

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL Assisted Living AR Activity Room DR Dining Room LR Living Room R Reminiscence TCP Terrace Club Patio		9:30 Go4Life® Walking Club (LR) 1 10:00 Art Club (LR) 10:30 Craft Maker's Corner (DR) 2:30 Meet Me at MOMA (LR) 3:00 Whole Home Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Rom/Com Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AL) 2 10:30 SingFit (DR) 2:30 Music in Motion with Irby (LR) 3:00 Peanut Butter Crackers & Bingo Social (LR) 3:30 SingFit® (AR) 4:00 Go4Life Walking Club (DR) 6:30 Piano Music with George (AR) 7:30 Daily Reflections (LR) 8:30 Classic Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 3 10:00 Morning Manicures & Hand Massages (DR) 10:30 Saint Rose of Lima (AL) 11:00 Crafters Corner (DR) 1:45 Hang Man (LR) 3:00 Music Social with David Adelstein 3:45 Bean Bag Toss (LR) 6:30 Music Time (LR) 7:00 Drama Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 4 10:00 Daily Chronicles & Flavored Water Refreshers (TCP) 10:30 Bakers Club with Farrah (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 2:30 Food Committee with Chef Dennis (AL) 3:00 Beer, Pretzel and Trivia Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Thriller Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 5 10:30 Tea Time with Farrah (AR) 10:30 Fun Time Bingo (DR) 11:00 Jengal (DR) 1:15 Painting With Water Colors (DR) 2:15 Talking Good News with William (LR) 3:00 Margarita, Chips and Salsa Social (LR) 4:00 Balloon Volleyball Club (AR) 7:30 Daily Reflections (LR) 8:30 Sports Movie Night w/Popcom (LR)
9:00 Bible Study with Pastor Doug (AL) 6 9:30 Go4Life® Walking Club (LR) 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Communion with St. Rose of Lima (LR) 11:00 White Board Word Games (LR) 1:30 Memory Cafe (AR) 1:45 Fun Time Bingo (DR) 2:30 Fun Time Parlor Games (DR) 3:30 News Currents (LR) 4:00 Exercise Essentials (LR) 6:30 Music Time (LR) 8:30 Comedy Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AR) 7 10:00 Morning Manicures & Hand Massages (DR) 10:30 Bakers Club with Farrah (DR) 1:45 Hang Man (AL) 2:30 Learn to Draw (DR) 2:30 Scenic Adventure (AL) 3:00 Smoothies and Music Social (LR) 4:00 Go4Life Walking Club (DR) 7:30 Daily Reflections (LR) 8:30 Comedy Movie Night w/Popcom (DR)	Yom Kippur Begins At Sundown 9:30 Go4Life® Walking Club (LR) 8 10:00 Art Club (LR) 10:30 Craft Maker's Corner (DR) 2:30 Meet Me at MOMA (LR) 3:00 Whole Home Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Rom/Com Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AL) 9 10:30 SingFit (DR) 3:00 Peanut Butter Crackers & Bingo Social (LR) 3:30 SingFit® (AR) 4:00 Go4Life Walking Club (DR) 6:30 Piano Music with George (AR) 7:30 Daily Reflections (LR) 8:30 Classic Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 10 10:00 Morning Manicures & Hand Massages (DR) 10:30 Saint Rose of Lima (AL) 11:00 Crafters Corner (DR) 1:45 Hang Man (LR) 3:00 Music Social with Bob Ryerson 3:45 Bean Bag Toss (LR) 6:30 Music Time (LR) 7:00 Drama Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 11 10:00 Daily Chronicles & Flavored Water Refreshers (TCP) 10:30 Bakers Club with Farrah (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 3:00 Beer, Pretzel and Trivia Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Thriller Movie Night w/Popcom (LR)	Happy Birthday Mary Jo J! 9:30 Go4Life® Walking Club (LR) 12 10:00 Family & Friends Support Group (AR) 10:30 Tea Time with Farrah (AR) 10:30 Fun Time Bingo (DR) 11:00 Jengal (DR) 1:15 Painting With Water Colors (DR) 2:15 Talking Good News with William (LR) 3:00 Margarita, Chips and Salsa Social (LR) 4:00 Balloon Volleyball Club (AR) 7:30 Daily Reflections (LR) 8:30 Sports Movie Night w/Popcom (LR)
