Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4FL 4th Floor DR Dining Room LR Living Room NH Neighborhood RR Reflection Room SAR Small Activity Room SDR Small Dining Room		1 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	2 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	3 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	4 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	5 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection
6 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	7 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	8 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	9 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	10 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	11 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	12 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection
13 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	14 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	15 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	16 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	17 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	18 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	19 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection
20 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	21 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	22 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	23 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	24 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 **Chris with Drumming Circle!** 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	25 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	26 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection
27 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	28 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	29 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	30 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection	31 7:30 Morning Reflection 10:00 News and Memory Lane 10:15 Exercise Essentials 10:30 Sing-A-Long 3:00 Afternoon Social 4:00 Go4Life® Walking Club 5:30 Daily Chronicles 6:30 Evening Stretches 7:30 Evening Meditation & Reflection		

OCTOBER 2019

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