

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st 1st Floor (Bistro) AB Around the Building AR Activity Room DR Dining Room LR Living Room out Outing SK Sky light Area TR Terrace TV Television Room		10:15 Daily News & Horoscopes (TV) <b>1</b> 10:15 Go4Life® Walking Club (AB) 10:30 Fitness Dancing (TV) 11:00 Words of Wisdom (LR) 2:15 Puzzle Club (SK) 3:00 New Resident Welcome Social (DR) 3:00 Tasty Tuesday Social (DR) 4:15 Sing Along (TV) 7:00 Evening Movie (TV)	10:15 Go4Life® Walking Club (AB) <b>2</b> 10:30 Coffee & Conversation (DR) 11:00 Words of Wisdom (LR) 11:30 Lunch Bunch (DR) 11:30 SingFit® (SK) 2:00 Busy Bakers (DR) 3:15 Poetry Reading & Social (SK) 4:00 Brain Games (LR) 6:30 Sing Along (DR)	10:00 Fun Fitness Morning Stretch <b>3</b> 10:15 Go4Life® Walking Club (AB) 10:30 Table Ball (DR) 11:00 Words of Wisdom (LR) 11:15 Busy Bakers 2:00 Therapy Art (SK) 3:15 Remember When? (TV) 6:30 Senior Movie Club (TV)	10:15 Chair Dancing (TV) <b>4</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:15 Meet Me @ MoMa 11:30 SingFit® (SK) 1:00 Shopping Trip (out) 2:45 Color Therapy (LR) 3:15 Residential Social (DR) 7:00 Wheel of Fortune (TV)	9:45 Pray The Rosary (AR) <b>5</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Community Service Club (AB) 2:00 Songs and Inspirations (DR) 3:00 Terrace & social (TR) 3:45 Nurture The Spirit 7:00 Evening Movie (TV)
9:30 News and Chat (TV) <b>6</b> 10:15 Go4Life® Walking Club (AB) 10:30 "Easy On Sunday Morning Drive" 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 2:00 Songs and Inspirations (DR) 3:15 Sunday Evening Social (DR) 4:00 Community Worship (SK) 6:30 Senior Movie Club (TV)	10:00 News & Chat (TV) <b>7</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Sing Along (TV) 2:30 Name Game (LR) 3:00 Monday Munchies Social (DR) 4:15 Terrace Relaxation & Stories (SK) 7:00 Evening Movie (TV)	10:15 Daily News & Horoscopes (TV) <b>8</b> 10:15 Go4Life® Walking Club (AB) 10:30 Fitness Dancing (TV) 11:00 Words of Wisdom (LR) 11:15 Name Game (LR) 1:45 Music Therapy (TV) 2:00 Puzzle Club (SK) 3:00 Tasty Tuesday Social (DR) 4:15 Sing Along (TV) 7:00 Evening Movie (TV)	10:15 Go4Life® Walking Club (AB) <b>9</b> 10:30 Coffee & Conversation (DR) 11:00 Words of Wisdom (LR) 11:30 Lunch Bunch (DR) 11:30 SingFit® (SK) 2:00 Busy Bakers (DR) 3:15 Poetry Reading & Social (SK) 4:00 Brain Games (LR) 6:30 Sing Along (DR)	10:00 Fun Fitness Morning Stretch <b>10</b> 10:15 Go4Life® Walking Club (AB) 10:30 Table Ball (DR) 11:00 Words of Wisdom (LR) 11:15 Busy Bakers 2:00 Therapy Art (SK) 3:15 Remember When? (TV) 6:30 Senior Movie Club (TV)	10:15 Chair Dancing (TV) <b>11</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 1:00 Shopping Trip (out) 2:45 Color Therapy (LR) 3:15 Residential Social (DR) 7:00 Wheel of Fortune (TV)	9:45 Pray The Rosary (AR) <b>12</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Community Service Club (AB) 2:00 Songs and Inspirations (DR) 3:00 Terrace & social (TR) 3:45 Nurture The Spirit 7:00 Evening Movie (TV)
9:30 News and Chat (TV) <b>13</b> 10:15 Go4Life® Walking Club (AB) 10:30 "Easy On Sunday Morning Drive" 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 2:00 Songs and Inspirations (DR) 3:15 Sunday Evening Social (DR) 6:30 Senior Movie Club (TV)	10:00 News & Chat (TV) <b>14</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Sing Along (TV) 2:30 Name Game (LR) 3:00 Monday Munchies Social (DR) 4:15 Terrace Relaxation & Stories (SK) 7:00 Evening Movie (TV)	10:15 Daily News & Horoscopes (TV) <b>15</b> 10:15 Go4Life® Walking Club (AB) 10:30 Fitness Dancing (TV) 11:00 Words of Wisdom (LR) 1:45 Music Therapy (TV) 2:15 Puzzle Club (SK) 3:00 Tasty Tuesday Social (DR) 3:30 Music Therapy Social 4:15 Sing Along (TV) 4:15 Name 5 (SK) 7:00 Evening Movie (TV)	10:15 Go4Life® Walking Club (AB) <b>16</b> 10:30 