Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1B 1st Floor Bistro 1DR 1st Floor Dining Room 1LR 1st Floor Living Room 2AR 2nd Floor Activity Room AT Activity Table DR Dining Room LR Living Room OP Outdoor Patio			1 10:00 Good Morning Updates & Daily Chronicles (AT) 11:00 Aqua Painting (AT) 11:00 Balloon toss (LR) 1:00 Baking Club (DR) 2:00 Mocktails, Cheese, & SingFit Social (AT) 3:30 Crafty Corner with Tamika (LR) 3:45 Go4Life Walking Club (LR) 6:30 Mini Manicures (AT) 7:00 Hydration station (LR)	2 9:00 Salon open 10:00 Good Morning Updates & Daily Chronicles (AT) 10:30 Baking Club- Bread Mix (DR) 11:00 Exercise Essentials (LR) 1:00 Magazine Readers (AT) 2:30 Fresh Bread and Word Play Social (AT) 3:30 Bingo (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 7:00 Hydration station (LR)	3 10:00 Zen coloring (AT) 10:00 Good Morning Updates & Daily Chronicles (AT) 11:00 Balloon batting exercise (LR) 1:00 Baking Club (DR) 1:30 Letters Home with Tamika (AT) 2:00 Fresh Fruit & SingFit Social (LR) 2:30 Convo cards social with Karen (AT) 3:00 Bowling Game with Grace (LR) 3:45 Go4Life Walking Club (LR) 6:30 Reading Circle: Daily Chronicle (AT) 7:00 Hydration station (LR)	4 9:00 Salon open 10:00 Good Morning Updates & Daily Chronicles (AT) 10:30 Word games (AT) 11:00 Exercise Essentials (LR) 1:00 Baking Club (DR) 2:30 Finger Sandwiches & High Tea Social (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 6:30 Zen coloring (AT) 7:00 Hydration station (LR)
5 10:00 Balloon toss (LR) 10:00 Good Morning Updates & Daily Chronicles (AT) 1:00 Puzzle Club (AT) 1:00 Baking Club (DR) 2:00 Mini Manicures (AT) 2:30 Ice Cream Social (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 6:30 Reading Circle: Daily Chronicle (AT) 7:00 Hydration station (LR)	6 9:45 Communion Service with Tom (2AR) 10:00 Good Morning Updates & Daily Chronicles (AT) 10:30 Zumba with Connie (2AR) 11:00 Mini Manicures (AT) 1:00 Baking Club (DR) 2:00 Baked Goods & SingFit Social (LR) 3:30 Reading Circle with Tamika (AT) 3:45 Go4Life Walking Club (LR) 6:00 Piano Music in the Living Room (LR) 7:00 Hydration station (LR)	7 10:00 Magazine Readers (AT) 10:00 Good Morning Updates & Daily Chronicles (AT) 11:00 Bead work (AT) 11:00 Exercise Essentials (LR) 1:30 Baking Club with Karen (AT) 2:30 Table games Social with Karen (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 7:00 Hydration station (LR)	8 10:00 Good Morning Updates & Daily Chronicles (AT) 11:00 Aqua Painting (AT) 11:00 Balloon toss (LR) 1:00 Baking Club (DR) 2:00 Mocktails, Cheese, & SingFit Social (AT) 3:30 Crafty Corner with Tamika (LR) 3:30 Memory Makers with Lakeview Junior High School 3:45 Go4Life Walking Club (LR) 6:30 Mini Manicures (AT) 7:00 Hydration station (LR)	9 9:00 Salon open 10:00 Good Morning Updates & Daily Chronicles (AT) 10:30 Baking Club- Bread Mix (DR) 11:00 Exercise Essentials (LR) 1:00 Magazine Readers (AT) 2:30 Fresh Bread and Word Play Social (AT) 3:30 Bingo (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 7:00 Hydration station (LR)	10 10:00 Zen coloring (AT) 10:00 Good Morning Updates & Daily Chronicles (AT) 11:00 Balloon batting exercise (LR) 1:00 Baking Club (DR) 1:30 Flower Arranging Club (DR) 2:00 Fresh Fruit & SingFit Social (LR) 2:30 Convo cards social with Karen (AT) 3:00 Bean Bag Game with Grace (LR) 3:45 Go4Life Walking Club (LR) 6:30 Reading Circle: Daily Chronicle (AT) 7:00 Hydration station (LR)	11 9:00 Salon open 10:00 Good Morning Updates & Daily Chronicles (AT) 10:30 Word games (AT) 11:00 Exercise Essentials (LR) 1:00 Baking Club (DR) 2:30 Finger Sandwiches & High Tea Social (AT) 3:45 Go4Life Walking Club (LR) 6:00 Guided Imagery and Reflection (LR) 6:30 Zen coloring (AT) 7:00 Hydration station (LR)
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JANUARY 2020

Reminiscence

Sunrise of Willowbrook
6300 Clarendon Hills Rd, Willowbrook,
IL 60527; (630) 734-9954

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING