

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| AR Activities Room B Bistro Br Brownstone DR Dining Room ILB Independent Living L Lobby PCT PC Terrace RAR Rem Activities Room | | 10:00 Chair Zumba with Kathy (AR) 1 11:00 Outing to Movie Tavern: "Downton Abbey" 11:00 Go4Life® Walking Club 11:00 Word Games and Puzzles (AR) 1:30 News Currents Sr. (AR) 3:00 Honey Tasting Social (B) 6:30 Game Shows on the Big Screen (AR) | 10:00 Mind, Body & Spirit Exercise (AR) 2 11:00 Go4Life® Walking Club 11:00 Spa & Hand Massage Day (AR) 1:45 Bingo Club (B) 3:00 Live Piano Entertainment with Bernie & Happy Hour (B) 6:30 Wild Card Wednesday Movie: "The Notebook" (AR) | 10:00 Full Body Chair Exercise (AR) 3 10:00 Journaling with Elaine 11:00 Go4Life® Walking Club 11:00 Flower Arranging (B) 2:00 Cartooning with Duane (AR) 3:30 Dining Committee Meeting (B) 4:00 Musical Bingo (B) 6:30 Brain Games Evening Social (B) | 10:00 Exercise Essentials with Weights (AR) 4 11:00 History Highlights: Sputnik (AR) 11:00 Go4Life® Walking Club 1:30 SingFit® (AR) 2:30 Tea, Coffee, and Conversation (B) 4:00 Shabbat (AR) 6:30 History Movie Night: "October Sky" (AR) | 10:00 Exercise Essentials: Noodles 5 11:00 Go4Life® Walking Club 11:00 Art Class (AR) 1:30 Bingo with Students from Thomas Jefferson University (B) 1:30 Live with Generosity: Beading & Jewelry Making (AR) 3:30 Scrabble Game Social (AR) 6:30 TCM Movie Night (B) |
| 10:00 Catholic Communion (AR) 6 10:30 Full Body Chair Exercise (AR) 11:00 Go4Life® Walking Club 11:00 Giant Crossword Puzzle (AR) 1:00 Eagles vs. NY Jets (AR) 1:30 Nail Salon with Michelle (B) 3:30 Right Brained vs Left Brained, What's the Difference? (B) 6:30 Documentary Movie Night (AR) | 9:30 Outing to the Michener Museum 7 10:00 Exercise with Janet (AR) 11:00 News Headlines 11:00 Go4Life® Walking Club 1:30 Conversations with Janet (AR) 2:30 Monday Classics (AR) 3:30 "Those Were the Days" Social (B) 6:30 Musical Movie Night: "Oklahoma!" | 10:00 Tai Chi Tuesday (AR) 8 11:00 Go4Life® Walking Club 11:00 Word Games and Puzzles (AR) 1:30 News Currents Sr. (AR) 3:00 Choir: Debrief and Planning (AR) 6:30 Game Shows on the Big Screen (AR) | Yom Kippur 9 10:00 Mind, Body & Spirit Exercise (AR) 11:00 Go4Life® Walking Club 11:00 Ecumenical Christian Service (AR) 1:30 Resident Council (AR) 1:45 Bingo Club (B) 3:00 Yom Kippur Movie: "1945" (B) | 10:00 Gina's Jewelry Sale (B) 10 10:00 Full Body Chair Exercise (AR) 10:00 Journaling with Elaine 11:00 Go4Life® Walking Club 11:00 Flower Arranging (B) 1:30 Card Shark Club (B) 3:00 Fall Fest! (L) 6:30 Brain Games Evening Social (B) | 10:00 Laughter and Games with St. Basil Academy Students (AR) 11 11:00 Exercise Essentials with Weights (AR) 11:00 Go4Life® Walking Club 11:00 Men's Coffee Group with