

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:30 Good Morning Chat & Updates 10:00 Exercise Essentials 10:30 Bread Baking 10:30 Bread Baking 11:00 Lunch Bunch 11:30 Word Play 11:30 Word Play 1:00 Bingo with Care Team 2:00 Go4Life® Walking Club 3:00 The Daily Chronicle 3:00 Social of the Month 3:30 Inspirational Moments 6:00 Breathwork	1 9:30 Good Morning Chat & Updates 10:00 Morning Workout 11:00 Cookie Baking 1:00 Board Game & Card Club 2:00 Go4Life® Walking Club 3:00 The Daily Chronicle 6:00 Snuggle Up Romance	2 9:30 Good Morning Chat & Updates 10:00 Exercise Essentials 10:30 Bread Baking 10:30 Bread Baking 11:30 Word Play 11:30 Word Play 2:00 Go4Life® Walking Club 2:00 Move with Fun 3:00 The Daily Chronicle 3:00 Scenic Drive 3:00 Thankful Thursday Social 6:00 Aromatherapy	3 9:30 Good Morning Chat & Updates 10:00 Morning Workout 10:30 Put Your Brain to the Test! 11:00 Cookie Baking 11:00 Shabbat Service 1:00 Manicures w/ Care Team 2:00 Go4Life® Walking Club 3:00 The Daily Chronicle 4:00 Word Play 6:00 Netflix & Chill	4 9:30 Good Morning Chat & Updates 10:00 Chair Tai Chi 10:00 Emmanuel Service 10:30 Bread Baking 10:30 Bread Baking 11:30 Word Play 11:30 Word Play 1:00 Scenic Drive 2:00 Go4Life® Walking Club 2:30 Craft Corner 3:00 The Daily Chronicle 3:00 Surprise Me Social 4:00 Bingo with Care Team 6:00 Come Sing to Me	5 9:30 Good Morning Chat & Updates 10:00 Chair Tai Chi 10:00 Emmanuel Service 10:30 Bread Baking 10:30 Bread Baking 11:30 Word Play 11:30 Word Play 1:00 Scenic Drive 2:00 Go4Life® Walking Club 2:30 Craft Corner 3:00 The Daily Chronicle 3:00 Surprise Me Social 4:00 Bingo with Care Team 6:00 Come Sing to Me
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OCTOBER 2019
5th Floor Reminiscence
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 MD 20910; (301) 588-0484

LIVE WITH PURPOSE

