

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
100 Neighborhood 200 Neighborhood 300 Neighborhood B Bistro DR Dining Room FCA Front Common Area FD Sign-Up at Front Desk REM Reminiscence		7:30 Go4Life® Walking Club (B) <b>1</b> 8:30 Daily Chronicle 9:30 <b>Singing with Ann (FCA)</b> 11:00 News Currents (B) 1:00 Games with friends (B) 3:00 Fun with Balloons Social (B) 3:30 Wine before you Dine (B) 7:30 Reflection Time (REM) 8:00 Fold Linens (300)	8:30 Daily Chronicle <b>2</b> 9:00 <b>Go4Life Obstacle Course and Lunch Bunch (FD)</b> 10:45 <b>Go4Life® flexibility Yoga (B)</b> 2:00 Bingo (B) 3:00 <b>Welcome New Residents Social (B)</b> 3:30 Exercise Essentials = Balloon/Thumball (B) 6:30 Live with Anticipation Club (B) 7:00 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>3</b> 9:00 Baking Bread (B) 10:00 <b>Rosary Club (300)</b> 11:00 News Currents (B) 11:15 <b>Library Drop Off (B)</b> 1:00 Men's Club with the Hancock Parks District (B) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 Fall Dessert Social (B) 6:00 Help Set Tables (DR) 6:30 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>4</b> 10:00 <b>Hymn Sing w/ Edie and Michael (FCA)</b> 2:30 Fun In The Kitchen with Michele 3:00 Word Wizard Social (B) 3:30 Go4Life® Walking Club (B) 6:00 Go4Life® Stretching (B) 7:30 Reflection Time (REM)	7:00 Morning Stretches <b>5</b> 8:30 Daily Chronicle 9:30 Courier and Coffee (FCA) 10:15 Skip - Bo Club (B) 11:00 Reading Club (B) 2:00 Bingo (B) 3:30 <b>Pop Song Social w/ Ann (FCA)</b> 4:00 Go4Life® Walking Club 7:30 OSU Football (B) 7:30 Reflection Time (REM)
7:00 Morning stretches (200) <b>6</b> 8:30 Daily Chronicle 9:30 Church Service on TV 10:30 <b>Sunday Brunch (FCA)</b> 2:00 Pokeno (B) 3:00 Sunday Matinee Movie Social (B) 6:00 Go4Life® Walking Club 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>7</b> 9:00 Go4Life® Walking Club (B) 10:00 <b>Hancock Historical Society (DR)</b> 11:00 News Currents (B) 1:00 Exercise Essentials-Noodles/Weights (B) 1:30 Manicure's (B) 3:00 Trivia Social (DR) 3:30 Scenic Drive (FD) 6:00 Card Club (B) 7:30 Reflection Time (REM)	<b>Yom Kippur</b> <b>8</b> 7:30 Go4Life® Walking Club (B) 8:00 <b>Sunrise Salon is Open - By Appointment Only</b> 8:30 Daily Chronicle 11:00 News Currents (B) 1:00 Games with friends (B) 3:00 Fun with Balloons Social (B) 3:30 Wine before you Dine (B) 7:30 Reflection Time (REM) 8:00 Fold Linens (300)	8:30 Daily Chronicle <b>9</b> 9:30 Bingo (B) 10:45 NewsCurrents Sr. (B) 2:30 Table Crafts (B) 3:00 <b>It's a Polka Social (DR)</b> 6:30 Live with Anticipation Club (B) 7:00 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>10</b> 9:00 Baking Bread (B) 10:00 <b>Rosary Club (300)</b> 10:30 Meet Me At MoMA (B) 11:00 News Currents (B) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 Fall Dessert Social (B) 6:00 Help Set Tables (DR) 6:30 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	7:15 <b>Sunrise Salon is Open - By