B Bistro
BA Back Sitting Area
FA Front Sitting Area
K Kitchen
LR Living Room
SP Sun Porch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 Exercise Essentials With Dorothy (LR) 10:30 Preparing Snacks w/Geraldine (K) 10:30 Life Skills with Andrea (LR) 11:30 Laughter Yoga w/Dorothy (LR) 1:30 Art Class With Cielo 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:00 Walking Club with Joan (FA) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 2:30 Sing Along with the Care Managers (Living Room) 3:15 Afternoon Social with Care Managers (LR) 3:30 Coloring Club with Igor (Kitchen) 3:30 Flower Arranging with Audeliz (K) 4:00 Puzzles With Joan (Back Room) 6:30 Wheel of Fortune TV Game with the Care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**2** 9:45 **Holy Communion Service With Sheila (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:30 Hair-Do's With Clomene (BA) 10:45 Art Appreciation With Debbie (LR) 10:45 Gardening Club with Lourdes (K) 11:00 Current Events /Newspaper Overlook with Deborah (BA) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Art Workshop with Cielo 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Puzzles with Joan (FA) 3:30 Arts & Crafts with Sandra (K) 4:00 Laughter Yoga with Dorothy (LR) 6:30 Sing-Along with Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**3** 10:15 Exercise Essentials w/ Dorothy (LR) 10:30 Scenic Drive with Lourdes (FA) 10:45 Arts & Crafts with Deborah (FA) 11:15 Sorting Games With Dorothy (LR) 1:30 SingFit with Dorothy (LR) 2:00 Walking Club with Gina (FA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Trivia with Shay (K) 6:30 Family Fued with the Care Managers (LR) 7:00 Evening Meditation with Elodia (LR) 7:30 Evening Social With Care Managers (LR)	**4** 10:00 Exercise Essentials With Liz (LR) 11:00 Garden Club with Lourdes (K) 11:00 Sing Along with Beatrice (LR) 1:45 ***Musical Shabbat with Howard 2:00 Daily Cronicle with Liz (LR) 2:30 Laughter Yoga with Linda (LR) 2:30 Reminiscing with the Senses with Liz (LR) 3:15 Afternoon Social with Care Managers (LR) 3:30 Finishing Phrases with Alma (LR) 3:30 Sort and Fold with Gina (K) 4:30 Music With Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**5** 10:00 Exercise Essentials With Liz (LR) 10:30 Scenic Drive with Ali (BA) 11:00 Manicures and Massages With Clomene (LR) 11:15 Art Expressions Program with Liz & Lourdes (BA) 11:30 Laughter Yoga with Linda (LR) 1:30 SingFit with Liz (LR) 2:00 Walking Club with Natalia (BA) 2:00 Daily Cronicle with Liz (LR) 2:30 One-on-One Activities with Liz (BA) 3:00 Dot Art with Gina (K) 3:00 Bingo With Shay (LR) 3:15 Afternoon Social with Care Managers (LR) 4:00 Dominos Club with Audelize (BA) 4:00 Dominos Club with Audelize (BA) 4:30 Puzzles With Sandra (LR) 6:30 Family Fued/Relaxation (Aroma Therapy) with the Care Managers 7:30 Evening Social With Care Managers (LR)
6 9:30 Mass on TV or Mass at Our Lady of Grace With Ali (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:15 Crafts With Deborah (BA) 10:45 Tea Cub & Current Events with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:15 Finishing Phrases & Trivia with Maria (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Tea Time with Carol (K) 4:00 Reminiscing with Pictures With Igor (BA) 6:30 Oldies Comedy Show with Carol (LR) 7:00 Fun Facts Sandra (LR) 7:30 Evening Social With Care Managers (LR)	**7** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Music with Guitar Joe (Living Room) 11:00 Jewelry Making with Deborah (BA) 11:30 Train Your Brain-Mind Game with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Singfit with Ali (BA) 2:00 Life Skills With Andrea (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Manicures and Massages With Elodia (K) 4:00 Laughter Yoga with Dorothy (BA) 6:30 Evening Movie with the care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**8** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Preparing Snacks w/Geraldine (K) 10:30 Life Skills with Andrea (LR) 11:30 Laughter Yoga w/Dorothy (LR) 1:30 Art Class With Cielo (B) 2:00 Walking Club with Joan (FA) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 2:30 Sing Along with the Care Managers (Living Room) 3:15 Afternoon Social with Care Managers (LR) 3:30 