| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 2nd Floor<br>1st Floor | | | 1<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>12:00 Picnic Lunch<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:00 Whole Home Social: Music, Let's Dance!!! (3FL)<br>3:30 Literature Hour with CeCe<br>4:00 Evening Relaxation Circle<br>6:00 Porch Pals under the stars | 2<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Board Games<br>3:00 Social: Balloon Toss<br>3:30 Puzzle Time!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 3<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Friday Flashback: Reminisce Through the Decades | 4<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Bowling!<br>3:00 Social: Musical Memories<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! |
| 5<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Relax with Art!<br>3:00 Social: Puzzle Time<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 6<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Catholic Service<br>11:00 Walking Club!<br>1:30 Bingo<br>1:30 What's Cooking? (or baking)<br>2:30 News Currents Sr.<br>3:00 Social: Putting on the Green (golf)<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Singfit! | 7<br>10:00 The Daily Chronicle<br>11:00 Drum Circle<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Spin & Solve on Linked Senior<br>3:00 Social: Art Appreciation on Linked Senior<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 8<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>12:00 Picnic Lunch<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:00 Whole Home Social: Music, Let's Dance!!! (3FL)<br>3:30 Literature Hour with CeCe<br>4:00 Evening Relaxation Circle<br>6:00 Porch Pals under the stars | 9<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Board Games<br>3:00 Social: Balloon Toss<br>3:30 Puzzle Time!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 10<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Friday Flashback: Reminisce Through the Decades | 11<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Bowling!<br>3:00 Social: Musical Memories<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! |
| 12<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Relax with Art!<br>3:00 Social: Puzzle Time<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 13<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Catholic Service<br>11:00 Walking Club!<br>1:30 Bingo<br>1:30 What's Cooking? (or baking)<br>2:30 News Currents Sr.<br>3:00 Social: Putting on the Green (golf)<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Singfit! | 14<br>10:00 The Daily Chronicle<br>11:00 Drum Circle<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Spin & Solve on Linked Senior<br>3:00 Social: Art Appreciation on Linked Senior<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 15<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>12:00 Picnic Lunch<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:00 Whole Home Social: Music, Let's Dance!!! (3FL)<br>3:30 Literature Hour with CeCe<br>4:00 Evening Relaxation Circle<br>6:00 Porch Pals under the stars | 16<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>1:30 Loving that Music<br>2:30 Board Games<br>3:00 Social: Balloon Toss<br>3:30 Puzzle Time!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 17<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Friday Flashback: Reminisce Through the Decades | 18<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Bowling!<br>3:00 Social: Musical Memories<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! |
| 19<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Relax with Art!<br>3:00 Social: Puzzle Time<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 20<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Catholic Service<br>11:00 Walking Club!<br>1:30 Bingo<br>1:30 What's Cooking? (or baking)<br>2:30 News Currents Sr.<br>3:00 Social: Putting on the Green (golf)<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Singfit! | 21<br>10:00 The Daily Chronicle<br>11:00 Drum Circle<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Spin & Solve on Linked Senior<br>3:00 Social: Art Appreciation on Linked Senior<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 22<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>12:00 Picnic Lunch<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:00 Whole Home Social: Music, Let's Dance!!! (3FL)<br>3:30 Literature Hour with CeCe<br>4:00 Evening Relaxation Circle<br>6:00 Porch Pals under the stars | 23<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Board Games<br>3:00 Social: Balloon Toss<br>3:30 Puzzle Time!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 24<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Friday Flashback: Reminisce Through the Decades | 25<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Bowling!<br>3:00 Social: Musical Memories<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! |
| 26<br>10:00 The Daily Chronicle<br>11:00 Move and Groove<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Relax with Art!<br>3:00 Social: Puzzle Time<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 27<br>10:00 Trader Joe's "Bouquets of Love"<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>11:00 Catholic Service<br>1:00 St. Andrew's 2nd Graders<br>1:30 Bingo<br>1:30 What's Cooking? (or baking)<br>2:30 News Currents Sr.<br>3:00 Social: Putting on the Green (golf)<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Singfit! | 28<br>10:00 The Daily Chronicle<br>11:00 Drum Circle<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Spin & Solve on Linked Senior<br>3:00 Social: Art Appreciation on Linked Senior<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 29<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>12:00 Picnic Lunch<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:00 Whole Home Social: Music, Let's Dance!!! (3FL)<br>3:30 Literature Hour with CeCe<br>4:00 Evening Relaxation Circle<br>6:00 Porch Pals under the stars | 30<br>10:00 The Daily Chronicle<br>11:00 Exercise Essentials<br>11:00 Walking Club!<br>12:15 Lunch With The Gals<br>1:30 What's Cooking? (or baking)<br>2:30 Board Games<br>3:00 Social: Balloon Toss<br>3:30 Puzzle Time!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Movie Night! | 31<br>10:00 The Daily Chronicle<br>10:30 Exercise Essentials!<br>11:00 Walking Club!<br>1:30 What's Cooking? (or baking)<br>2:30 Sing Fit!<br>3:30 Karaoke<br>4:00 Evening Relaxation Circle<br>6:00 Friday Flashback: Reminisce Through the Decades | |

# JANUARY 2020

## Reminiscence

Sunrise of Lincoln Park
2710 N. Clark St., Chicago,
IL 60614; 773-244-0005

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING