

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room CM Community DR Day Room K Kitchen L Lobby PCAPC Activity Room PCBPC Bistro TVRTV Room		10:00 <b>Conversing with Elaine (TVR)</b> <b>1</b> 11:00 Baking Club 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 3:30 Terrific Tuesday Social 4:00 Manicures and Hand Massages (TVR) 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>2</b> 10:30 A Moment in History (AR) 11:00 Word games and puzzles 1:30 Go4Life® Walking Club (CM) 2:00 Live with Generosity 2:15 <b>Piano Time with Bernie (DR)</b> 3:30 Wacky Wednesday Social 6:00 Trivia Games	<b>Happy Birthday Nasir</b> <b>3</b> 10:00 Exercise Essentials (AR) 11:00 All Things Autumn 1:30 Go4Life® Walking Club (CM) 2:00 <b>Fall Celebration!</b> 3:00 <b>Music with Brittany</b> 4:00 Bingo 6:00 Story Time	<b>Happy Birthday Doris</b> <b>4</b> 10:00 Exercise Essentials (AR) 10:00 Sing-a-long with Volunteers 11:00 Painting Group (AR) 1:30 Go4Life® Walking Club (CM) 3:30 <b>SingFit® Social with Lynn (AR)</b> 4:00 <b>Shabbat (PCA)</b> 4:00 Couponing with Elsie 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>5</b> 11:00 Musical Guess the Word 1:30 <b>Bingo with Students from Thomas Jefferson University! (AR)</b> 1:30 Go4Life® Walking Club (CM) 3:30 Spring Social 4:00 Coloring to Calmness 6:00 Reflection & Meditation
10:00 <b>Catholic Communion (AR)</b> <b>6</b> 10:00 Exercise Essentials (AR) 11:00 Sunday Sing & Dance! 1:30 Go4Life® Walking Club (CM) 2:00 Sunday Cinema 3:30 Sunday Funday Social (AR) 4:00 Super Sunday Bingo 6:00 Reflection & Meditation	9:30 <b>Outing to the Michener Museum</b> <b>7</b> 10:00 Exercise Essentials (AR) 10:30 Nails & Hand Massages with Kelly (AR) 11:00 Current Events 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 6:00 Trivia Games	10:00 <b>Conversing with Elaine (TVR)</b> <b>8</b> 11:00 Baking Club 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 3:00 Choir: Debrief and Planning (PCA) 3:30 Terrific Tuesday Social 4:00 Manicures and Hand Massages (TVR) 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>9</b> 10:30 A Moment in History (AR) 11:00 <b>Ecumenical Christian Service (PCA)</b> 11:00 Word games and puzzles 1:30 Go4Life® Walking Club (CM) 2:00 <b>Music with Brittany (DR)</b> 3:30 Wacky Wednesday Social 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>10</b> 10:30 Scrapbook Club 11:00 Shine The Light 1:30 Go4Life® Walking Club (CM) 2:00 Flower Arranging with Janet (K) 3:00 <b>Fall Fest Music with Scott (L)</b> 3:30 Flower Social 4:00 Bingo 6:00 Story Time	10:00 Exercise Essentials (AR) <b>11</b> 10:00 Sing-a-long with Volunteers 11:00 <b>Crafting with Students of St. Basil's Academy (AR)</b> 1:30 Go4Life® Walking Club (CM) 3:30 <b>SingFit® Social with Lynn (AR)</b> 4:00 <b>Shabbat (PCA)</b> 4:00 Couponing with Elsie 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>12</b> 11:00 Musical Guess the Word 1:30 Go4Life® Walking Club (CM) 3:30 Spring Social 4:00 Coloring to Calmness 6:00 Reflection & Meditation
<b>Happy Birthday Jack</b> <b>13</b> 10:00 <b>Catholic Communion (AR)</b> 10:00 Exercise Essentials (AR) 11:00 Sunday Sing & Dance! 1:30 Go4Life® Walking Club (CM) 2:00 Sunday Cinema 3:30 Sunday Funday Social (AR) 4:00 Super Sunday Bingo 6:00 Reflection & Meditation	<b>Happy Birthday Verna</b> <b>14</b> 10:00 Exercise Essentials (AR) 10:30 Nails & Hand Massages with Kelly (AR) 11:00 Current Events 1:30 Go4Life® Walking Club (CM) 2:00 <b>Catholic Mass with Father Janton (PCA)</b> 2:00 Bingo (AR) 6:00 Trivia Games	10:00 <b>Conversing with Elaine (TVR)</b> <b>15</b> 11:00 Baking Club 1:30 <b>Live Animal Program with Briar Bush Nature Center (TVR)</b> 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 3:30 Choir Rehearsal (PCA) 3:30 Terrific Tuesday Social 4:00 Manicures and Hand Massages (TVR) 