

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		7:00 Face Massage (REM) 8:00 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 8:30 Baking Bread (REM) 10:30 SingFit® (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:15 Perfectly Balanced with Mary Ann (REM) 1:45 Knots of Legacy (REM) 2:45 Let's Go Shopping (REM) 3:00 Table Top Social (REM) 3:30 Live with Anticipation Club (REM) 4:00 Go4Life® Walking Club (REM) 7:00 Fdd Linens (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	1 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Picture Bingo (REM) 10:00 Reading Club (REM) 10:45 Go4Life® flexibility Yoga 11:15 Hand Massage (REM) 2:30 Meet Me At MoMA (REM) 3:00 Welcome New Residents Social (REM) 3:00 Exercise Essentials-Stretching Social (REM) 3:30 Music Memories (REM) 4:00 Go4Life® Walking Club (REM) 4:30 Food Prep (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	2 7:00 Face Massage (REM) 9:30 Reading Club (REM) 10:00 Rosary Club 10:00 Laughter Yoga Exercises with Mary Ann (REM) 10:45 Sculpting to Relax (REM) 11:00 Daily Chronicle w Laura (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Men's Club with the Hancock Parks District 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 Fall Dessert Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club 6:00 Help Clear Tables (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	3 7:00 Face Massage (REM) 7:15 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 9:00 Let's Go Shopping (REM) 9:30 Perfectly Balanced with Mary Ann (REM) 10:00 Hymn Sing w/ Edie and Michael (FCA) 11:00 Lunch Bunch with Michele (FD) 1:15 Sculpting to Relax (REM) 2:30 Fun in The Kitchen with Michele (REM) 3:00 Word Wizard Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club w Laura 6:00 Helping in the Kitchen (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	4 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Music Memories (REM) 10:15 Reading Club (REM) 10:45 Lap Basket / Reminiscence Kit (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 2:30 Exercise Essentials: Balloon Stretch (REM) 3:00 Color Me Calm (REM) 3:30 Pop Song Social with Ann (FCA) 4:00 Go4Life® Walking Club 6:00 Helping in the Kitchen (REM) 6:30 Popcorn and Movie (REM)	5 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Music Memories (REM) 10:15 Reading Club (REM) 10:45 Lap Basket / Reminiscence Kit (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 2:30 Exercise Essentials: Balloon Stretch (REM) 3:00 Color Me Calm (REM) 3:30 Pop Song Social with Ann (FCA) 4:00 Go4Life® Walking Club 6:00 Helping in the Kitchen (REM) 6:30 Popcorn and Movie (REM)
7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Church Service on TV 10:30 Sunday Brunch 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:30 Who/What Am I (REM) 3:00 Go4Life® Stretching Social (REM) 3:30 Name that Hymn (REM) 4:00 Go4Life® Walking Club 4:30 Rolling Silverware/Table Prep (REM) 7:30 Reflection Time (REM)	6 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Reading Club (REM) 10:00 Hancock Historical Society (DR) 10:45 Sculpting to Relax (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Exercise Essentials - Noodles / Weights (B) 2:30 Scenic Drive (FD) 3:00 Trivia Social w Laura (REM) 4:00 Go4Life® Walking Club (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	7 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Reading Club (REM) 10:00 Hancock Historical Society (DR) 10:45 Sculpting to Relax (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Exercise Essentials - Noodles / Weights (B) 2:30 Scenic Drive (FD) 3:00 Trivia Social w Laura (REM) 4:00 Go4Life® Walking Club (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	8 7:00 Face Massage (REM) 8:00 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 8:30 Baking Bread (REM) 10:30 SingFit® (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:15 Perfectly Balanced with Mary Ann (REM) 1:45 Knots of Legacy (REM) 2:45 Let's Go Shopping (REM) 3:00 Table Top Social (REM) 3:30 Live with Anticipation Club (REM) 4:00 Go4Life® Walking Club (REM) 7:00 Fdd Linens (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	9 Yom Kippur 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Picture Bingo (REM) 10:00 Reading Club (REM) 11:15 Hand Massage (REM) 11:45 Lunch Bunch with Michele (REM) 3:00 It's a Polka Social (DR) 4:00 Go4Life® Walking Club (REM) 4:30 Food Prep (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	10 7:00 Face Massage (REM) 9:30 