w/Quenna (AR) 10:30 Baking Time w/Joan (RK) 11:00 <b>LIVE w/ GENESEITY: DINE TO DONATE AT APPLE BEES (SF)</b> 11:00 Kitchen Life Skills with James Madison HS (RK) 11:00 Jewish Service w/ Rabbi Hirsh (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 25 9:00 Morning Meditation 10:00 DIY Crafts w/ Kim (RK) 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 <b>Scenic Drive w/ Kim (SF)</b> 11:30 <b>LIVE w/ LEGACY: CHINESE NEW YEAR LUNCHEON (SF)</b> 2:00 Sports Club w/Joan (AR) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Relaxation Circle w/Florendo (AR)
8:00 NewsCurrents Sr. 26 9:00 Morning Meditation 10:30 Exercise Essentials w/Rosemund (AR) 11:00 Catholic Mass w/Kim (SF) 11:30 Music w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 3:30 Manicures (AR) 4:00 Matinee Movie w/ Misty (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 27 9:00 Morning Meditation 10:00 Morning Affirmations w/ Kim (AR) 10:30 Go4Life Walking Club w/Anne (AR) 11:00 Kitchen Life Skills with James Madison HS (RK) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 2:30 <b>COMMUNITY SING ALONG w/ ANGELO (SF)</b> 3:00 Social w/Rosemund (AR) 3:30 Manicures (AR) 4:00 Trivia Fun w/Rosemund (AR) 4:30 Go4Life@ Walking Club 7:00 Evening Documentary (AR)	8:00 NewsCurrents Sr. 28 9:00 Morning Meditation 10:30 Exercise Essentials w/Joan (AR) 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 3:00 Afternoon Social (AR) 3:30 Manicures (AR) 4:00 Finish the Phrase w/Marie (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 29 9:00 Morning Meditation 9:00 Breakfast Club w/ Amy (RK) 10:30 Morning Stretch w/Joan (AR) 10:30 Go4Life Walking Club w/Amy (RN) 11:00 Baking Club w/ Joan (RD) 11:00 Juice & Discussion w/ Amy 11:00 Kitchen Life Skills with James Madison HS (RK) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 3:00 Coupons for Troops (RK) 3:30 Manicures (AR) 4:00 Meet me at MOMA w/Joan (AR) 4:30 Go4Life@ Walking Club	8:00 NewsCurrents Sr. 30 9:00 Morning Meditation 10:30 Exercise Essentials w/Anne (AR) 11:00 Life Skills w/Anne (AR) 11:00 Rosary Club w/Kim (SF) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club 7:00 Meditation w/Marie (RL)	8:00 NewsCurrents Sr. 31 9:00 Morning Meditation 10:30 Morning Stretch w/Quenna (AR) 10:30 Baking Time w/Joan (RK) 11:00 <b>BUS TRIP: TARGET (SF)</b> 11:00 Kitchen Life Skills with James Madison HS (RK) 11:00 Jewish Service w/ Rabbi Hirsh (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR) 3:30 Manicures (AR) 4:30 Go4Life@ Walking Club	

**JANUARY 2020**  
**Reminiscence**  
 Sunrise at Sheephead Bay  
 2211 Emmons Ave, Brooklyn,  
 NY 11235; 718-616-1850

**LIVE WITH PURPOSE**



**SUNRISE SENIOR LIVING**