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>16</b> 10:30 A Moment in History (AR) 11:00 Word games and puzzles 1:30 Go4Life® Walking Club (CM) 2:00 Live with Generosity 2:15 <b>Piano Time with Bernie (DR)</b> 3:30 Wacky Wednesday Social 6:00 Trivia Games 10:15 Rem Outing	10:00 Exercise Essentials (AR) <b>17</b> 10:30 Scrapbook Club 11:00 Shine The Light 1:30 Go4Life® Walking Club (CM) 2:00 Flower Arranging with Janet (K) 3:30 Flower Social 4:00 Bingo 6:00 Story Time	<b>Happy Birthday Bobbi</b> <b>18</b> 10:00 Exercise Essentials (AR) 10:00 Sing-a-long with Volunteers 11:00 Painting Group (AR) 1:30 Go4Life® Walking Club (CM) 3:30 <b>SingFit® Social with Lynn (AR)</b> 4:00 <b>Shabbat (PCA)</b> 4:00 Couponing with Elsie 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>19</b> 11:00 Musical Guess the Word 1:30 Go4Life® Walking Club (CM) 3:30 Music with JT Trinacria (L) 3:30 Spring Social 4:00 Coloring to Calmness 6:00 Reflection & Meditation
10:00 <b>Catholic Communion (AR)</b> <b>20</b> 10:00 Exercise Essentials (AR) 11:00 Sunday Sing & Dance! 1:30 <b>Music with Drew (AR)</b> 1:30 Go4Life® Walking Club (CM) 2:00 Sunday Cinema 3:30 Sunday Funday Social (AR) 4:00 Super Sunday Bingo 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>21</b> 10:30 Nails & Hand Massages with Kelly (AR) 11:00 Current Events 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 6:00 Trivia Games	10:00 <b>Conversing with Elaine (TVR)</b> <b>22</b> 11:00 Baking Club 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 3:00 <b>Choir Rehearsal (PCA)</b> 3:30 Terrific Tuesday Social 4:00 Manicures and Hand Massages (TVR) 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>23</b> 10:30 A Moment in History (AR) 11:00 Word games and puzzles 1:30 <b>Ecumenical Christian Service with Sameh (TVR)</b> 1:30 Go4Life® Walking Club (CM) 2:00 Live with Generosity 2:15 <b>Piano Time with Bernie (DR)</b> 3:30 Wacky Wednesday Social 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>24</b> 10:30 Scrapbook Club 11:00 Shine The Light 1:30 Go4Life® Walking Club (CM) 2:00 Flower Arranging with Janet (K) 3:30 Flower Social 4:00 Bingo 6:00 Story Time	10:00 Exercise Essentials (AR) <b>25</b> 10:00 Sing-a-long with Volunteers 11:00 Painting Group (AR) 1:30 Go4Life® Walking Club (CM) 3:30 <b>SingFit® Social with Lynn (AR)</b> 4:00 <b>Shabbat (PCA)</b> 4:00 Couponing with Elsie 6:00 Trivia Games	10:00 Exercise Essentials (AR) <b>26</b> 11:00 Musical Guess the Word 1:30 Go4Life® Walking Club (CM) 3:30 Spring Social 4:00 Coloring to Calmness 6:00 Reflection & Meditation
10:00 <b>Catholic Communion (AR)</b> <b>27</b> 10:00 Exercise Essentials (AR) 11:00 Sunday Sing & Dance! 1:30 Go4Life® Walking Club (CM) 2:00 Sunday Cinema 3:30 Sunday Funday Social (AR) 4:00 Super Sunday Bingo 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>28</b> 10:30 Nails & Hand Massages with Kelly (AR) 11:00 Current Events 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 6:00 Trivia Games	10:00 <b>Conversing with Elaine (TVR)</b> <b>29</b> 11:00 Baking Club 1:30 Go4Life® Walking Club (CM) 2:00 Bingo (AR) 3:00 <b>Choir Rehearsal (PCA)</b> 3:30 Terrific Tuesday Social 4:00 Manicures and Hand Massages (TVR) 6:00 Reflection & Meditation	10:00 Exercise Essentials (AR) <b>30</b> 10:30 A Moment in History (AR) 11:00 Word games and puzzles 1:30 Go4Life® Walking Club (CM) 2:00 Live with Generosity 2:15 <b>Piano Time with Bernie (DR)</b> 3:30 Wacky Wednesday Social 6:00 <b>Family and Friends Halloween Dinner!</b>	<b>Happy Halloween</b> <b>31</b> 10:00 <b>YMCA Trick-Or-Treaters</b> 10:00 Exercise Essentials (AR) 10:30 Scrapbook Club 11:00 Shine The Light 1:30 Go4Life® Walking Club (CM) 2:00 Flower Arranging with Janet (K) 3:30 Flower Social 4:00 Bingo 6:00 Story Time		

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

LIVE WITH PURPOSE

