

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro BP Back Patio DR Dining Room P Parlor R Reminiscence TC Terrace Club		9:30 Go4Life Walking Club (B) 1 10:00 Floral Arranging with Bernadette (B) 10:30 Bocce Ball Team 2 (AR) 2:30 Fun Time Bingo (B) 2:30 Shopping Outing: Walmart (B) 3:00 Whole Home Social (B) 4:00 Exercise Essentials (AR) 6:30 Classic Movie Night (AR)	9:30 Fitness Club with Janet (AR) 2 10:00 Poker Club with Manny (B) 1:00 Bocce Ball Club Team 1 (AR) 2:30 Music in Motion with Irby (TC) 3:00 Peanut Butter Crackers & Bingo Social (B) 4:00 Exercise Essentials (AR) 6:30 Documentary Movie Night (AR) 7:00 Go4Life Walking Club (B)	9:30 Go4Life Walking Club (B) 3 10:00 Bistro Bingo Club (B) 10:30 Lunch Outing: Olivios Trattoria 11:00 Bocce Ball Club Team 2 (AR) 3:00 Music Social with David Adelstein 4:00 Exercise Essentials (AR) 6:30 Romantic Comedy Movie Night (AR) 7:00 Hand Massages (B)	9:30 Go4Life Walking Club (B) 4 10:00 Blackjack Card Club with Angie (B) 1:30 Sunrise Singers with Marlene & Doreen (AR) 2:30 Manicures (AR) 3:00 Foot Committee with Chef Dennis (DR) 3:00 Wii Bowling with Norman (AR) 3:00 Beer, Pretzels and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Dramatic Movie Night (P) 6:30 Music and Meditation with George (AR)	9:30 Go4Life Walking Club (B) 5 10:00 Gardening Club (BP) 10:30 Fun Time Bingo (AR) 1:00 Bocce Ball Club Group 1 (AR) 3:00 Margarita, Chips, Salsa and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Western Movie Night (AR)
9:30 Go4Life Walking Club (B) 6 10:00 Spiritual Hour with Robert Ciago (AR) 2:30 Manicures (AR) 3:00 Root Beer Floats and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Mindful Meditation and Relaxation (P) 6:30 Cinema Greats Movie Night (AR)	9:30 Fitness Club with Janet (TC) 7 10:00 Daily Chronicles and Water Refreshers (B) 11:00 Blackjack Card Club (B) 3:00 Smoothies and Music Social (B) 4:00 Exercise Essentials (AR) 6:30 Comedy Movie Night (P) 6:30 Music and Meditation with George (AR) 7:00 Go4Life Walking Club (B)	Yom Kippur Begins at Sundown 9:30 Go4Life Walking Club (B) 8 10:00 Floral Arranging with Bernadette (B) 10:30 Bocce Ball Team 2 (AR) 2:30 Shopping Outing: Underwood Farms (B) 2:30 Fun Time Bingo (AR) 3:00 Whole Home Social (B) 4:00 Exercise Essentials (AR) 6:30 Classic Movie Night (AR)	Yom Kippur ends at Sunset 9:30 Fitness Club with Janet (AR) 9 10:00 Poker Club with Manny (B) 1:00 Bocce Ball Club Team 1 (AR) 2:00 Yom Kippur Services (AR) 3:00 Peanut Butter Crackers & Bingo Social (B) 4:00 Exercise Essentials (AR) 6:30 Documentary Movie Night (AR) 7:00 Go4Life Walking Club (B)	9:30 Go4Life Walking Club (B) 10 10:00 Bistro Bingo Club (B) 10:30 Lunch Outing: Red Szechuan Chinese 11:00 Bocce Ball Club Team 2 (AR) 3:00 Music Social with Bob Ryemon 4:00 Exercise Essentials (AR) 6:30 Romantic Comedy Movie Night (AR) 7:00 Hand Massages (B)	9:30 Go4Life Walking Club (B) 11 10:00 Blackjack Card Club with Angie (B) 1:30 Sunrise Singers with Marlene & Doreen (AR) 2:30 Manicures (AR) 3:00 Wii Bowling with Norman (AR) 3:00 Beer, Pretzels and Trivia Social (B) 3:30 Moorpark Football Game (B) 4:00 Exercise Essentials (AR) 6:30 Dramatic Movie Night (P) 6:30 Music and Meditation with George (AR)	9:30 Go4Life Walking Club (B) 12 10:00 Gardening Club (BP) 10:30 Fun Time Bingo (AR) 1:00 Bocce Ball Club Group 1 (AR) 3:00 Margarita, Chips, Salsa and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Western Movie Night (AR)
