AR Activities Room
B Bistro
FS Fitness Studio
LR Living Room
MT Movie Theatre
RK Kitchen
T Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Evening Meditation (LR) 7:00 Movie Time	**2** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 12:00 Lunch Bunch 1:00 Games Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 7:00 Movie Time	**3** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 SingFit® 3:00 Daily Social 4:00 Trivia Time 7:00 Movie Time	**4** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 1:00 News Currents Sr. 2:00 Health Tips 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Evening Meditation (LR) 7:00 Movie Time	**5** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 3:00 Daily Social 4:00 SingFit® 7:00 Movie Time
6 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Breaking Bread (AR) 3:00 Daily Social 4:00 Name That Tune 7:00 Movie Time	**7** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Live with Anticipation Club (T) 3:00 Daily Social 4:00 Time to move 6:00 Manicures w/ Care Team 7:00 Movie Time	**8** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Evening Meditation (LR) 7:00 Movie Time	**9** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 12:00 Lunch Bunch 1:00 At the Piano w/ Dana 1:00 Games Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 7:00 Movie Time	**10** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 SingFit® 3:00 Daily Social 4:00 Trivia Time 7:00 Movie Time	**11** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 1:00 News Currents Sr. 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Evening Meditation (LR) 7:00 Movie Time	**12** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 3:00 Daily Social 4:00 SingFit® 7:00 Movie Time
13 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 12:00 Men's Club 1:00 Afternoon Meditation 2:00 Breaking Bread (AR) 3:00 Daily Social 4:00 Name That Tune 7:00 Movie Time	**14** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Live with Anticipation Club (T) 3:00 Daily Social 4:00 Time to move 6:00 Manicures w/ Care Team 7:00 Movie Time	**15** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Evening Meditation (LR) 7:00 Movie Time	**16** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 12:00 Lunch Bunch 1:00 Games Club 3:00 Monthly Birthday Celebration 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 7:00 Movie Time	**17** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 Bake & Take w/ Andrew (AR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 SingFit® 3:00 Daily Social 4:00 Trivia Time 7:00 Movie Time	**18** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 1:00 News Currents Sr. 2:30 Chair Tai Chi with Nan 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Evening Meditation (LR) 7:00 Netflix & Chill 7:00 Movie Time	**19** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 2:30 Chair Tai Chi with Nan 3:00 Daily Social 4:00 SingFit® 7:00 Movie Time
20 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Breaking Bread (AR) 3:00 Daily Social 4:00 Name That Tune 7:00 Movie Time	**21** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Bayada 2:00 Live with Anticipation Club (T) 3:00 Daily Social 4:00 Time to move 6:00 Manicures w/ Care Team 7:00 Movie Time	**22** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Evening Meditation (LR) 7:00 Netflix & Chill (MT) 7:00 Movie Time	**23** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 12:00 Lunch Bunch 1:00 At the Piano w/ Dana 1:00 Games Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 7:00 Movie Time	**24** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 SingFit® 3:00 Daily Social 4:00 Trivia Time 7:00 Movie Time	**25** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 1:00 News Currents Sr. 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Evening Meditation (LR) 7:00 Movie Time	**26** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 3:00 Daily Social 4:00 SingFit® 7:00 Movie Time
27 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Breaking Bread (AR) 3:00 Daily Social 4:00 Name That Tune 7:00 Movie Time	**28** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Live with Anticipation Club (T) 3:00 Daily Social 4:00 Time to move 6:00 Manicures w/ Care Team 7:00 Movie Time	**29** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Evening Meditation (LR) 7:00 Movie Time	**30** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Exercise Esentials (LR) 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 12:00 Lunch Bunch 1:00 Games Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 7:00 Movie Time	**31** 9:30 Good Day Sunshine 9:30 Go4Life® Walking Club 10:00 Morning Workout (LR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 SingFit® 3:00 Daily Social 4:00 Trivia Time 7:00 Movie Time		

OCTOBER 2019

3rd Floor Reminiscence

Sunrise of Chevy Chase
2201 Colston Dr., Silver Spring,
MD 20910; (301) 588-0484

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