John (B) 1:30 SingFit® (AR) 2:30 Tea, Coffee, and Conversation (B) 4:00 Shabbat (AR) 6:30 Friday Classic Movie: "Papillon" (AR) | 10:00 Exercise Essentials: Noodles 12 11:00 Cooking Class: Black Bean Buttercup Squash Burritos (AR) 11:00 Go4Life® Walking Club 1:30 Saturday Movie Matinee: "Yesterday" (AR) 1:30 Live with Generosity: Beading & Jewelry Making (AR) 1:45 Bingo Club (B) 3:30 Cooking Class Tasting Social (AR) 6:30 TCM Movie Night (B) |
| 10:00 Catholic Communion (AR) 13 10:30 Full Body Chair Exercise (AR) 11:00 Baking Club: Sugar Cookies (AR) 11:00 Go4Life® Walking Club 1:00 Eagles vs. MN Vikings (AR) 1:30 Nail Salon with Michelle (B) 3:30 Cookie Decorating & (Eating!) Social (B) 6:30 Documentary Movie Night (AR) | 10:00 Exercise with Janet (AR) 14 11:00 News Headlines 11:00 Go4Life® Walking Club 1:30 Conversations with Janet (AR) 2:00 Catholic Mass with Father Janton 2:30 Monday Classics (AR) 3:30 Food for Thought Social: Columbus Day vs. Indigenous People's Day (B) 6:30 Columbus Day Movie Night: "The Mission" | 10:00 Chair Zumba with Kathy (AR) 15 11:00 Go4Life® Walking Club 11:00 Word Games and Puzzles (AR) 1:30 News Currents Sr. (AR) 2:30 Live Animal Program with Briar Bush Nature Center (AR) 3:30 Choir Rehearsal (AR) 6:30 Game Shows on the Big Screen (AR) | 10:00 Mind, Body & Spirit Exercise (AR) 16 11:00 Go4Life® Walking Club 11:00 Spa & Hand Massage Day (AR) 1:45 Bingo Club (B) 3:00 Live Piano Entertainment with Bernie & Happy Hour (B) 6:30 Wild Card Wednesday Movie: "Rain Man" (AR) | 10:00 Full Body Chair Exercise (AR) 17 10:00 Journaling with Elaine 11:00 Go4Life® Walking Club 11:00 Discovery Series with Health Pro 1:30 Card Shark Club (B) 3:00 History Highlights Social: The E5 Submarine Rescue (AR) 4:00 Dinner Outing to Bonefish Grill (B) | 10:00 Exercise Essentials with Weights (AR) 18 11:00 News of the Weird (AR) 11:00 Go4Life® Walking Club 1:30 SingFit® (AR) 2:30 Tea, Coffee, and Conversation (B) 3:00 Flower Arranging (B) 4:00 Shabbat (AR) 6:30 Friday Classic Movie: "Operation Petticoat" (AR) | 10:00 Exercise Essentials: Noodles 19 11:00 Go4Life® Walking Club 11:00 Art Class (AR) 1:30 Live with Generosity: Beading & Jewelry Making (AR) 1:30 Saturday Movie Matinee (AR) 1:45 Bingo Club (B) 3:30 Music with JT Trinacria (L) 6:30 TCM Movie Night (B) |
| 10:00 Catholic Communion (AR) 20 10:30 Full Body Chair Exercise (AR) 11:00 Go4Life® Walking Club 11:00 Giant Crossword Puzzle (AR) 1:30 Sunday Classic: "I Love Lucy" (AR) 1:30 Nail Salon with Michelle (B) 2:30 Music with Drew Hirsch (B) 3:30 Angel Food Cake Social (B) 6:30 Documentary Movie Night (AR) | 10:00 Exercise with Janet (AR) 21 11:00 News Headlines 11:00 Go4Life® Walking Club 1:30 Conversations with Janet (AR) 2:30 Monday Classics (AR) 3:30 "Those