Coffee & Conversation (DR) 11:00 Words of Wisdom (LR) 11:30 Lunch Bunch (DR) 11:30 SingFit® (SK) 2:00 Busy Bakers (DR) 3:15 Poetry Reading & Social (SK) 4:00 Brain Games (LR) 6:30 Sing Along (DR)	10:00 Fun Fitness Morning Stretch <b>17</b> 10:15 Go4Life® Walking Club (AB) 10:30 Table Ball (DR) 11:00 Words of Wisdom (LR) 11:15 Busy Bakers 2:00 Therapy Art (SK) 3:15 Remember When? (TV) 6:30 Senior Movie Club (TV)	10:15 Chair Dancing (TV) <b>18</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:15 Meet Me @ MoMa 11:30 SingFit® (SK) 1:00 Shopping Trip (out) 2:45 Color Therapy (LR) 3:15 Residential Social (DR) 7:00 Wheel of Fortune (TV)	9:45 Pray The Rosary (AR) <b>19</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Community Service Club (AB) 2:00 Songs and Inspirations (DR) 3:00 Terrace & social (TR) 3:45 Nurture The Spirit 7:00 Evening Movie (TV)
9:30 News and Chat (TV) <b>20</b> 10:15 Go4Life® Walking Club (AB) 10:30 "Easy On Sunday Morning Drive" 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 2:00 Songs and Inspirations (DR) 3:15 Dessert Social (DR) 6:30 Senior Movie Club (TV)	10:00 News & Chat (TV) <b>21</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Sing Along (TV) 2:30 Name Game (LR) 3:00 Monday Munchies Social (DR) 4:15 Terrace Relaxation & Stories (SK) 7:00 Evening Movie (TV)	10:15 Daily News & Horoscopes (TV) <b>22</b> 10:15 Go4Life® Walking Club (AB) 10:30 Fitness Dancing (TV) 11:00 Words of Wisdom (LR) 11:15 Name Game (LR) 1:45 Music Therapy (TV) 2:15 Puzzle Club (SK) 3:00 Tasty Tuesday Social (DR) 4:15 Sing Along (TV) 7:00 Evening Movie (TV)	10:15 Go4Life® Walking Club (AB) <b>23</b> 10:30 Coffee & Conversation (DR) 11:00 Words of Wisdom (LR) 11:30 Lunch Bunch (DR) 11:30 SingFit® (SK) 2:00 Busy Bakers (DR) 3:15 Poetry Reading & Social (SK) 4:00 Brain Games (LR) 6:30 Sing Along (DR)	10:00 Fun Fitness Morning Stretch <b>24</b> 10:15 Go4Life® Walking Club (AB) 10:30 Table Ball (DR) 11:00 Words of Wisdom (LR) 11:15 Busy Bakers 2:00 Therapy Art (SK) 3:15 Remember When? (TV) 6:30 Senior Movie Club (TV)	10:15 Chair Dancing (TV) <b>25</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 1:00 Shopping Trip (out) 2:45 Color Therapy (LR) 3:15 Residential Social (DR) 7:00 Wheel of Fortune (TV)	9:45 Pray The Rosary (AR) <b>26</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Community Service Club (AB) 2:00 Songs and Inspirations (DR) 3:00 Terrace & social (TR) 3:45 Nurture The Spirit 7:00 Evening Movie (TV)
9:30 News and Chat (TV) <b>27</b> 10:15 Go4Life® Walking Club (AB) 10:30 "Easy On Sunday Morning Drive" 11:00 Words of Wisdom (LR) 11:30 SingFit® (SK) 1:30 Kitchen Reminiscence Kit (DR) 2:00 Songs and Inspirations (DR) 3:15 Dessert Social (DR) 6:30 Senior Movie Club (TV)	10:00 News & Chat (TV) <b>28</b> 10:15 Go4Life® Walking Club (AB) 11:00 Words of Wisdom (LR) 11:30 Sing Along (TV) 2:30 Name Game (LR) 3:00 Monday Munchies Social (DR) 4:15 Terrace Relaxation & Stories (SK) 7:00 Evening Movie (TV)	10:15 Daily News & Horoscopes (TV) <b>29</b> 10:15 Go4Life® Walking Club (AB) 10:30 Fitness Dancing (TV) 11:00 Words of Wisdom (LR) 1:45 Music Therapy (TV) 2:15 Puzzle Club (SK) 3:00 Tasty Tuesday Social (DR) 4:15 Sing Along (TV) 7:00 Evening Movie (TV)	10:15 Go4Life® Walking Club (AB) <b>30</b> 10:30 Coffee & Conversation (DR) 11:00 Words of Wisdom (LR) 11:30 Lunch Bunch (DR) 11:30 SingFit® (SK) 2:00 Busy Bakers (DR) 3:15 Poetry Reading & Social (SK) 4:00 Brain Games (LR) 6:30 Sing Along (DR)	10:00 Fun Fitness Morning Stretch <b>31</b> 10:15 Go4Life® Walking Club (AB) 10:30 Table Ball (DR) 11:00 Words of Wisdom (LR) 11:15 Busy Bakers 2:00 Therapy Art (SK) 3:15 Remember When? (TV) 6:30 Senior Movie Club (TV)		

**OCTOBER 2019**  
**Reminiscence**  
 Sunrise of Springfield  
 6541 Franconia Rd, Springfield,  
 VA 22150; (703) 922-6800

LIVE WITH PURPOSE