Appointment Only</b> <b>11</b> 8:30 Daily Chronicle 10:00 <b>Hymn Sing w/ Edie and Michael (FCA)</b> 11:15 <b>Lunch Bunch IN (FD)</b> 3:00 Word Wizard Social (B) 3:30 Go4Life® Walking Club (B) 6:00 Go4Life® Stretching (B) 7:30 Reflection Time (REM)	7:00 Morning Stretches <b>12</b> 8:30 Daily Chronicle 9:30 Courier and Coffee (FCA) 10:15 Skip - Bo Club (B) 11:00 Reading Club (B) 2:00 Bingo (B) 3:30 <b>Pop Song Social w/ Ann (FCA)</b> 4:00 Go4Life® Walking Club 6:30 Color Me Calm (B) 7:30 Reflection Time (REM)
7:00 Morning stretches (200) <b>13</b> 8:30 Daily Chronicle 9:30 Church Service on TV 10:00 Cross Word Puzzles (B) 2:00 Pokeno (B) 3:00 Sunday Matinee Movie Social (B) 4:00 <b>Church Service w/ Mike (FCA)</b> 6:00 Go4Life® Walking Club 7:30 Reflection Time (REM)	<b>Columbus Day</b> <b>14</b> 8:30 Daily Chronicle 9:00 Go4Life® Walking Club (B) 10:00 <b>Spa Day (B)</b> 1:00 Exercise Essentials-Noodles/Weights (B) 2:30 <b>Bible Study w/ Cathy (B)</b> 3:00 Trivia Social (B) 6:00 Card Club (B) 7:30 Reflection Time (REM)	7:30 Go4Life® Walking Club (B) <b>15</b> 8:00 Breakfast and Bingo (FD) 8:00 <b>Sunrise Salon is Open - By Appointment Only</b> 8:30 Daily Chronicle 9:30 <b>Singing with Ann (FCA)</b> 11:00 News Currents (B) 1:00 Games with friends (B) 3:00 Fun with Balloons Social (B) 3:30 Wine before you Dine (B) 7:30 Reflection Time (REM) 8:00 Fold Linens (300)	8:30 Daily Chronicle <b>16</b> 9:30 Bingo (B) 10:45 NewsCurrents Sr. (B) 2:30 Knots of Legacy (REM) 3:00 <b>Go4Life® flexibility Yoga Social (B)</b> 6:30 Live with Anticipation Club (B) 7:00 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>17</b> 9:00 Baking Bread (B) 10:00 <b>Rosary Club (300)</b> 11:00 News Currents (B) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 <b>Guitar Guy Social</b> 6:00 Help Set Tables (DR) 6:30 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	7:15 <b>Sunrise Salon is Open - By Appointment Only</b> <b>18</b> 8:30 Daily Chronicle 10:00 <b>Hymn Sing w/ Edie and Michael (FCA)</b> 10:45 <b>Music Concert Series and Lunch (FD)</b> 2:30 Fun In The Kitchen with Michele 3:00 Word Wizard Social (B) 3:30 Go4Life® Walking Club (B) 6:00 Go4Life® Stretching (B) 7:30 Reflection Time (REM) 8:30 OSU Football (B)	7:00 Morning Stretches <b>19</b> 8:30 Daily Chronicle 9:30 Courier and Coffee (FCA) 10:15 Skip - Bo Club (B) 11:00 Reading Club (B) 2:00 <b>Trick or Treat Family Day</b> 3:00 <b>Noteworthy Social (DR)</b> 4:00 Go4Life® Walking Club 6:30 Color Me Calm (B) 7:30 Reflection Time (REM)
