

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AR Activity Room B Bistro DR Dining Room G Garden K Kitchen LR Living Room P Patio R Reflection Room RT Round Table		9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Baking Club (K) 10:00 Veterans' Coffee Social (AR) 10:30 Exercise Essentials (LR) 11:00 Go4Life® Walking Club (LR) 1:45 Crafter's Corner (RT) 3:00 Bible Study (R) 3:00 Healthy Choice Social (LR) 4:00 Evening Dance Party (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)	1 9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Baking Club (K) 10:45 Scenic Van Ride (P) 11:00 Read Aloud (LR) 1:45 Go4Life® Walking Club (LR) 2:00 Chef's Demo Social (K) 2:30 News Currents Sr. (LR) 3:30 SingFit® Social (LR) 4:15 Exercise Essentials (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)	2 9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Sunrise Spa Day (K) 10:00 Baking Club (K) 10:30 Exercise Essentials (LR) 11:00 Go4Life® Walking Club (LR) 1:45 Read Aloud (RT) 2:30 "Garlic Fest" Social (LR) 3:00 Crafter's Corner (RT) 3:30 Oktoberfest Celebration w/Tom Madden (B) 4:00 Evening Dance Party (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)	3 9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Baking Club (K) 10:00 Rosary & Communion (AR) 10:30 Exercise Essentials (LR) 11:15 Reminisce the Music of Your Life (LR) 1:45 Go4Life® Walking Club (LR) 2:00 Scenic Drive Outing (P) 3:00 Bingo! (LR) 3:00 Happy Hour Social (LR) 4:00 Evening Stretches (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)	4 9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Baking Club (K) 10:30 Yoga with Rhomey & Sonoko (LR) 11:00 Go4Life® Walking Club (LR) 1:45 Cranium Crunches (LR) 2:00 SingFit® Social (LR) 3:00 Bowling (LR) 3:15 Van outing to Catholic Mass (B) 4:00 Evening Dance Party (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)	5 9:30 Daily Chronicle (LR) 9:30 Good Morning Chat (LR) 9:30 Sensory Series (R) 10:00 Baking Club (K) 10:30 Yoga with Rhomey & Sonoko (LR) 11:00 Go4Life® Walking Club (LR) 1:45 Cranium Crunches (LR) 2:00 SingFit® Social (LR) 3:00 Bowling (LR) 3:15 Van outing to Catholic Mass (B) 4:00 Evening Dance Party (LR) 6:30 Meet Me at the Movies (LR) 6:30 Evening Relaxation Circle (LR)
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OCTOBER 2019
Reminiscence
 Sunrise of Arlington
 1395 Massachusetts Ave, Arlington,
 MA 02476; 718-643-2100

LIVE WITH PURPOSE

