

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2DR Dining Room ALA Activity Room BIS Bistro MR Media Room RAR Activity Room RDR Dining Room RTL Television Lounge WC Wellness Center		9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Gardening Club 11:30 Famous Places & Faces 1:15 Listening to Our Favorites 2:00 Flowering Arranging 3:00 Violinist Yakov Performs 4:00 Board Games 6:00 Evening Cinema	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Concentration Card Game 10:30 Go4Life® Walking Club 11:00 Pet Therapy 11:30 Famous Faces & Places 1:15 Ball Toss 2:00 Front Porch Travelers 3:00 Oktoberfest Social 4:00 SingFit® (RTL) 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Baking/Cooking 1:30 Book Club 2:00 Creative Colors 3:00 Crackers & Cheese Social 4:00 Creative Crafting (ALA) 6:30 Classic Comedy Hour	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Terrific Trivia Time 1:00 Manicures 2:00 Artists' Table 3:00 Sing Along w/Ed Davin 4:00 T.G.I.F. Social w/Bingo 6:30 Classic Movie Fridays	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Creative Cooking 1:15 Finishing Lines 2:00 Puzzle Mania 3:00 Gingerbread Cookie Social 4:00 Ball Toss 6:30 Saturday Night Movie
9:30 Daily Chronicle Reading 10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 10:45 Sunday Morning Sing Along 1:00 Christian Service w/Becky 1:30 Scenic Drive 2:00 Sunday Afternoon Sing-Along 3:00 Sunday Afternoon Bingo 4:00 Balloon Volley 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 SingFit® 10:30 Go4Life® Walking Club 11:30 Lunch Bunch 1:15 Balloon Volley 2:00 Board & Card Games 3:00 Pumpkin Spice Social 4:00 Creative Crafting (ALA) 6:30 Crime & Mystery Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Gardening Club 11:30 Famous Places & Faces 1:15 Listening to Our Favorites 2:00 Flowering Arranging 3:00 Word Game Social 4:00 Board Games 6:00 Evening Cinema	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Concentration Card Game 10:30 Go4Life® Walking Club 11:00 Pet Visits 11:30 Famous Faces & Places 1:15 Ball Toss 2:00 Front Porch Travelers 3:00 Name That Tune Social w/Vicky 4:00 Get the Picture? 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Baking/Cooking 1:30 Book Club 2:00 Let's Talk Cannabis 2:00 Creative Colors 3:00 Crackers & Cheese Social 3:00 Accordion Mke Performs 4:00 Creative Crafting (ALA) 6:30 Classic Comedy Hour	9:30 Daily Chronicle Reading 10:00 Tai Chi w/Gini 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Terrific Trivia Time 1:00 Manicures 2:00 Artists' Table 3:00 T.G.I.F. Social w/Bingo 4:00 Ball Toss 6:30 Classic Movie Fridays	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Creative Cooking 1:15 Finishing Lines 2:00 Puzzle Mania 3:00 Afternoon Social w/Harpist Angel (BIS) 4:00 Ball Toss 6:30 Saturday Night Movie
9:30 Daily Chronicle Reading 10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 10:45 Sunday Morning Sing Along 1:30 Outing: Farmers' Market 2:00 Sunday Afternoon Sing-Along 3:00 Sunday Afternoon Bingo 4:00 Balloon Volley 6:00 Residents' Choice Movie	INDIGENOUS PEOPLES' DAY 9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 SingFit® 10:30 Go4Life® Walking Club 11:30 Lunch Bunch 2:00 Board & Card Games 3:00 Musical Monday Social w/Hank Holmes 4:00 Creative Crafting (ALA) 6:30 Crime & Mystery Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Gardening Club 11:30 Famous Places & Faces 1:15 Listening to Our Favorites 2:00 Flowering Arranging 3:00 Sing Along Social 4:00 Board Game 6:00 Evening Cinema	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Concentration Card Game 10:30 Go4Life® Walking Club 11:00 Pet Therapy 11:30 Famous Faces & Places 1:15 Ball Toss 2:00 Front Porch Travelers 3:00 Wacky Wednesday Social 4:00 SingFit® (RTL) 