9:00 Bible Study with Pastor Doug (AL) 13 9:30 Go4Life® Walking Club (LR) 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Communion with St. Rose of Lima (LR) 11:00 White Board Word Games (LR) 1:45 Fun Time Bingo (DR) 2:30 Fun Time Parlor Games (DR) 3:30 News Currents (LR) 4:00 Exercise Essentials (LR) 6:30 Music Time (LR) 8:30 Comedy Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AR) 14 10:00 Morning Manicures & Hand Massages (DR) 10:30 Bakers Club with Farrah (DR) 1:45 Hang Man (AL) 2:30 Learn to Draw (DR) 2:30 Scenic Adventure (AL) 3:00 Smoothies and Music Social (LR) 4:00 Go4Life Walking Club (DR) 7:30 Daily Reflections (LR) 8:30 Comedy Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 15 10:00 Art Club (LR) 10:30 Craft Maker's Corner (DR) 2:30 Meet Me at MOMA (LR) 3:00 Whole Home Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Rom/Com Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AL) 16 10:30 SingFit (DR) 12:00 Red Hat Society Lunch (DR) 3:00 Peanut Butter Crackers & Bingo Social (LR) 3:30 SingFit® (AR) 4:00 Go4Life Walking Club (DR) 6:30 Piano Music with George (AR) 7:30 Daily Reflections (LR) 8:30 Classic Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 17 10:00 Morning Manicures & Hand Massages (DR) 10:30 Saint Rose of Lima (AL) 11:00 Crafters Corner (DR) 1:45 Hang Man (LR) 3:00 Music Social with Lance Harmon 3:45 Bean Bag Toss (LR) 6:30 Music Time (LR) 7:00 Drama Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 18 10:00 Daily Chronicles & Flavored Water Refreshers (TCP) 10:30 Bakers Club with Farrah (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 3:00 Beer, Pretzel and Trivia Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Thriller Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 19 10:30 Tea Time with Farrah (AR) 10:30 Fun Time Bingo (DR) 11:00 Jengal (DR) 1:15 Painting With Water Colors (DR) 2:15 Talking Good News with William (LR) 3:00 Margarita, Chips and Salsa Social (LR) 4:00 Balloon Volleyball Club (AR) 4:30 Homecoming Hoodown and Barbecue (AR) 7:30 Daily Reflections (LR) 8:30 Sports Movie Night w/Popcom (LR)
9:00 Bible Study with Pastor Doug (AL) 20 9:30 Go4Life® Walking Club (LR) 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Communion with St. Rose of Lima (LR) 11:00 White Board Word Games (LR) 1:45 Fun Time Bingo (DR) 2:30 Fun Time Parlor Games (DR) 3:30 News Currents (LR) 4:00 Exercise Essentials (LR) 6:30 Music Time (LR) 8:30 Comedy Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AR) 21 10:00 Morning Manicures & Hand Massages (DR) 10:30 Bakers Club with Farrah (DR) 1:45 Hang Man (AL) 2:30 Learn to Draw (DR) 2:30 Scenic Adventure (AL) 3:00 Smoothies and Music Social (LR) 4:00 Go4Life Walking Club (DR) 7:30 Daily Reflections (LR) 8:30 Comedy Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 22 10:00 Art Club (LR) 10:30 Craft Maker's Corner (DR) 2:30 Meet Me at MOMA (LR) 3:00 Whole Home Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Rom/Com Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AL) 23 10:30 SingFit (DR) 10:30 Assisted's Harvest Festival in T.O. (AL) 10:30 Scrap Booking and Memories with Darleen (DR) 10:30 SingFit (DR) 2:00 Resident Council (AL) 3:00 Peanut Butter Crackers & Bingo Social (LR) 3:30 SingFit® (AR) 4:00 Go4Life Walking Club (DR) 6:30 Piano Music with George (AR) 7:30 Daily Reflections (LR) 8:30 Classic Movie Night w/Popcom (LR)	9:30 Go4Life® Walking Club (LR) 24 10:00 Morning Manicures & Hand Massages (DR) 10:30 Saint Rose of Lima (AL) 11:00 Crafters Corner (DR) 1:45 Hang Man (LR) 3:00 Music Social with Chard Hayward 3:45 Bean Bag Toss (LR) 6:30 Music Time (LR) 7:00 Drama Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 25 10:00 Daily Chronicles & Flavored Water Refreshers (TCP) 10:30 Bakers Club with Farrah (DR) 1:30 Sunrise Singers with Marlene & Doreen (AL) 3:00 Beer, Pretzel and Trivia Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Thriller Movie Night w/Popcom (LR)	8:30 Walk to End Alzheimer's (AL) 26 9:30 Go4Life® Walking Club (LR) 10:30 Tea Time with Farrah (AR) 10:30 Fun Time Bingo (DR) 11:00 Jengal (DR) 1:15 Painting With Water Colors (DR) 2:15 Talking Good News with William (LR) 3:00 Margarita, Chips and Salsa Social (LR) 4:00 Balloon Volleyball Club (AR) 7:30 Daily Reflections (LR) 8:30 Sports Movie Night w/Popcom (LR)
9:00 Bible Study with Pastor Doug (AL) 27 9:30 Go4Life® Walking Club (LR) 10:00 Spiritual Hour with Robert Ciago (AL) 10:30 Communion with St. Rose of Lima (LR) 11:00 White Board Word Games (LR) 1:45 Fun Time Bingo (DR) 2:30 Fun Time Parlor Games (DR) 3:30 News Currents (LR) 4:00 Exercise Essentials (LR) 6:30 Music Time (LR) 8:30 Comedy Movie Night w/Popcom (LR)	9:30 Fitness Club with Janet (AR) 28 10:00 Morning Manicures & Hand Massages (DR) 10:30 Bakers Club with Farrah (DR) 1:45 Hang Man (AL) 2:00 Sweet Hour of Prayer w/Pastor Steve, Jeff and Norm (R) 2:30 Learn to Draw (DR) 2:30 Scenic Adventure (AL) 3:00 Smoothies and Music Social (LR) 4:00 Go4Life Walking Club (DR) 7:30 Daily Reflections (LR) 8:30 Comedy Movie Night w/Popcom (DR)	9:30 Go4Life® Walking Club (LR) 29 10:00 Art Club (LR) 10:30 Craft Maker's Corner (DR) 2:30 Meet Me at MOMA (LR) 3:00 Whole Home Social (LR) 4:00 Exercise Essentials (LR) 7:30 Daily Reflections (LR) 8:30 Rom/Com Movie Night w/Popcom (LR)	10:30 SingFit (DR) 30 3:00 Peanut Butter Crackers & Bingo Social (LR) 3:30 SingFit® (AR) 4:00 Go4Life Walking Club (DR) 6:30 Piano Music with George (AR) 7:30 Daily Reflections (LR) 8:30 Classic Movie Night w/Popcom (LR)	Happy Halloween! 9:30 Go4Life® Walking Club (LR) 31 10:00 Morning Manicures & Hand Massages (DR) 10:30 Saint Rose of Lima (AL) 11:00 Crafters Corner (DR) 1:45 Hang Man (LR) 3:00 Music Social with David Gilchrist 3:45 Bean Bag Toss (LR) 6:30 Music Time (LR) 7:00 Drama Movie Night w/Popcom (DR)	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
Terrace Club
 Sunrise at Wood Ranch (Simi Valley)
 190 Tierra Rejada Road, Simi Valley,
 CA 93065; 805-584-8881

LIVE WITH PURPOSE



SUNRISE SENIOR LIVING