Reading Club (REM) 10:00 Rosary Club 10:00 Laughter Yoga Exercises with Mary Ann (REM) 10:45 Sculpting to Relax (REM) 11:00 Daily Chronicle w Laura (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 Fall Dessert Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club 5:00 Alzheimer's Support Group and Family Night (REM) 6:00 Help Clear Tables (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	11 7:00 Face Massage (REM) 7:15 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 9:00 Let's Go Shopping (REM) 9:30 Perfectly Balanced with Mary Ann (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:15 Sculpting to Relax (REM) 1:15 Sculpting to Relax (REM) 3:00 Word Wizard Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club w Laura 6:00 Helping in the Kitchen (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	12 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Music Memories (REM) 10:15 Reading Club (REM) 10:45 Lap Basket / Reminiscence Kit (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 2:30 Exercise Essentials: Balloon Stretch (REM) 3:00 Color Me Calm (REM) 3:30 Pop Song Social with Ann (FCA) 4:00 Go4Life® Walking Club 6:00 Helping in the Kitchen (REM) 6:30 Popcorn and Movie (REM)
7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Church Service on TV 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:30 Who/What Am I (REM) 3:00 Go4Life® Stretching Social (REM) 3:30 Name that Hymn (REM) 4:00 Church Service w/ Mike (FCA) 4:00 Go4Life® Walking Club 4:30 Rolling Silverware/Table Prep (REM) 7:30 Reflection Time (REM)	13 Columbus Day 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Reading Club (REM) 10:00 Spa Day and Manicure (B) 10:45 Sculpting to Relax (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Exercise Essentials - Noodles / Weights (B) 3:00 Trivia Social w Laura (REM) 4:30 Go4Life® Walking Club (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	14 7:00 Face Massage (REM) 8:00 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 8:30 Baking Bread (REM) 10:30 SingFit® (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:15 Perfectly Balanced with Mary Ann (REM) 1:45 Knots of Legacy (REM) 2:45 Let's Go Shopping (REM) 3:00 Table Top Social (REM) 3:30 Live with Anticipation Club (REM) 4:00 Go4Life® Walking Club (REM) 7:00 Fdd Linens (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	15 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Picture Bingo (REM) 10:00 Reading Club (REM) 11:15 Hand Massage (REM) 11:45 Lunch Bunch IN with Michele (REM) 2:30 Meet Me At MoMA (REM) 3:00 Go4Life® flexibility Yoga Social 3:00 Go4Life® Flexibility Yoga (B) 3:30 Music Memories (REM) 4:00 Go4Life® Walking Club (REM) 4:30 Food Prep (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	16 7:00 Face Massage (REM) 9:30 Reading Club (REM) 10:00 Rosary Club 10:00 Laughter Yoga Exercises with Mary Ann (REM) 10:45 Sculpting to Relax (REM) 11:00 Daily Chronicle w Laura (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:00 Exercise Essentials-Bands/Balls (REM) 3:00 Guitar Guy Social (DR) 3:00 Fall Dessert Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club 6:00 Help Clear Tables (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	17 7:00 Face Massage (REM) 7:15 Sunrise Salon is Open - By Appointment Only (FD) 8:15 Daily Chronicle (REM) 9:00 Let's Go Shopping (REM) 9:30 Perfectly Balanced with Mary Ann (REM) 10:00 Hymn Sing w/ Edie and Michael (FCA) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 1:15 Sculpting to Relax (REM) 1:15 Sculpting to Relax (REM) 3:00 Word Wizard Social (REM) 3:30 News Currents (REM) 4:00 Go4Life® Walking Club w Laura 6:00 Helping in the Kitchen (REM) 7:00 Wheel of Fortune with Friends (REM) 7:30 Reflection Time (REM)	18 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Music Memories (REM) 10:15 Reading Club (REM) 10:45 Lap Basket / Reminiscence Kit (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 2:00 Trick or Treat Family Day (REM) 3:00 Noteworthy Social (DR) 4:00 Go4Life® Walking Club 6:00 Helping in the Kitchen (REM) 6:30 Popcorn and Movie (REM)	19 7:00 Face Massage (REM) 8:15 Daily Chronicle (REM) 9:30 Music Memories (REM) 10:15 Reading Club (REM) 10:45 Lap Basket / Reminiscence Kit (REM) 11:15 Hand Massage (REM) 11:30 Food Prep (REM) 2:00 Trick or Treat Family Day (REM) 3:00 Noteworthy Social (DR) 4:00 Go4Life® Walking Club 6:00 Helping in the Kitchen (REM) 6:30 Popcorn and Movie (REM)
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