Coloring Club with Igor (Kitchen) 3:30 Flower Arranging with Audeliz (K) 4:00 Puzzles With Joan (Back Room) 6:30 Wheel of Fortune TV Game with the Care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**9** 9:45 **Holy Communion Service With Sheila (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:30 Hair-Do's With Clomene (BA) 10:45 Art Appreciation With Debbie (LR) 10:45 Gardening Club with Lourdes (K) 11:00 Current Events /Newspaper Overlook with Deborah (BA) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Puzzles with Joan (FA) 3:30 Arts & Crafts with Sandra (K) 4:00 Laughter Yoga with Dorothy (LR) 6:30 Sing-Along with Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**10** 10:15 Exercise Essentials w/ Dorothy (LR) 10:30 Scenic Drive with Lourdes (FA) 10:45 Arts & Crafts with Deborah (FA) 11:15 Sorting Games With Dorothy (LR) 1:30 SingFit with Dorothy (LR) 2:00 Walking Club with Gina (FA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Trivia with Shay (K) 6:30 Family Fued with the Care Managers (LR) 7:00 Evening Meditation with Elodia (LR) 7:30 Evening Social With Care Managers (LR)	**11** 10:00 Exercise Essentials With Liz (LR) 11:00 Garden Club with Lourdes (K) 11:00 Sing Along with Beatrice (LR) 1:45 ***Shabbat with Cantor Howard*** 1:45 MusicalShabbat with Cantor Howard 2:00 Daily Cronicle with Liz (LR) 2:30 Laughter Yoga with Linda (LR) 2:30 Reminiscing with the Senses with Liz (LR) 3:15 Afternoon Social with Care Managers (LR) 3:30 Finishing Phrases with Alma (LR) 3:30 Sort and Fold with Gina (K) 4:30 Music With Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**12** 10:00 Exercise Essentials With Liz (LR) 10:30 Scenic Drive with Ali (BA) 11:00 Manicures and Massages With Clomene (LR) 11:15 Art Expressions Program with Liz & Lourdes (BA) 11:30 Laughter Yoga with Linda (LR) 1:30 SingFit with Liz (LR) 2:00 Walking Club with Natalia (BA) 2:00 Daily Cronicle with Liz (LR) 2:30 One-on-One Activities with Liz (BA) 3:00 Dot Art with Gina (K) 3:00 Bingo With Shay (LR) 3:15 Afternoon Social with Care Managers (LR) 4:00 Dominos Club with Audelize (BA) 4:00 Dominos Club with Audelize (BA) 4:30 Puzzles With Sandra (LR) 6:30 Family Fued/Relaxation (Aroma Therapy) with the Care Managers 7:30 Evening Social With Care Managers (LR)
13 9:30 Mass on TV or Mass at Our Lady of Grace With Ali (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:15 Crafts With Deborah (BA) 10:45 Tea Cub & Current Events with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:15 Finishing Phrases & Trivia with Maria (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Tea Time with Carol (K) 4:00 Reminiscing with Pictures With Igor (BA) 6:30 Oldies Comedy Show with Carol (LR) 7:00 Fun Facts Sandra (LR) 7:30 Evening Social With Care Managers (LR)	**14** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Music with Guitar Joe (Living Room) 11:00 Jewelry Making with Deborah (BA) 11:30 Train Your Brain-Mind Game with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Singfit with Ali (BA) 2:00 Life Skills With Andrea (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Manicures and Massages With Elodia (K) 4:00 Laughter Yoga with Dorothy (BA) 6:30 Evening Movie with the care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**15** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Preparing Snacks w/Geraldine (K) 10:30 Life Skills with Andrea (LR) 11:30 Laughter Yoga w/Dorothy (LR) 1:30 Art Class With Cielo 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:00 Walking Club with Joan (FA) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 2:30 Sing Along with the Care Managers (Living Room) 3:15 Afternoon Social with Care Managers (LR) 3:30 Coloring Club with Igor (Kitchen) 3:30 Flower Arranging with Audeliz (K) 4:00 Puzzles With Joan (Back Room) 6:30 Wheel of Fortune TV Game with the Care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**16** 9:45 **Holy Communion Service With Sheila (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:30 Hair-Do's With Clomene (BA) 10:45 Art Appreciation With Debbie (LR) 10:45 Gardening Club with Lourdes (K) 11:00 Current Events /Newspaper Overlook with Deborah (BA) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Art Workshop