

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL Assisted Living DR Dining Room LR Living Room RP Reminiscence Patio TC Terrace Club		9:30 Parachute (DR) <b>1</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Animal Kingdom 2:00 Writer's Club 3:00 Whole Home Social: (DR) 3:30 Dice Game 6:30 Comedy Movie Night (LR)	9:30 Balloon Exercises <b>2</b> 10:00 Nail Spa and Hand Massages 10:30 Lunch Outing: Beeps Diner (AL) 10:30 Go4Life® Walking Club 11:00 White Board Games 1:30 SingFit® (LR) 2:30 Music in Motion with Irby (TC) 3:00 Peanut Butter Crackers & Bingo Social (DR) 6:30 Drama Movie Night (LR)	9:30 Chair Exercises <b>3</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 1:30 Around the World (LR) 2:00 White Board Games 3:00 Music Social with David Adelstein (DR) 3:00 Nail Spa 6:30 Romantic Movie Night (LR)	<b>Happy Birthday Barbara R!</b> <b>4</b> 9:30 Soccer (DR) 10:00 Nail Spa 10:30 Go4Life® Walking Club (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 2:30 Scenic Adventure to Underwood Farms 2:30 Food Committee with Chef Dennis (AL) 3:00 Beer, Pretzel and Trivia Social (DR) 6:30 Musical Movie Night (LR)	9:30 Art w/Christian <b>5</b> 10:00 Morning Exercises (DR) 10:30 Go4Life® Walking Club (DR) 1:30 White Board Games 2:00 Bingo 2:30 Reminiscence w/Brenna 3:00 Margarita, Chips and Salsa Social (DR) 6:30 Resident's Choice Movie Night (LR)
9:30 Balloon Exercises <b>6</b> 10:00 Nail Spa and Hand Massages 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Devotions 3:00 Root Beer Floats and Trivia Social (DR) 6:30 Classic Movie Night (LR)	9:30 Morning Exercises <b>7</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club 1:30 Sequoia Trivia 2:00 Tree Poem 3:00 Smoothies and Music Social (DR) 3:00 Christmas Fundraiser 3:30 A-Z Food Brainstorm 6:30 Western Movie Night (LR)	<b>Yom Kippur Begins At Sundown</b> <b>8</b> 9:30 Parachute (DR) 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Animal Kingdom 2:00 Writer's Club 2:30 A-Z Brainstorming 3:00 Whole Home Social: (DR) 3:30 Dice Game 6:30 Comedy Movie Night (LR)	<b>Yom Kippur ends at Sunset</b> <b>9</b> 9:30 Balloon Exercises 10:00 Nail Spa and Hand Massages 10:30 Lunch Outing: Lazy Dog Restaurant (AL) 10:30 Go4Life® Walking Club 11:00 Christmas Fundraiser 1:00 Brainstorming 2:00 Yom Kippur Services (AL) 3:00 Peanut Butter Crackers & Bingo Social (DR) 6:30 Drama Movie Night (LR)	9:30 Chair Exercises <b>10</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 11:00 Piano w/George 1:30 Around the World (LR) 2:00 White Board Games 3:00 Music Social with Bob Ryemon (DR) 3:00 Nail Spa 6:30 Romantic Movie Night (LR)	<b>Happy Birthday Lillian R!</b> <b>11</b> 9:30 Soccer (DR) 10:00 Nail Spa 10:30 Go4Life® Walking Club (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 2:30 Scenic Adventure 3:00 Beer, Pretzel and Trivia Social (DR) 6:30 Musical Movie Night (LR)	9:30 Art w/Christian <b>12</b> 10:00 Morning Exercises (DR) 10:00 Family & Friends Support Group (TC) 10:30 Go4Life® Walking Club (DR) 1:30 White Board Games 2:00 Bingo 2:30 Reminiscence w/Brenna 3:00 Margarita, Chips and Salsa Social (DR) 6:30 Resident's Choice Movie Night (LR)
9:30 Balloon Exercises <b>13</b> 10:00 Nail Spa and Hand Massages 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Go4Life® Walking Club (DR) 10:30 Communion with St. Rose of Lima 11:00 Book Club 1:30 Devotions 3:00 Root Beer Floats and Trivia Social (DR) 3:00 Spiritual Hour with Pastor Doug 6:30 Classic Movie Night (LR)	9:30 Morning Exercises <b>14</b> 10:00 Nail Spa and Hand Massages 10:30 Music in Motion with Irby (DR) 10:30 Go4Life® Walking Club 1:30 Bingo 3:00 Balloon Exercises 3:00 Smoothies and Music Social (DR) 6:30 Western Movie Night (LR)	<b>Happy Birthday Claudine S.!