

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AK Activity Kitchen B Bistro Area BYG AL Back Yard Garden FD Meet At Front Doors PDR Private Dining Room RG Reminiscence Garden TR Theater UA Room/Activity Room Upstairs Table Area		10:15 MUSIC THERAPY WITH MARY ELLEN 1 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) (FD) 1:30 FLOWER ARRANGING W/JAMIE 2:15 Canvas Painting with Jamie (B) 3:00 TACO TUESDAY SOCIAL (B) 4:00 Go 4Life Walking Club (FD) 4:15 Total Brain Health - word games before dinner 6:15 After dinner Bingo with Highs School Volunteers or Jamie (Dining Room)	10:00 FALL CRAFT PROJECT WITH RICHMOND BURTON HIGH SCHOOL IN REMINISCENCE 2 10:15 TAI CHI WITH ALLISON OF MOONWILLOW PERSONAL ARTS, INC. 1:00 STARTING BRIDGE CLUB (AK) 1:00 PAINTED LADIES - BEAUTIFUL NAILS WITH VERONICA (AK) 3:00 ALTERNATING HOT DOGS OR PIZZA SOCIAL (B) 4:00 GO FOR LIFE WALKING CLUB (FD) 6:30 MOVIES & POPCORN WITH MARY ANN (UA)	10:30 EXERCISE CLASS With LAUREN (TR) 3 11:00 BRAIN GAMES WITH DEBBIE (TR) 2:15 BAKING OR SCRAPBOOKING RESIDENT'S CHOICE (AK) 3:00 YAHTZEE TIME! (SOCIAL) (AK) 4:00 Go 4Life Walking Club With CHEYENNE 6:15 WEEKLY CARD GAME WITH HAYLEY	11:00 COMMUNITY SERVICE PROJECT BUS OUTINGS (TR) 4 1:00 EXERCISE & MEDITATION W/JAMIE (MAIN DINING ROOM) 3:00 Friday fun Day UNO Social 4:00 Go 4Life Walking Club (FD) 4:30 DOUG BARTENDS FOR DINNER TIME COCKTAIL HOUR 6:15 MARYANN'S FRIDAY NIGHT AT THE MOVIES (UA)	10:45 BIBLE STUDY WITH FRED (TR) 5 1:00 Exercise Essentials W/JAMIE 1:30 Crochet & Knit blankets & dog sweaters for Animal Shelter project with Jamie (TR) 2:00 INTERGENERATIONAL BINGO (Dining Room) 3:00 SATURDAY SANDWICH SOCIAL (B) 3:30 MOMA - MUSEUM OF MODERN ART ACTIVITIES W/JAMIE (B) 4:00 Go 4Life Walking Club (FD) 6:00 AFTER DINNER WINE & SING FIT W/JAMIE
9:15 COMMUNION - ST. THOMAS CHURCH (TR) 6 10:30 EXERCISE ESSENTIALS 11:00 Community Service- Dog Sweaters/Blankets - happy hookers crochet club - Shelter (TR) 11:00 Gab Group - fun information, jokes, etc. (ACTIVITY ROOM-AL) 1:00 NON-DENOMINATIONAL GUITAR WORSHIP (TR) 3:00 SING FIT & SUNDAYS SUNDAY SOCIAL WITH JAMIE (TR) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:00 WINE, CHEESE & HAZEL SHARES HER TRAVEL ADVENTURE DOCUMENTARY FILMS! (TR)	10:15 Morning Baking Club (AK) 7 11:00 News Currents or News Paper Headlines (TR) 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) 2:00 LAUGHTER YOGA WITH JAMIE & DONNA WITH MEDITATION AFTER (TR) 2:30 WES TEACHES ART CLASS (B) 3:00 Sing Fit Social (B) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:30 MARYANN'S MOVIE MONDAY PICK (UA)	10:15 BAKING CLUB (AK) 8 11:00 CRYSTAL LAKE LIBRARY