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Baking/Cooking 1:30 Book Club 2:00 Pleasanton Mommies' Group Visit 3:00 Crackers & Cheese Social 4:00 Creative Crafting (ALA) 6:30 Classic Comedy Hour	9:30 Catholic Mass 9:30 Daily Chronicle Reading 10:00 Tai Chi w/Gini 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Terrific Trivia Time 1:00 Manicures 2:00 Artists' Table 3:00 T.G.I.F. Social w/Bingo 4:00 Ball Toss 6:30 Classic Movie Fridays	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Creative Cooking 1:15 Finishing Lines 2:00 Puzzle Mania 3:00 Pumpkin Spice Social 4:00 Ball Toss 6:30 Saturday Night Movie
9:30 Daily Chronicle Reading 10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 10:45 Sunday Morning Sing Along 1:00 Christian Service w/Becky 1:30 Scenic Drive 2:00 Sunday Afternoon Sing-Along 3:00 Sunday Afternoon Bingo 4:00 Balloon Volley 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 SingFit® 10:30 Go4Life® Walking Club 11:30 Lunch Bunch 1:15 Balloon Volley 2:00 Board & Card Games 3:00 Coffee & Latte Social 4:00 Creative Crafting (ALA) 6:30 Crime & Mystery Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Gardening Club 11:30 Famous Places & Faces 1:15 Listening to Our Favorites 2:00 Flowering Arranging 3:00 Word Game Social 4:00 Board Games 6:00 Evening Cinema	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Concentration Card Game 10:30 Go4Life® Walking Club 11:00 Pet Visits 11:30 Famous Faces & Places 1:15 Ball Toss 2:00 Front Porch Travelers 3:00 Andrew Stroud Sings 4:00 Classic Carol Burnett Skits 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Baking/Cooking 1:30 Book Club 2:00 Creative Colors 3:00 BirthDay Blast w/Alligator Man 4:00 Creative Crafting (ALA) 6:30 Pleasanton Concert Series 3	9:30 Daily Chronicle Reading 10:00 Tai Chi w/Gini 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Terrific Trivia Time 1:00 Manicures 2:00 Artists' Table 3:00 T.G.I.F. Social w/Bingo 4:00 Ball Toss 6:30 Classic Movie Fridays	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Creative Cooking 1:15 Finishing Lines 2:00 Puzzle Mania 3:00 Hot Chocolate Social 4:00 Ball Toss 6:30 Saturday Night Movie
9:30 Daily Chronicle Reading 10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 10:45 Sunday Morning Sing Along 1:30 Scenic Drive 2:00 Sunday Afternoon Sing-Along 3:00 Piano Recital w/Lauren's Students 3:00 Sunday Afternoon Bingo 4:00 Balloon Volley 6:00 Residents' Choice Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 SingFit® 10:30 Go4Life® Walking Club 11:30 Lunch Bunch 1:00 Art Healing w/Bahran 2:00 Board & Card Games 3:00 Hot Apple Cider & Ginger Snap Social 4:00 Creative Crafting (ALA) 6:30 Crime & Mystery Movie	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Gardening Club 11:30 Famous Places & Faces 1:15 Listening to Our Favorites 2:00 Flowering Arranging 3:00 Sing Along Social 4:00 Board Games 6:00 Evening Cinema 6:30 Pleasanton Pumpkin Painting Party	9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Concentration Card Game 10:30 Go4Life® Walking Club 11:00 Pet Therapy 11:30 Famous Faces & Places 1:15 Ball Toss 2:00 Front Porch Travelers 4:00 Pleasanton Mommies' Group Trick-or-Treat 6:00 Residents' Choice Movie	HAPPY HALLOWEEN 9:30 Daily Chronicle Reading 10:00 Exercise Essentials 10:30 Go4Life® Walking Club 11:00 Baking/Cooking 1:30 Book Club 2:00 Creative Colors 3:00 Happy Halloween Hullabaloo 4:00 Creative Crafting (ALA) 6:30 Classic Comedy Hour	Happy Birthday! Betty P. ~ 10/1 Elizabeth F. ~ 10/4 Eloy E. ~ 10/14 Harriet L. ~ 10/14	Delores F. ~ 10/18 Janet W. ~ 10/19 Lucille L. ~ 10/22 Betty K. ~ 10/24 Frances B. ~ 10/25

OCTOBER 2019
Reminiscence
 Sunrise of Pleasanton
 5700 Pleasant Hill Road, Pleasanton,
 CA 94588; (925) 416-0238

LIVE WITH PURPOSE