7:00 Morning stretches (200) <b>20</b> 8:30 Daily Chronicle 9:30 Church Service on TV 10:00 Cross Word Puzzles (B) 2:00 Pokeno (B) 2:30 <b>Hymn Sing w/ Karen Social (FCA)</b> 3:00 Sunday Matinee Movie Social (B) 6:00 Go4Life® Walking Club 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>21</b> 9:00 Go4Life® Walking Club (B) 10:00 <b>Awakening Mind Art (B)</b> 1:00 Exercise Essentials-Noodles/Weights (B) 1:30 Manicure's (B) 3:00 Trivia Social (B) 6:00 Card Club (B) 7:30 Reflection Time (REM)	7:30 Go4Life® Walking Club (B) <b>22</b> 8:00 <b>Sunrise Salon is Open - By Appointment Only</b> 8:30 Daily Chronicle 9:30 <b>Singing with Ann (FCA)</b> 11:00 News Currents (B) 1:00 Games with friends (B) 3:00 Fun with Balloons Social (B) 3:30 Wine before you Dine (B) 7:30 Reflection Time (REM) 8:00 Fold Linens (300)	8:30 Daily Chronicle <b>23</b> 9:30 Bingo (B) 10:45 NewsCurrents Sr. (B) 1:30 <b>Fall Photo Booth (B)</b> 2:15 <b>Resident Council Meeting (B)</b> 3:00 <b>Go4Life® flexibility Yoga Social (B)</b> 6:30 Live with Anticipation Club (B) 7:00 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>24</b> 9:00 Baking Bread (B) 10:00 <b>Rosary Club (300)</b> 10:30 Meet Me At MoMA (B) 11:00 News Currents (B) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 <b>Pokeno Store Open Social (B)</b> 6:00 Help Set Tables (DR) 6:30 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	7:15 <b>Sunrise Salon is Open - By Appointment Only</b> <b>25</b> 8:30 Daily Chronicle 10:00 <b>Hymn Sing w/ Edie and Michael (FCA)</b> 11:15 <b>Lunch Bunch (FD)</b> 3:00 Word Wizard Social (B) 3:30 Go4Life® Walking Club (B) 6:00 Go4Life® Stretching (B) 7:30 Reflection Time (REM)	7:00 Morning Stretches <b>26</b> 8:30 Daily Chronicle 9:30 Courier and Coffee (FCA) 10:15 Skip - Bo Club (B) 11:00 Reading Club (B) 12:00 OSU Football (B) 2:00 Bingo (B) 3:00 Cross Word Puzzle Social (B) 4:00 Go4Life® Walking Club 6:30 Color Me Calm (B) 7:30 Reflection Time (REM)
7:00 Morning stretches (200) <b>27</b> 8:30 Daily Chronicle 9:30 Church Service on TV 10:00 Cross Word Puzzles (B) 2:00 Pokeno (B) 3:00 Sunday Matinee Movie Social (B) 4:00 <b>Church Service w/ Mike (FCA)</b> 6:00 Go4Life® Walking Club 7:30 Reflection Time (REM)	8:30 Daily Chronicle <b>28</b> 9:00 Go4Life® Walking Club (B) 10:30 Litzenberg House Tour and Lunch Bunch (FD) 1:00 Exercise Essentials-Noodles/Weights (B) 1:30 Manicure's (B) 2:30 <b>Bible Study w/ Cathy (B)</b> 3:00 Trivia Social (B) 6:00 Card Club (B) 7:30 Reflection Time (REM)	7:30 Go4Life® Walking Club (B) <b>29</b> 8:00 <b>Sunrise Salon is Open - By Appointment Only</b> 8:30 Daily Chronicle 9:30 <b>Singing with Ann (FCA)</b> 11:00 News Currents (B) 1:00 Games with friends (B) 3:00 <b>Music with Ray Social (DR)</b> 3:30 Wine before you Dine (B) 7:30 Reflection Time (REM) 8:00 Fold Linens (300)	8:30 Daily Chronicle <b>30</b> 9:30 Bingo (B) 10:45 NewsCurrents Sr. (B) 2:30 Knots of Legacy (B) 3:00 <b>Go4Life® flexibility Yoga Social (B)</b> 6:30 Live with Anticipation Club (B) 7:00 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)	<b>HAPPY HALLOWEEN</b> <b>31</b> 8:30 Daily Chronicle 9:00 Baking Bread (B) 10:00 <b>Rosary Club (300)</b> 11:00 News Currents (B) 1:00 Exercise Essentials-Bands/Balls (REM) 1:30 Armchair Travel (300) 2:30 <b>Halloween Social</b> 6:00 Help Set Tables (DR) 6:30 Go4Life® Walking Club (B) 7:30 Reflection Time (REM)		