

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C1A Cottage 1 Activity Center C1F Cottage 2 Front Office C1L Cottage 1 Living Room C2D Cottage 2 Dining Room C2L Cottage 2 Living Room C3D Cottage 3 Dining Room C3L Cottage 3 Living Room			9:00 Coffee and the Newspaper (C1A) 1 9:15 Go4Life Walking (C1F) 10:15 New Years Day Sit and Be Fit with Nancy Start the year off right!! (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Documentary: Earths Natural Wonders (55M) (C1A) 2:30 Soda Social (C1A) 3:00 BAD Bingo Wednesday 25 Cents a Game! (C1A)	9:00 Coffee and the Newspaper (C1A) 2 9:15 Go4Life Walking (C1F) 10:15 Aerobic Exercise Class (C1A) 11:00 Mnd Benders (C1A) 1:30 Entertainment: Ted Newman Singer (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Games (C1A)	9:00 Coffee and the Newspaper (C1A) 3 9:15 Go4Life Walking (C1F) 10:00 Friday Fitness (C1A) 11:00 Card Game of Choice (C1A) 1:45 SingFit: Fun Way to Sing your Favorite Songs (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 4 9:15 Go4Life Walking (C1F) 10:00 Sit and Be Fit Exercise (C1A) 11:00 Family Fued (C1A) 1:30 Balloon Volleyball with Noodles (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Club (C1L)
HAPPY BIRTHDAY GINA M. 5 9:00 Arizona Community Church Service at ACC (C1F) 9:15 Go4Life Walking (C1F) 10:00 Church Service at Sunrise with Arizona Community Church Media (C1A) 10:30 NO St. Benedict Church (sign-up at concierge desk) (C1F) 11:00 Coffee and the Sunday Newspaper (C1L) 11:00 Card Game of Choice with Nancy (C1A) 1:00 Spin Class - Independent Cycling (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Adult Coloring (C1L)	9:00 Coffee and the Newspaper (C1A) 6 9:15 Go4Life Walking (C1F) 9:30 Walmart Shopping Trip (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Chair Volleyball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 7 9:15 Go4Life Walking (C1F) 10:15 Simple Stretch/Meditation (C1A) 11:00 Independent Word Search (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Flower Arrangement for Dining Room (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 8 9:15 Go4Life Walking (C1F) 9:30 Catholic Communion (C1A) 10:15 Wednesday Morning Bible Study (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Documentary: Earths Natural Wonders - Wonders of Water (C1A) 2:30 Soda Social (C1A) 3:00 BAD Bingo Wednesday 25 Cents a Game! (C1A)	9:00 Coffee and the Newspaper (C1A) 9 9:15 Go4Life Walking (C1F) 10:15 Aerobic Exercise Class (C1A) 11:00 Mnd Benders (C1A) 1:15 Movie: 2018 "Nutcracker and the Four Realms" (1H39M) (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Games (C1A)	9:00 Coffee and the Newspaper (C1A) 10 9:15 Go4Life Walking (C1F) 10:00 Friday Fitness (C1A) 11:00 Crafty Corner with Cher (C1A) 1:30 Shadow Box Designing (C1A) 1:45 SingFit: Fun Way to Sing your Favorite Songs (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 11 9:15 Go4Life Walking (C1F) 10:00 Sit and Be Fit Exercise (C1A) 11:00 Show and Tell (C1A) 1:30 Bocci Ball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Club (C1L)
HAPPY BIRTHDAY JEAN H. 12 9:00 Arizona Community Church Service at ACC (C1F) 9:15 Go4Life Walking (C1F) 10:00 Church Service at Sunrise with Arizona Community Church Media (C1A) 10:30 St. Benedict Church (sign-up at concierge desk) (C1F) 11:00 Coffee and the Sunday Newspaper (C1L) 11:00 Card Game of Choice with Nancy (C1A) 1:00 Spin Class - Independent Cycling (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Adult Coloring (C1L)	9:00 Coffee and the Newspaper (C1A) 13 9:15 Go4Life Walking (C1F) 9:30 Shopping at Target (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Wii Bowling League (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 14 9:15 Go4Life Walking (C1F) 10:30 Art Class w/Barbara (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Flower Arrangement for Dining Room (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 15 9:15 Go4Life Walking (C1F) 9:30 Catholic Communion (C1A) 10:15 Wednesday Morning Bible Study (C1A) 11:00 Lunch Lunch Outing to your Favorite Restaurant (C1F) 1:00 Spin Class - Independent Cycling (C1A) 2:30 Soda Social (C1A) 3:00 BAD Bingo Wednesday 25 Cents a Game! (C1A)	HAPPY BIRTHDAY JUDITH K. 16 9:00 Coffee and the Newspaper (C1A) 9:15 Go4Life Walking (C1F) 10:15 Aerobic Exercise Class (C1A) 11:00 Mnd Benders (C1A) 1:30 Entertainment: Dave Marshall's Band (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Games (C1A)	HAPPY BIRTHDAY MERLIN G. 17 9:00 Coffee and the Newspaper (C1A) 9:15 Go4Life Walking (C1F) 10:00 Friday Fitness (C1A) 11:00 Collage Art (C1A) 1:45 SingFit: Fun Way to Sing your Favorite Songs (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 18 9:15 Go4Life Walking (C1F) 10:00 Sit and Be Fit Exercise (C1A) 11:00 Family Fued (C1A) 1:30 Balloon Noodle Volleyball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Club (C1L)
9:00 Arizona Community Church Service at ACC (C1F) 9:15 Go4Life Walking (C1F) 10:00 Church Service at Sunrise with Arizona Community Church Media (C1A) 10:30 St. Benedict Church (sign-up at concierge desk) (C1F) 11:00 Coffee and the Sunday Newspaper (C1L) 11:00 Card Game of Choice with Nancy (C1A) 1:00 Spin Class - Independent Cycling (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Adult Coloring (C1L)	9:00 Coffee and the Newspaper (C1A) 19 9:15 Go4Life Walking (C1F) 9:30 Walmart Shopping Trip (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Chair Volleyball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 20 9:15 Go4Life Walking (C1F) 9:30 Walmart Shopping Trip (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Chair Volleyball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 21 9:15 Go4Life Walking (C1F) 10:15 Simple Stretch/Meditation (C1A) 11:00 Resident Council Meeting (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Flower Arrangement for Dining Room (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	HAPPY BIRTHDAY ELLEN W. 22 9:00 Coffee and the Newspaper (C1A) 9:15 Go4Life Walking (C1F) 9:30 Catholic Communion (C1A) 10:15 Wednesday Morning Bible Study (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Chicken Foot Dominoes (C1A) 2:30 Soda Social (C1A) 3:00 BAD Bingo Wednesday 25 Cents a Game! (C1A)	9:00 Coffee and the Newspaper (C1A) 23 9:15 Go4Life Walking (C1F) 10:00 Artsy Smartsy - Hand Paper Casting Lesson (C1A) 1:30 Lecture By Ken Sorensen "Lewis Carroll" (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Games (C1A)	HAPPY BIRTHDAY BERNIECE D. 24 9:00 Coffee and the Newspaper (C1A) 9:15 Go4Life Walking (C1F) 10:00 Friday Fitness (C1A) 1:30 Jewelry Making for A Cause (C1A) 1:45 SingFit: Fun Way to Sing your Favorite Songs (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Puzzle Club (C1L)
9:00 Arizona Community Church Service at ACC (C1F) 9:15 Go4Life Walking (C1F) 10:00 Church Service at Sunrise with Arizona Community Church Media (C1A) 10:30 St. Benedict Church (sign-up at concierge desk) (C1F) 11:00 Coffee and the Sunday Newspaper (C1L) 11:00 Card Game of Choice with Nancy (C1A) 1:00 Spin Class - Independent Cycling (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Adult Coloring (C1L)	HAPPY BIRTHDAY ROBERT N. 26 9:00 Coffee and the Newspaper (C1A) 9:15 Go4Life Walking (C1F) 9:30 Shopping at Target (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Wii Bowling League (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 27 9:15 Go4Life Walking (C1F) 9:30 Shopping at Target (C1F) 10:15 Toning and Strengthening (C1A) 11:00 Mind Your Mind: Fun Mind Games to Improve your Brain (C1A) 1:30 Chair Volleyball (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 28 9:15 Go4Life Walking (C1F) 10:30 Art Class w/Barbara (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Flower Arrangement for Dining Room (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Jigsaw Puzzle Club (C1L)	9:00 Coffee and the Newspaper (C1A) 29 9:15 Go4Life Walking (C1F) 9:30 Catholic Communion (C1A) 10:15 Wednesday Morning Bible Study (C1A) 1:00 Spin Class - Independent Cycling (C1A) 1:30 Documentary: Earths Natural Wonders "Living Wonders" (C1A) 2:30 Soda Social (C1A) 3:00 BAD Bingo Wednesday 25 Cents a Game! (C1A)	9:00 Coffee and the Newspaper (C1A) 30 9:15 Go4Life Walking (C1F) 10:15 Aerobic Exercise Class (C1A) 11:00 Mnd Benders (C1A) 1:30 Entertainment Scottsdale StomperStampers (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:15 Word Search Games (C1A)	9:00 Coffee and the Newspaper (C1A) 31 9:15 Go4Life Walking (C1F) 10:00 Friday Fitness (C1A) 1:30 Jewelry Making for A Cause (C1A) 1:45 SingFit: Fun Way to Sing your Favorite Songs (C1A) 2:30 Soda Social (C1A) 3:00 Dime Bingo - Come Join One Hour of Fun! (C1A) 4:00 Puzzle Club (C1L)