</b> <b>15</b> 9:30 Parachute (DR) 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Animal Kingdom 2:00 Writer's Club 3:00 Whole Home Social: (DR) 3:30 Dice Game 6:30 Comedy Movie Night (LR)	9:30 Balloon Exercises <b>16</b> 10:00 Nail Spa and Hand Massages 10:30 Lunch Outing: Santa Susana Cafe (AL) 10:30 Go4Life® Walking Club 11:00 White Board Games 1:30 SingFit® (LR) 3:00 Peanut Butter Crackers & Bingo Social (DR) 6:30 Drama Movie Night (LR)	9:30 Chair Exercises <b>17</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club (DR) 11:00 Piano w/George 1:30 Around the World (LR) 2:00 White Board Games 3:00 Music Social with Lance Harmon (DR) 3:00 Nail Spa 6:30 Romantic Movie Night (LR)	9:30 Soccer (DR) <b>18</b> 10:00 Nail Spa 10:30 Go4Life® Walking Club (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 2:30 Scenic Adventure 3:00 Beer, Pretzel and Trivia Social (DR) 6:30 Musical Movie Night (LR)	9:30 Art w/Christian <b>19</b> 10:00 Morning Exercises (DR) 10:30 Go4Life® Walking Club (DR) 1:30 White Board Games 2:00 Bingo 2:30 Reminiscence w/Brenna 3:00 Margarita, Chips and Salsa Social (DR) 4:30 Homecoming Hoedown and Barbecue 6:30 Resident's Choice Movie Night (LR)
9:30 Balloon Exercises <b>20</b> 10:00 Nail Spa and Hand Massages 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Go4Life® Walking Club (DR) 10:30 Communion with St. Rose of Lima 11:00 Book Club 1:30 Devotions 3:00 Root Beer Floats and Trivia Social (DR) 3:00 Spiritual Hour with Pastor Doug 6:30 Classic Movie Night (LR)	9:30 Morning Exercises <b>21</b> 10:00 Nail Spa and Hand Massages 10:30 Go4Life® Walking Club 11:00 Dice Game (DR) 1:30 SingFit® 2:15 Community Service Corner: Samaritan Center (AL) 3:00 Smoothies and Music Social (DR) 3:00 Christmas Fundraiser 6:30 Western Movie Night (LR)	9:30 Parachute (DR) <b>22</b> 9:30 Baking 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Animal Kingdom 2:00 Writer's Club 3:00 Whole Home Social: (DR) 3:30 Dice Game 6:30 Comedy Movie Night (LR)	9:30 Balloon Exercises <b>23</b> 9:30 Baking 10:30 Assisted's Harvest Festival in T.O. (AL) 10:30 Go4Life® Walking Club 11:00 White Board Games 1:30 SingFit® (LR) 2:00 Resident Council (AL) 3:00 Peanut Butter Crackers & Bingo Social (DR) 6:30 Drama Movie Night (LR)	9:30 Chair Exercises <b>24</b> 9:30 Baking 10:30 Go4Life® Walking Club (DR) 11:00 Piano w/George 1:30 Around the World (LR) 2:00 White Board Games 3:00 Music Social with Chard Hayward (DR) 3:00 Nail Spa 6:30 Romantic Movie Night (LR)	9:30 Soccer (DR) <b>25</b> 10:00 Nail Spa 10:30 Go4Life® Walking Club (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 2:30 Scenic Adventure 3:00 Beer, Pretzel and Trivia Social (DR) 6:30 Musical Movie Night (LR)	8:30 Walk to End Alzheimer's (AL) <b>26</b> 9:30 Art w/Christian 10:00 Morning Exercises (DR) 10:30 Go4Life® Walking Club (DR) 1:30 White Board Games 2:00 Bingo 2:30 Reminiscence w/Brenna 3:00 Margarita, Chips and Salsa Social (DR) 6:30 Resident's Choice Movie Night (LR)
9:30 Balloon Exercises <b>27</b> 10:00 Spiritual Hour with Robert Ciago (AL) 10:00 Nail Spa 10:30 Go4Life® Walking Club (DR) 10:30 Communion with St. Rose of Lima 11:00 Book Club 11:30 Girl Scouts Pass Out Candy (DR) 1:30 Devotions 3:00 Root Beer Floats and Trivia Social (DR) 3:00 Spiritual Hour with Pastor Doug 6:30 Classic Movie Night (LR)	9:30 Morning Exercises <b>28</b> 10:00 Nail Spa 10:30 Go4Life® Walking Club 11:00 Dice Game (DR) 1:30 SingFit® 2:00 Sweet Hour of Prayer w/Pastor Steve, Jeff and Norm 3:00 Afternoon Exercises 3:00 Smoothies and Music Social (DR) 6:30 Trick or Treat Bingo Family Night 6:30 Western Movie Night (LR)	9:30 Parachute (DR) <b>29</b> 9:30 Baking 10:30 Go4Life® Walking Club (DR) 11:00 Book Club 1:30 Animal Kingdom 2:00 Writer's Club 3:00 Whole Home Social: (DR) 3:30 Dice Game 6:30 Comedy Movie Night (LR)	9:30 Balloon Exercises <b>30</b> 9:30 Baking 10:30 Lunch Outing: In and Out Burger (AL) 10:30 Go4Life® Walking Club 11:00 White Board Games 1:30 SingFit® (LR) 3:00 Peanut Butter Crackers & Bingo Social (DR) 6:30 Drama Movie Night (LR)	<b>Happy Halloween!</b> <b>31</b> 9:30 Chair Exercises (DR) 9:30 Baking 10:30 Go4Life® Walking Club (DR) 11:00 Piano w/George 1:30 Around the World (LR) 2:00 White Board Games 3:00 Music Social with David Gilchrist (DR) 3:00 Nail Spa 6:30 Romantic Movie Night (LR)	<b>Dennis K.</b> 10/01 <b>Ida L.</b> 10/05 <b>Dolores M.</b> 10/06 <b>Isabela T-G</b> 10/06 <b>Teresa F.</b> 10/15 <b>Lorena G.</b> 10/15 <b>Andrew D.</b> 10/17 <b>Elsi N.</b> 10/17 <b>Natalie S.</b> 10/21 <b>Shaye M.</b> 10/22 <b>Ariana M.</b> 10/26	Activities are subject to change due to unforeseen circumstances.

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

LIVE WITH PURPOSE

 **SUNRISE SENIOR LIVING**