

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR3 Activity Room 3rd Floor LR2 Living Room 2nd floor LR3 Living Room 3rd floor P2 Patio 2nd Floor P3 Patio 3rd floor RR Reflection Room			9:30 Go4Life® Walking Club 10:00 The Sunrise Salon Experience-Must Have an appointment 10:30 Exercise Essentials 11:00 Daily Chronicles, Devotions and Trivia 2:00 Snowball Fight/Volleyball 2:00 Scenic drive 3:00 Luke the Therapy Dog visit 3:30 New Years Social 4:15 Food Prep in the dining room 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:30 Bible Study with Pastor Mike (LR3) 11:00 Chair exercise 11:15 Trivia and Daily Chronicles 11:30 Lunch Bunch Mellow mushroom 2:00 Art wine glass 2:00 Live with Anticipation Club 3:30 Bucket list social 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 11:00 Daily Chronicles, Devotions and Trivia 2:00 Coloring for a cause with Nicole-Children's Hospital 3:30 Float Friday's Social 4:15 Food Prep in the dining room 6:15 SingFit® 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:30 Chair Exercise 11:00 Daily Chronicles, Devotions and Trivia 1:30 Chocolate Bingo (LR3) 2:30 Book Club and Hot Chocolate 3:30 Cookies and Conversations with Friends Social 7:00 Reflection Time (RR)
9:30 Go4Life® Walking Club 10:00 NewsCurrents Sr. 10:30 Billy Graham Sermon 11:00 Daily Chronicles 11:00 Simple Stretches and hydration with Connie 1:30 Resident Support Group 2:15 Hymns and more with Ron Casteel 2:30 Sundaes on a Sunday Social with family and friends 4:15 Food Preparation in the dining room 6:15 Sunday Classic Movie Matinee 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:00 The Sunrise Salon Experience-Must Have an appointment 11:00 Daily Chronicles, Devotions and Trivia 11:30 Exercise Essentials 1:30 Monday Manicures 3:00 Baking Club with Connie 4:15 Food Prep in the dining room 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:30 Exercise with Summit 11:00 Daily Chronicles, Devotions and Trivia 2:00 Meet me at MoMA-Art Class 3:30 Hot Coco social 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:00 The Sunrise Salon Experience-Must Have an appointment 10:30 Exercise Essentials 11:00 Daily Chronicles, Devotions and Trivia 2:00 Snowball Fight/Volleyball 2:00 Scenic drive 3:00 Luke the Therapy Dog visit 3:30 Wacky winter wardrobe 4:15 Food Prep in the dining room 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 10:30 Bible Study with Pastor Mike (LR3) 11:00 Chair exercise 11:15 Trivia and Daily Chronicles 11:30 Lunch Bunch LaScalas 2:00 Sand bottles 2:00 Live with Anticipation Club 3:30 Dear Abby social 6:15 Elvis 7:00 Reflection Time (RR)	9:30 Go4Life® Walking Club 11:00 Daily Chronicles, Devotions and Trivia 2:00 Coloring for a cause with Nicole-Children's Hospital 3:30 Happy Hour with family and Wade Jones 4:15 Food Prep in the dining room 6:15 SingFit® 7:00 Reflection Time (RR)	9:30 Kinderdance 9:30 Go4Life® Walking Club 10:30 Chair Exercise 11:00 Daily Chronicles, Devotions and Trivia 1:30 Chocolate Bingo (LR3) 2:30 Book Club and Hot Chocolate 3:30 Cookies and Conversations with Friends Social 7:00 Reflection Time (RR)
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JANUARY 2020
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LIVE WITH PURPOSE