OR COFFEE & DONUTS AT COUNTRY DONUTS TRIP (TR) 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) (FD) 1:30 FLOWER ARRANGING W/JAMIE 2:15 Canvas Painting with Jamie (B) 3:00 TACO TUESDAY SOCIAL (B) 4:00 Go 4Life Walking Club (FD) 6:15 After dinner Bingo with Highs School Volunteers or Jamie (Dining Room)	10:00 EXERCISE W/DEBBIE 9 10:30 WORD GAMES WITH DEBBIE 11:00 SING FIT WITH DONNA (TR) 1:00 STARTING BRIDGE CLUB (AK) 1:00 PAINTED LADIES - BEAUTIFUL NAILS WITH VERONICA (AK) 3:00 ALTERNATING HOT DOGS OR PIZZA SOCIAL (B) 4:00 GO FOR LIFE WALKING CLUB (FD) 6:30 MOVIES & POPCORN WITH MARY ANN (UA)	10:30 EXERCISE CLASS With LAUREN (TR) 10 11:00 BRAIN GAMES WITH DEBBIE (TR) 2:15 BAKING OR SCRAPBOOKING RESIDENT'S CHOICE (AK) 3:00 YAHTZEE TIME! (SOCIAL) (AK) 4:00 Go 4Life Walking Club With CHEYENNE 6:15 WEEKLY CARD GAME WITH HAYLEY	10:15 NEWS CURRENTS W/JAMIE 11 11:00 COMMUNITY SERVICE PROJECT BUS OUTINGS (TR) 1:00 EXERCISE & MEDITATION W/JAMIE (MAIN DINING ROOM) 3:00 Friday fun Day UNO Social 4:00 Go 4Life Walking Club (FD) 4:30 DOUG BARTENDS FOR DINNER TIME COCKTAIL HOUR 6:15 MARYANN'S FRIDAY NIGHT AT THE MOVIES (UA)	10:45 BIBLE STUDY WITH FRED (TR) 12 1:00 Exercise Essentials W/JAMIE 1:30 Crochet & Knit blankets & dog sweaters for Animal Shelter project with Jamie (TR) 2:00 INTERGENERATIONAL BINGO (Dining Room) 3:00 SATURDAY SANDWICH SOCIAL (B) 3:30 MOMA - MUSEUM OF MODERN ART ACTIVITIES W/JAMIE (B) 4:00 Go 4Life Walking Club (FD) 5:00 OKTOBERFEST DINNER BUFFET & ENTERTAINMENT (FAMILY EVENT)
9:15 COMMUNION - ST. THOMAS CHURCH (TR) 13 10:30 EXERCISE ESSENTIALS 11:00 Community Service- Dog Sweaters/Blankets - happy hookers crochet club - Shelter (TR) 11:00 Gab Group - fun information, jokes, etc. (ACTIVITY ROOM-AL) 1:00 NON-DENOMINATIONAL GUITAR WORSHIP (TR) 3:00 SING FIT & SUNDAYS SUNDAY SOCIAL WITH JAMIE (TR) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:00 WINE, CHEESE & HAZEL SHARES HER TRAVEL ADVENTURE DOCUMENTARY FILMS! (TR)	10:15 Morning Baking Club (AK) 14 11:00 News Currents or News Paper Headlines (TR) 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) 2:00 LAUGHTER YOGA WITH JAMIE & DONNA WITH MEDITATION AFTER (TR) 2:30 WES TEACHES ART CLASS (B) 3:00 Sing Fit Social (B) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:30 MARYANN'S MOVIE MONDAY PICK (UA)	10:15 BAKING CLUB (AK) 15 11:00 LIVE WITH GENEROSITY PROJECTS (TR) 11:30 LUNCH OUTING TO AROUND THE CLOCK RESTAURANT 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) (FD) 1:30 FLOWER ARRANGING W/JAMIE 2:15 Canvas Painting with Jamie (B) 3:00 TACO TUESDAY SOCIAL (B) 4:00 Go 4Life Walking Club (FD) 6:15 After dinner