with Cielo 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Puzzles with Joan (FA) 3:30 Arts & Crafts with Sandra (K) 4:00 Laughter Yoga with Dorothy (LR) 6:30 Sing-Along with Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**17** 10:15 Exercise Essentials w/ Dorothy (LR) 10:30 Scenic Drive with Lourdes (FA) 10:45 Arts & Crafts with Deborah (FA) 11:15 Sorting Games With Dorothy (LR) 1:30 SingFit with Dorothy (LR) 2:00 Walking Club with Gina (FA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Trivia with Shay (K) 6:30 Family Fued with the Care Managers (LR) 7:00 Evening Meditation with Elodia (LR) 7:30 Evening Social With Care Managers (LR)	**18** 10:00 Exercise Essentials With Liz (LR) 11:00 Garden Club with Lourdes (K) 11:00 Sing Along with Beatrice (LR) 1:45 ***Musical Shabbat with Howard 2:00 Daily Cronicle with Liz (LR) 2:30 Laughter Yoga with Linda (LR) 2:30 Reminiscing with the Senses with Liz (LR) 3:15 Afternoon Social with Care Managers (LR) 3:30 Finishing Phrases with Alma (LR) 3:30 Sort and Fold with Gina (K) 4:30 Music With Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**19** 10:00 Exercise Essentials With Liz (LR) 10:30 Scenic Drive with Ali (BA) 11:00 Manicures and Massages With Clomene (LR) 11:15 Art Expressions Program with Liz & Lourdes (BA) 11:30 Laughter Yoga with Linda (LR) 1:30 SingFit with Liz (LR) 2:00 Walking Club with Natalia (BA) 2:00 Daily Cronicle with Liz (LR) 2:30 One-on-One Activities with Liz (BA) 3:00 Dot Art with Gina (K) 3:00 Bingo With Shay (LR) 3:15 Afternoon Social with Care Managers (LR) 4:00 Dominos Club with Audelize (BA) 4:00 Dominos Club with Audelize (BA) 4:30 Puzzles With Sandra (LR) 6:30 Family Fued/Relaxation (Aroma Therapy) with the Care Managers 7:30 Evening Social With Care Managers (LR)
20 9:30 Mass on TV or Mass at Our Lady of Grace With Ali (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:15 Crafts With Deborah (BA) 10:45 Tea Cub & Current Events with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:15 Finishing Phrases & Trivia with Maria (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Tea Time with Carol (K) 4:00 Reminiscing with Pictures With Igor (BA) 6:30 Oldies Comedy Show with Carol (LR) 7:00 Fun Facts Sandra (LR) 7:30 Evening Social With Care Managers (LR)	**21** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Music with Guitar Joe (Living Room) 11:00 Jewelry Making with Deborah (BA) 11:30 Train Your Brain-Mind Game with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Singfit with Ali (BA) 2:00 Life Skills With Andrea (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Manicures and Massages With Elodia (K) 4:00 Laughter Yoga with Dorothy (BA) 6:30 Evening Movie with the care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**22** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Preparing Snacks w/Geraldine (K) 10:30 Life Skills with Andrea (LR) 11:30 Laughter Yoga w/Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Art Class With Cielo (B) 2:00 Walking Club with Joan (FA) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 2:30 Sing Along with the Care Managers (Living Room) 3:15 Afternoon Social with Care Managers (LR) 3:30 Coloring Club with Igor (Kitchen) 3:30 Flower Arranging with Audeliz (K) 4:00 Puzzles With Joan (Back Room) 6:30 Wheel of Fortune TV Game with the Care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**23** 9:45 **Holy Communion Service With Sheila (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:30 Hair-Do's With Clomene (BA) 10:45 Art Appreciation With Debbie (LR) 10:45 Gardening Club with Lourdes (K) 11:00 Current Events /Newspaper Overlook with Deborah (BA) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Puzzles with Joan (FA) 3:30 Arts & Crafts with Sandra (K) 4:00 Laughter Yoga with Dorothy (LR) 6:30 Sing-Along with Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**24** 10:15 Exercise Essentials w/ Dorothy (LR) 10:30 Scenic Drive with Lourdes (FA) 10:45 Arts & Crafts with Deborah (FA) 11:15 Sorting Games With Dorothy (LR) 1:30 SingFit with Dorothy (LR) 2:00 Walking Club with Gina (FA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Trivia with Shay (K) 6:30 Family Fued with the Care Managers (LR) 7:00 Evening