9:30 Go4Life Walking Club (B) 13 10:00 Spiritual Hour with Robert Ciago (AR) 10:30 Communion with St. Rose of Lima (AR) 1:30 Church Services with Pastor Doug (AR) 2:30 Manicures (AR) 3:00 Root Beer Floats and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Mindful Meditation and Relaxation (P) 6:30 Cinema Greats Movie Night (AR)	9:30 Fitness Club with Janet (TC) 14 10:00 Daily Chronicles and Water Refreshers (B) 10:30 Music in Motion with Irby (R) 11:00 Blackjack Card Club (B) 3:00 Smoothies and Music Social (B) 4:00 Exercise Essentials (AR) 6:30 Comedy Movie Night (P) 6:30 Music and Meditation with George (AR) 7:00 Go4Life Walking Club (B)	9:30 Go4Life Walking Club (B) 15 10:00 Floral Arranging with Bernadette (B) 10:30 Bocce Ball Team 2 (AR) 2:30 Shopping Outing: Target (B) 2:30 Fun Time Bingo (AR) 3:00 Whole Home Social (B) 4:00 Exercise Essentials (AR) 6:30 Classic Movie Night (AR)	9:30 Fitness Club with Janet (AR) 16 1:00 Bocce Ball Club Team 1 (AR) 3:00 Peanut Butter Crackers & Bingo Social (B) 4:00 Exercise Essentials (AR) 6:30 Documentary Movie Night (AR) 7:00 Go4Life Walking Club (B)	Happy Birthday Cleo D.! 9:30 Go4Life Walking Club (B) 17 10:30 Lunch Outing: Lazy Dog Restaurant 10:30 Bocce Ball Club Team 2 (AR) 1:30 Bistro Bingo Club (B) 3:00 Music Social with Lance Harmon 4:00 Exercise Essentials (AR) 6:30 Romantic Comedy Movie Night (AR) 7:00 Hand Massages (B)	9:30 Go4Life Walking Club (B) 18 10:00 Blackjack Card Club with Angie (B) 1:30 Sunrise Singers with Marlene & Doreen (AR) 2:30 Manicures (AR) 3:00 Wii Bowling with Norman (AR) 3:00 Beer, Pretzels and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Dramatic Movie Night (P) 6:30 Music and Meditation with George (AR)	9:30 Go4Life Walking Club (B) 19 10:00 Gardening Club (BP) 10:30 Fun Time Bingo (AR) 1:00 Bocce Ball Club Group 1 (AR) 3:00 Margarita, Chips, Salsa and Trivia Social (B) 4:00 Exercise Essentials (AR) 4:30 Homecoming Hoedown and Barbecue 6:30 Western Movie Night (AR)
9:30 Go4Life Walking Club (B) 20 10:00 Spiritual Hour with Robert Ciago (AR) 10:30 Communion with St. Rose of Lima (AR) 1:30 Church Services with Pastor Doug (AR) 2:30 Manicures (AR) 3:00 Root Beer Floats and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Mindful Meditation and Relaxation (P) 6:30 Cinema Greats Movie Night (AR)	9:30 Fitness Club with Janet (TC) 21 10:00 Daily Chronicles and Water Refreshers (B) 11:00 Blackjack Card Club (B) 3:00 Smoothies and Music Social (B) 4:00 Exercise Essentials (AR) 6:30 Comedy Movie Night (P) 6:30 Music and Meditation with George (AR) 7:00 Go4Life Walking Club (B)	9:30 Go4Life Walking Club (B) 22 10:00 Floral Arranging with Bernadette (B) 10:30 Bocce Ball Team 2 (AR) 2:30 Shopping Outing: 99 Cent Store (B) 2:30 Fun Time Bingo (AR) 3:00 Whole Home Social (B) 4:00 Exercise Essentials (AR) 6:30 Classic Movie Night (AR)	9:30 Fitness Club with Janet (AR) 23 10:00 Poker Club with Manny (B) 10:30 Assisted's Harvest Festival in T.O. (B) 1:00 Bocce Ball Club Team 1 (AR) 2:00 Resident Council (AR) 3:00 Peanut Butter Crackers & Bingo Social (B) 4:00 Exercise Essentials (AR) 6:30 Documentary Movie Night (AR) 7:00 Go4Life Walking Club (B)	Happy Birthday Gil T.! 9:30 Go4Life Walking Club (B) 24 10:30 Lunch Outing: Millie's Diner 10:30 Bocce Ball Club Team 2 (AR) 1:30 Bistro Bingo Club (B) 3:15 Music Social with Chard Hayward 4:30 Exercise Essentials (AR) 6:30 Romantic Comedy Movie Night (AR) 7:00 Hand Massages (B)	9:30 Go4Life Walking Club (B) 25 10:00 Blackjack Card Club with Angie (B) 1:30 Sunrise Singers with Marlene & Doreen (AR) 2:30 Manicures (AR) 3:00 Wii Bowling with Norman (AR) 3:00 Beer, Pretzels and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Dramatic Movie Night (P) 6:30 Music and Meditation with George (AR)	8:30 Walk to End Alzheimer's (B) 26 9:30 Go4Life Walking Club (B) 10:00 Gardening Club (BP) 10:30 Fun Time Bingo (AR) 1:00 Bocce Ball Club Group 1 (AR) 3:00 Margarita, Chips, Salsa and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Western Movie Night (AR)
9:30 Go4Life Walking Club (B) 27 10:00 Spiritual Hour with Robert Ciago (AR) 10:30 Communion with St. Rose of Lima (AR) 1:30 Church Services with Pastor Doug (AR) 2:30 Manicures (AR) 3:00 Root Beer Floats and Trivia Social (B) 4:00 Exercise Essentials (AR) 6:30 Mindful Meditation and Relaxation (P) 6:30 Cinema Greats Movie Night (AR)	9:30 Fitness Club with Janet (TC) 28 10:00 Daily Chronicles and Water Refreshers (B) 11:00 Blackjack Card Club (B) 2:00 Sweet Hour of Prayer w/Pastor Steve, Jeff and Norm (R) 3:00 Smoothies and Music Social (B) 4:00 Exercise Essentials (AR) 6:30 Comedy Movie Night (P) 6:30 Music and Meditation with George (AR) 7:00 Go4Life Walking Club (B)	9:30 Go4Life Walking Club (B) 29 10:00 Floral Arranging with Bernadette (B) 10:30 Bocce Ball Team 2 (AR) 2:30 Shopping Outing: 99 Cent Store (B) 2:30 Fun Time Bingo (AR) 3:00 Whole Home Social (B) 4:00 Exercise Essentials (AR) 6:30 Classic Movie Night (AR)	10:00 Poker Club with Manny (B) 30 1:00 Bocce Ball Club Team 1 (AR) 3:00 Peanut Butter Crackers & Bingo Social (B) 4:00 Exercise Essentials (AR) 6:30 Documentary Movie Night (AR) 7:00 Go4Life Walking Club (B)	Happy Halloween! 9:30 Go4Life Walking Club (B) 31 10:30 Lunch Outing: Red's Barbecue 10:30 Bocce Ball Club Team 2 (AR) 1:30 Bistro Bingo Club (B) 3:00 Music Social with David Gilchrist 4:00 Exercise Essentials (AR) 6:30 Romantic Comedy Movie Night (AR) 7:00 Hand Massages (B)	Dennis K. 10/01 Ida L. 10/05 Dolores M. 10/06 Isabela T-G 10/06 Teresa F. 10/15 Lorena G. 10/15 Andrew D. 10/17 Elsi N. 10/17 Natalie S. 10/21 Shaye M. 10/22 Ariana M. 10/26	Activities are subject to change due to unforeseen circumstances.

OCTOBER 2019
Assisted Living
 Sunrise at Wood Ranch (Simi Valley)
 190 Tierra Rejada Road, Simi Valley,
 CA 93065; 805-584-8881

LIVE WITH PURPOSE