Bingo with Highs School Volunteers or Jamie (Dining Room)	10:00 EXERCISE W/DEBBIE 16 10:30 WORD GAMES WITH DEBBIE 11:00 SING FIT WITH DONNA (TR) 1:00 STARTING BRIDGE CLUB (AK) 1:00 PAINTED LADIES - BEAUTIFUL NAILS WITH VERONICA (AK) 3:00 ALTERNATING HOT DOGS OR PIZZA SOCIAL (B) 4:00 GO FOR LIFE WALKING CLUB (FD) 6:30 MOVIES & POPCORN WITH MARY ANN (UA)	10:30 EXERCISE CLASS With LAUREN (TR) 17 11:00 BRAIN GAMES WITH DEBBIE (TR) 2:15 BAKING OR SCRAPBOOKING RESIDENT'S CHOICE (AK) 3:00 YAHTZEE TIME! (SOCIAL) (AK) 4:00 Go 4Life Walking Club With CHEYENNE 6:15 WEEKLY CARD GAME WITH HAYLEY	10:15 NEWS CURRENTS W/JAMIE 18 11:00 COMMUNITY SERVICE PROJECT BUS OUTINGS (TR) 1:00 EXERCISE & MEDITATION W/JAMIE (MAIN DINING ROOM) 3:00 Friday fun Day UNO Social 4:00 Go 4Life Walking Club (FD) 4:30 DOUG BARTENDS FOR DINNER TIME COCKTAIL HOUR 6:15 MARYANN'S FRIDAY NIGHT AT THE MOVIES (UA)	10:45 BIBLE STUDY WITH FRED (TR) 19 1:00 Exercise Essentials W/JAMIE 1:30 Crochet & Knit blankets & dog sweaters for Animal Shelter project with Jamie (TR) 2:00 INTERGENERATIONAL BINGO (Dining Room) 3:00 SATURDAY SANDWICH SOCIAL (B) 3:30 MOMA - MUSEUM OF MODERN ART ACTIVITIES W/JAMIE (B) 4:00 Go 4Life Walking Club (FD) 6:00 AFTER DINNER WINE & SING FIT W/JAMIE
9:15 COMMUNION - ST. THOMAS CHURCH (TR) 20 10:30 EXERCISE ESSENTIALS 10:45 ST. MARGARET MARY YOUTH GROUP: GAMES & FUN! (TR) 1:00 NON-DENOMINATIONAL GUITAR WORSHIP (TR) 2:00 MAMA MA - WOODSTOCK OPERA HOUSE 6:00 WINE, CHEESE & HAZEL SHARES HER TRAVEL ADVENTURE DOCUMENTARY FILMS! (TR)	10:15 Morning Baking Club (AK) 21 11:00 News Currents or News Paper Headlines (TR) 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) 1:15 HAND MADE ON MAIN CERAMIC STUDIO COMES HERE 3:00 Sing Fit Social (B) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:30 MARYANN'S MOVIE MONDAY PICK (UA)	10:15 BAKING CLUB (AK) 22 11:00 CRYSTAL LAKE LIBRARY OR SHOPPING AT DOLLAR TREE (FD) 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) (FD) 1:30 FLOWER ARRANGING W/JAMIE 2:15 Canvas Painting with Jamie (B) 3:00 TACO TUESDAY SOCIAL (B) 4:00 Go 4Life Walking Club (FD) 6:15 After dinner Bingo with Highs School Volunteers or Jamie (Dining Room)	10:00 EXERCISE W/DEBBIE 23 10:30 WORD GAMES WITH DEBBIE 11:00 SING FIT WITH DONNA (TR) 1:00 STARTING BRIDGE CLUB (AK) 1:00 PAINTED LADIES - BEAUTIFUL NAILS WITH VERONICA (AK) 3:00 ALTERNATING HOT DOGS OR PIZZA SOCIAL (B) 4:00 GO FOR LIFE WALKING CLUB (FD) 6:30 MOVIES & POPCORN WITH MARY ANN (UA)	10:30 EXERCISE CLASS With LAUREN (TR) 24 11:00 BRAIN GAMES WITH DEBBIE (TR) 2:15 BAKING OR SCRAPBOOKING RESIDENT'S CHOICE (AK) 3:00 YAHTZEE TIME! (SOCIAL) (AK) 4:00 Go 