Were the Days" Social (B) 6:30 Musical Movie Night: "Amazing Grace", Featuring Aretha Franklin (AR) | 10:00 Tai Chi Tuesday (AR) 22 11:00 Go4Life® Walking Club 11:00 Word Games and Puzzles (AR) 1:30 News Currents Sr. (AR) 3:00 Choir Rehearsal (AR) 6:30 Game Shows on the Big Screen (AR) | 10:00 Mind, Body & Spirit Exercise (AR) 23 11:00 Go4Life® Walking Club 11:00 Spa & Hand Massage Day (AR) 1:45 Bingo Club (B) 3:00 Live Piano Entertainment with Bernie & Happy Hour (B) 6:30 Wild Card Wednesday Movie: "Hoosiers" (AR) | 10:00 Full Body Chair Exercise (AR) 24 10:00 Journaling with Elaine 11:00 Go4Life® Walking Club 11:00 Flower Arranging (B) 1:30 Shopping Outing to the Market at Styer's Orchard 1:30 Card Shark Club (B) 3:00 History Highlights Social: "Declaration of Human Rights" (AR) 4:00 Musical Bingo (B) 6:30 Brain Games Evening Social (B) | 10:00 Exercise Essentials with Weights (AR) 25 11:00 Laughter and Games with Lynn: Campfire Tales (AR) 11:00 Go4Life® Walking Club 1:30 SingFit® (AR) 2:30 Tea, Coffee, and Conversation (B) 4:00 Shabbat (AR) 6:30 Friday Classic Movie: "Murder By Death" (AR) | 10:00 Exercise Essentials: Noodles 26 11:00 Confectionary Class: Candied Apples (AR) 11:00 Go4Life® Walking Club 1:30 Saturday Movie Matinee: "Biggest Little Farm" (AR) 1:30 Live with Generosity: Beading & Jewelry Making (AR) 1:45 Bingo Club (B) 3:30 Dominoes Social (AR) 6:30 TCM Movie Night (B) |
| 10:00 Catholic Communion (AR) 27 10:30 Full Body Chair Exercise (AR) 11:00 Baking Club: Pumpkin Bread (AR) 11:00 Go4Life® Walking Club 1:00 Eagles @ Buffalo Bills (AR) 1:30 Nail Salon with Michelle (B) 3:30 Pumpkin Bread Social (B) 6:30 Documentary Movie Night (AR) | 10:00 Exercise with Janet (AR) 28 11:00 News Headlines 11:00 Go4Life® Walking Club 1:30 Conversations with Janet (AR) 2:30 Monday Classics (AR) 3:30 Preparing for Trick-Or-Treaters Social (B) 6:30 Musical Movie Night: "A Little Night Music" | 10:00 Tai Chi Tuesday (AR) 29 11:00 Lunch Outing to Bernie's 11:00 Go4Life® Walking Club 11:00 Word Games and Puzzles (AR) 1:30 News Currents Sr. (AR) 3:00 Choir Rehearsal (AR) 6:30 Game Shows on the Big Screen (AR) | 10:00 Mind, Body & Spirit Exercise (AR) 30 11:00 Go4Life® Walking Club 11:00 Spa & Hand Massage Day (AR) 1:30 Setting Up for the Party! 3:00 Live Piano Entertainment with Bernie & Happy Hour (B) 6:00 Family and Friends Halloween Dinner (AR) | HALLOWEEN 31 10:00 YMCA Trick-Or-Treaters! 10:00 Journaling with Elaine 11:00 Full Body Chair Exercise (AR) 1:30 Card Shark Club (B) 3:00 Spooky Around the World Social (AR) 4:00 Musical Bingo (B) 6:30 Halloween Movie Night: "Bell Book and Candle" (B) | | |

OCTOBER 2019
Personal Care
 Sunrise of Abington
 1801 Susquehanna Rd., Abington,
 PA 19001; (215) 576-8899

LIVE WITH PURPOSE

