

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1AR 1st Floor Activity Room 2AR 2nd Floor Activity Room B Bistro DR Dining Room Rem Reminiscence RK Reminiscence Kitchen WC Whole Community		9:45 The Daily Chronicle (Rem) 1 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:45 The Daily Chronicle (Rem) 2 10:00 Exercise Essentials 10:30 Veteran's Talk 10:30 Hydration (Rem) 10:45 Gardening Club (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 6:00 Evening Cinema	9:45 The Daily Chronicle (Rem) 3 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 1:15 Music Therapy w/ Beth 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:45 The Daily Chronicle (Rem) 4 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Scenic Drive 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 6:00 Evening Cinema	9:45 The Daily Chronicle (Rem) 5 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 6:00 Evening Cinema
9:45 The Daily Chronicle (Rem) 6 10:00 Communion w/ St. Brigid Catholic Church (1AR) 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 7 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Lunch at Benihana's 10:30 Baking/ Cooking Club 1:00 Cookies On-The-Go 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Monday Manicures 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 8 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 2:00 Music & Inspiration w/ Mt. Pisgah (B) 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 9 10:00 Exercise Essentials 10:30 Tech Talk 10:30 Hydration (Rem) 10:45 Gardening Club (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 10 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 1:15 Music Therapy w/ Beth 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 11 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Scenic Drive 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 12 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema
9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 13 10:00 Communion w/ St. Brigid Catholic Church (1AR) 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 14 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Lunch at Village Burger 11:00 Baking/ Cooking Club 1:00 Craft Drop 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Monday Manicures 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 15 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	Fall Harvest Family Night 16 9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 10:00 Exercise Essentials 10:30 Top 50's 10:30 Hydration (Rem) 10:45 Gardening Club (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Pumpkin Painting 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 17 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 1:15 Music Therapy w/ Beth 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 18 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Scenic Drive 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	Happy Birthday 19 Barbara L. 9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Song & Scripture w/ World Harvest Church 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema
9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 20 10:00 Communion w/ St. Brigid Catholic Church (1AR) 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 21 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 1:00 Cookies On-The-Go 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Monday Manicures 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 22 10:00 Scottsdale Farm Trip 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 2:00 Music & Inspiration w/ Mt. Pisgah (B) 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 23 10:00 Exercise Essentials 10:30 Veteran's Talk 10:30 Hydration (Rem) 10:45 Gardening Club (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 24 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 1:15 Music Therapy w/ Beth 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 25 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Scenic Drive 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 26 10:00 Exercise Essentials 10:30 Hydration (Rem) 10:30 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Music by Alex & Abby (B) 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema
9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 27 10:00 Communion w/ St. Brigid Catholic Church (1AR) 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 28 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Lunch at The Pearl Chinese and Thai 11:00 Baking/ Cooking Club 1:00 Craft Drop 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Monday Manicures 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 29 10:00 Exercise Essentials 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 30 10:00 Exercise Essentials 10:30 Top 60's 10:30 Hydration (Rem) 10:45 Gardening Club (Rem) 11:00 Baking/ Cooking Club 1:00 Life Skills 101 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Family Feud 6:00 Evening Cinema	9:30 Morning Meditation 9:45 The Daily Chronicle (Rem) 31 10:00 Exercise Essentials 10:30 Halloween Bingo (Rem) 10:30 Hydration (Rem) 11:00 Baking/ Cooking Club 11:00 SingFit® 1:00 Life Skills 101 1:15 Music Therapy w/ Beth 2:30 Go4Life® Walking Club 3:00 Social Hour 4:00 Presidential Brain Quest 6:00 Evening Cinema		

OCTOBER 2019
Reminiscence
 Sunrise at Ivey Ridge
 2950 Old Alabama Road, Alpharetta,
 GA 30022; 770-475-6622

LIVE WITH PURPOSE