4Life Walking Club With CHEYENNE 6:15 WEEKLY CARD GAME WITH HAYLEY	10:15 NEWS CURRENTS W/JAMIE 25 11:00 COMMUNITY SERVICE PROJECT BUS OUTINGS (TR) 1:00 EXERCISE & MEDITATION W/JAMIE (MAIN DINING ROOM) 3:00 RESIDENT COUNCIL MEETING 4:00 Go 4Life Walking Club (FD) 4:30 DOUG BARTENDS FOR DINNER TIME COCKTAIL HOUR 6:15 MARYANN'S FRIDAY NIGHT AT THE MOVIES (UA)	10:45 BIBLE STUDY WITH FRED (TR) 26 1:00 Exercise Essentials W/JAMIE 1:30 Crochet & Knit blankets & dog sweaters for Animal Shelter project with Jamie (TR) 2:00 INTERGENERATIONAL BINGO (Dining Room) 3:00 SATURDAY SANDWICH SOCIAL (B) 3:30 MOMA - MUSEUM OF MODERN ART ACTIVITIES W/JAMIE (B) 4:00 Go 4Life Walking Club (FD) 6:00 AFTER DINNER WINE & SING FIT W/JAMIE
9:15 COMMUNION - ST. THOMAS CHURCH (TR) 27 10:30 EXERCISE ESSENTIALS 11:00 Community Service- Dog Sweaters/Blankets - happy hookers crochet club - Shelter (TR) 11:00 Gab Group - fun information, jokes, etc. (ACTIVITY ROOM-AL) 1:00 NON-DENOMINATIONAL GUITAR WORSHIP (TR) 3:00 SING FIT & SUNDAYS SUNDAY SOCIAL WITH JAMIE (TR) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:00 WINE, CHEESE & HAZEL SHARES HER TRAVEL ADVENTURE DOCUMENTARY FILMS! (TR)	10:15 Morning Baking Club (AK) 28 11:00 PINSTRIPES BOWLING CENTER OUTING (FD) 2:30 WES TEACHES ART CLASS (B) 3:00 Sing Fit Social (B) 4:00 Go 4Life Walking Club w/Jamie (FD) 6:30 MARYANN'S MOVIE MONDAY PICK (UA)	10:15 BAKING CLUB (AK) 29 11:00 LIVE WITH GENEROSITY PROJECTS (TR) 11:30 LUNCH AT JAMESONS STEAKHOUSE 1:00 EXERCISE ESSENTIALS W/JAMIE (AFTER LUNCH) (FD) 1:30 FLOWER ARRANGING W/JAMIE 2:15 Canvas Painting with Jamie (B) 3:00 TACO TUESDAY SOCIAL (B) 4:00 Go 4Life Walking Club (FD) 6:15 After dinner Bingo with Highs School Volunteers or Jamie (Dining Room)	10:00 EXERCISE W/DEBBIE 30 10:30 WORD GAMES WITH DEBBIE 11:00 SING FIT WITH DONNA (TR) 1:00 STARTING BRIDGE CLUB (AK) 1:00 PAINTED LADIES - BEAUTIFUL NAILS WITH VERONICA (AK) 3:00 ALTERNATING HOT DOGS OR PIZZA SOCIAL (B) 4:00 GO FOR LIFE WALKING CLUB (FD) 6:30 MOVIES & POPCORN WITH MARY ANN (UA)	10:30 EXERCISE CLASS With LAUREN (TR) 31 11:00 BRAIN GAMES WITH DEBBIE (TR) 2:15 BAKING OR SCRAPBOOKING RESIDENT'S CHOICE (AK) 3:00 HALLOWEEN PARTY SOCIAL EVENT (AK) 6:15 WEEKLY CARD GAME WITH HAYLEY	HAPPY BIRTHDAY! R. BARAJAS 10-27 E. GEBAUER 10-1 H. NAKANISHI 10-10 A. TLSTOVIC 10- 10 C. WHITE 10-11	SPECIAL EVENTS: WALK TO END ALZHEIMERS OCT. 6TH OKTOBERFEST DINNER BUFFET & ENTERTAINMENT OCT 12TH SAFE TRICK OR TREAT HALLOWEEN SOCIAL

OCTOBER 2019
Assisted Living
Sunrise of Crystal Lake
751 Terra Cotta Avenue, Crystal Lake,
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LIVE WITH PURPOSE