Meditation with Elodia (LR) 7:30 Evening Social With Care Managers (LR)	**25** 10:00 Exercise Essentials With Liz (LR) 11:00 Garden Club with Lourdes (K) 11:00 Sing Along with Beatrice (LR) 1:45 ***Shabbat with Cantor Howard*** 1:45 MusicalShabbat with Cantor Howard 2:00 Daily Cronicle with Liz (LR) 2:30 Laughter Yoga with Linda (LR) 2:30 Reminiscing with the Senses with Liz (LR) 3:15 Afternoon Social with Care Managers (LR) 3:30 Finishing Phrases with Alma (LR) 3:30 Sort and Fold with Gina (K) 4:30 Music With Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**26** 10:00 Exercise Essentials With Liz (LR) 10:30 Scenic Drive with Ali (BA) 11:00 Manicures and Massages With Clomene (LR) 11:15 Art Expressions Program with Liz & Lourdes (BA) 11:30 Laughter Yoga with Linda (LR) 1:30 SingFit with Liz (LR) 2:00 Walking Club with Natalia (BA) 2:00 Daily Cronicle with Liz (LR) 2:30 One-on-One Activities with Liz (BA) 3:00 Dot Art with Gina (K) 3:00 Bingo With Shay (LR) 3:15 Afternoon Social with Care Managers (LR) 4:00 Dominos Club with Audelize (BA) 4:00 Dominos Club with Audelize (BA) 4:30 Puzzles With Sandra (LR) 6:30 Family Fued/Relaxation (Aroma Therapy) with the Care Managers 7:30 Evening Social With Care Managers (LR)
27 9:30 Mass on TV or Mass at Our Lady of Grace With Ali (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:15 Crafts With Deborah (BA) 10:45 Tea Cub & Current Events with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:15 Finishing Phrases & Trivia with Maria (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Tea Time with Carol (K) 4:00 Reminiscing with Pictures With Igor (BA) 6:30 Oldies Comedy Show with Carol (LR) 7:00 Fun Facts Sandra (LR) 7:30 Evening Social With Care Managers (LR)	**28** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Music with Guitar Joe (Living Room) 11:00 Jewelry Making with Deborah (BA) 11:30 Train Your Brain-Mind Game with Dorothy (LR) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Singfit with Ali (BA) 2:00 Life Skills With Andrea (BA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Manicures and Massages With Elodia (K) 4:00 Laughter Yoga with Dorothy (BA) 6:30 Evening Movie with the care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**29** 10:15 Exercise Essentials With Dorothy (LR) 10:30 Preparing Snacks w/Geraldine (K) 10:30 Life Skills with Andrea (LR) 11:30 Laughter Yoga w/Dorothy (LR) 1:30 Art Class With Cielo 1:30 SingFit Music Therapy w/ Dorothy (LR) 2:00 Walking Club with Joan (FA) 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 2:30 Sing Along with the Care Managers (Living Room) 3:15 Afternoon Social with Care Managers (LR) 3:30 Coloring Club with Igor (Kitchen) 3:30 Flower Arranging with Audeliz (K) 4:00 Puzzles With Joan (Back Room) 6:30 Wheel of Fortune TV Game with the Care Managers (LR) 7:30 Evening Social With Care Managers (LR)	**30** 9:45 **Holy Communion Service With Sheila (LR) 10:15 Exercise Essentials With Dorothy (LR) 10:30 Hair-Do's With Clomene (BA) 10:45 Art Appreciation With Debbie (LR) 10:45 Gardening Club with Lourdes (K) 11:00 Current Events /Newspaper Overlook with Deborah (BA) 1:30 SingFit Music Therapy w/ Dorothy (LR) 1:30 Art Workshop with Cielo 2:00 Walking Club w/Andrea (FA) 2:30 One on One and Small Group Activity With Dorothy (BA) 3:15 Afternoon Social with Care Managers (LR) 3:30 Puzzles with Joan (FA) 3:30 Arts & Crafts with Sandra (K) 4:00 Laughter Yoga with Dorothy (LR) 6:30 Sing-Along with Beatrice (LR) 7:30 Evening Social With Care Managers (LR)	**31** 10:15 Exercise Essentials w/ Dorothy (LR) 10:30 Scenic Drive with Lourdes (FA) 10:45 Arts & Crafts with Deborah (FA) 11:15 Sorting Games With Dorothy (LR) 1:30 SingFit with Dorothy (LR) 2:00 Walking Club with Gina (FA) 3:15 Afternoon Social with Care Managers (LR) 3:45 Trivia with Shay (K) 6:30 Family Fued with the Care Managers (LR) 7:00 Evening Meditation with Elodia (LR) 7:30 Evening Social With Care Managers (LR)	Lead Care Manager on Duty 24 hrs a day Concierge on duty: 8:00am-8:00pm Facility Contact Number: (631)422-8500	

OCTOBER 2019

Reminiscence 2nd Floor

Sunrise of West Babylon
580 Montauk Highway, West Babylon
NY 11704; 631-422-8500

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING