| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | If you have any suggestions for programming or events, please let us know. | | Birthdays<br><br>Dolores M - November 10<br>Sara P - November 27 | | **1**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Afternoon Stretch (Living Room)<br>2:00 Ukulele Deb (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Dominos (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **2**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Bingo (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Art and Game Time (Dining Room)<br>4:00 Afternoon Stretch (Living Room)<br>4:30 Sing Along (Living Room)<br>5:00 Special Family Dinner (Dinning Room)<br>6:30 Evening Stretch (Living Room) |
| **3**<br>9:30 Catholic Communion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Gardening (Garden)<br>11:00 Exploring the World (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Scenic Drive (Outing)<br>1:30 Music w/ Marcia (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Violin with Henry (Family Member Volunteer) (Living Room)<br>4:00 Exploring Philosophy (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **4**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Total Brain Health Challenge (Living Room)<br>11:45 Adventure (Outing)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Piano w/ Gary (Living Room)<br>4:00 Watering the Garden (Garden)<br>6:30 Evening Stretch (Living Room) | **5**<br>9:30 News Discussion (Living Room)<br>10:00 Rosary (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:15 Afternoon Stretch (Dining Room)<br>2:30 Baking Delights (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Puzzles (Dining Room)<br>3:30 Black Jack with Mel (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **6**<br>9:00 News Discussion (Living Room)<br>9:30 Piano and Singing w/ Mae (Living Room)<br>10:00 Scenic Drive (Outing)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Art Appreciation and Creation (Living Room)<br>12:00 Out to the Movies<br>1:00 Afternoon Walk (Outing)<br>1:00 Afternoon Stretch (Living Room)<br>1:30 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:15 Exploring the World (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Table Games (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **7**<br>9:30 News Discussion (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:00 Sing Along to Piano w/ Susana (Living Room)<br>3:30 Exploring the World (Living Room)<br>4:30 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **8**<br>**Kaiser Flu Clinic 10-12**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Dominos (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **9**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Bingo (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Art and Game Time (Dining Room)<br>4:00 Afternoon Stretch (Living Room)<br>4:30 Sing Along (Living Room)<br>5:00 Special Family Dinner (Dinning Room)<br>6:30 Evening Stretch (Living Room) |
| **10**<br>9:30 Catholic Communion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Gardening (Garden)<br>11:00 Exploring the World (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Scenic Drive (Outing)<br>1:30 Accordion w/ Mike (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Violin with Henry (Family Member Volunteer) (Living Room)<br>4:00 Exploring Philosophy (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **11**<br>**Veterans Day**<br>9:30 News Discussion (Living Room)<br>10:00 "Go 4 Fit" Fitness Challenge Monthly (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Total Brain Health Challenge (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:00 Patriotic Music with Piano and Saxophone (Living Room)<br>3:00 Veterans Day Social and Life Stories (Dining Room)<br>3:30 Guitar with Mike (Dining Room)<br>4:00 Watering the Garden (Garden)<br>4:30 Word Games (Living Room)<br>6:30 Evening Stretch (Living Room) | **12**<br>9:30 News Discussion (Living Room)<br>10:00 Rosary (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Guitar and Flute w/ Linda Lou and Michael (Living Room)<br>2:30 Baking Delights (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Puzzles (Dining Room)<br>3:30 Black Jack with Mel (Upstairs Lounge)<br>4:00 Programming Meeting for Activities and Outings (Living Room)<br>6:30 Evening Stretch (Living Room) | **13**<br>9:00 News Discussion (Living Room)<br>9:30 Piano and Singing w/ Mae (Living Room)<br>10:00 Scenic Drive (Outing)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Art Appreciation and Creation (Living Room)<br>12:30 Trader Joes & Thrift Store Shopping<br>1:00 Afternoon Walk (Outing)<br>1:00 Afternoon Stretch (Living Room)<br>1:30 Music Appreciation (Living Room)<br>2:15 Exploring the World (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:00 Guitar w/Christopher (Living Room)<br>3:30 Table Games (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **14**<br>9:30 News Discussion (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:00 Afternoon Show (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Exploring the World (Living Room)<br>4:00 Sing Along (Living Room)<br>4:30 Piano w/ Christina (Living Room)<br>6:00 Paws Dog Visit w/ Sophie (Living Room)<br>6:30 Evening Stretch (Living Room) | **15**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Afternoon Stretch (Living Room)<br>2:00 Ukulele Deb (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Dominos (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **16**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:30 Bingo (Dining Room)<br>3:00 New Resident Welcome Party (Dinning Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Piano and Sing Along with Rosemary<br>4:30 Word Games (Living Room)<br>5:00 Special Family Dinner (Dinning Room)<br>6:30 Evening Stretch (Living Room) |
| **17**<br>9:30 Catholic Communion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Gardening (Garden)<br>11:00 Exploring the World (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Scenic Drive (Outing)<br>1:30 Music w/ Marcia (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Violin with Henry (Family Member Volunteer) (Living Room)<br>4:00 Exploring Philosophy (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **18**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Total Brain Health Challenge (Living Room)<br>11:45 Adventure (Outing)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Piano w/ Gary (Living Room)<br>4:00 Watering the Garden (Garden)<br>6:30 Evening Stretch (Living Room) | **19**<br>9:30 News Discussion (Living Room)<br>10:00 Rosary (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:15 Afternoon Stretch (Dining Room)<br>2:30 Baking Delights (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Puzzles (Dining Room)<br>3:30 Black Jack with Mel (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **20**<br>9:00 News Discussion (Living Room)<br>9:30 Piano and Singing w/ Mae (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 In & Out for Burgers<br>11:00 Art Appreciation and Creation (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Afternoon Stretch (Living Room)<br>1:30 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:15 Exploring the World (Living Room)<br>2:30 Scenic Drive (Outing)<br>3:00 Refreshments (Dining Room)<br>3:30 Table Games (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **21**<br>9:30 News Discussion (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:00 Afternoon Show (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Exploring the World (Living Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **22**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Dominos (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **23**<br>**Thanksgiving Buffet 12:15**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:30 Piano & Violin w/ Mae & Lisa till 12:15 (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Bingo (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Art and Game Time (Dining Room)<br>4:00 Afternoon Stretch (Living Room)<br>4:30 Sing Along (Living Room)<br>5:00 Special Family Dinner (Dinning Room)<br>6:30 Evening Stretch (Living Room) |
| **24**<br>9:30 Catholic Communion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Gardening (Garden)<br>11:00 Exploring the World (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Scenic Drive (Outing)<br>1:30 Accordion w/ Mike (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Violin with Henry (Family Member Volunteer) (Living Room)<br>4:00 Exploring Philosophy (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **25**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Total Brain Health Challenge (Living Room)<br>11:45 Adventure (Outing)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:30 Afternoon Stretch (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Table Games (Dining Room)<br>4:00 Watering the Garden (Garden)<br>4:00 Word Games (Living Room)<br>4:30 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **26**<br>9:30 News Discussion (Living Room)<br>10:00 Rosary (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Afternoon Show (Living Room)<br>2:15 Afternoon Stretch (Dining Room)<br>2:30 Baking Delights (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Puzzles (Dining Room)<br>3:30 Black Jack with Mel (Upstairs Lounge)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **27**<br>9:00 News Discussion (Living Room)<br>9:30 Piano and Singing w/ Mae (Living Room)<br>10:00 Scenic Drive (Outing)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Art Appreciation and Creation (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Afternoon Stretch (Living Room)<br>1:30 Jam Nation (Living Room)<br>1:30 Music Appreciation (Living Room)<br>2:15 Exploring the World (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:00 Guitar w/Christopher (Living Room)<br>3:30 Table Games (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **28**<br>**Thanksgiving**<br>9:30 News Discussion (Living Room)<br>9:45 Piano w/ Iris (Living Room)<br>10:15 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>12:00 Thanksgiving Meal (Dinning Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:45 Afternoon Stretch (Living Room)<br>2:00 Afternoon Show (Living Room)<br>3:30 Creating Art (Living Room)<br>4:00 Sing Along (Living Room)<br>6:00 Paws Dog Visit w/ Sophie (Living Room)<br>6:30 Evening Stretch (Living Room) | **29**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Memory Exercises (Living Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>1:30 Afternoon Stretch (Living Room)<br>2:00 Ukulele Deb (Living Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Dominos (Dining Room)<br>4:00 Sing Along (Living Room)<br>6:30 Evening Stretch (Living Room) | **30**<br>9:30 News Discussion (Living Room)<br>10:00 Exercise (Living Room)<br>10:30 Coffee & Tea Social (Dining Room)<br>11:00 Trivia Challenge (Dining Room)<br>1:00 Afternoon Walk (Outing)<br>1:00 Music Appreciation (Living Room)<br>2:00 Piano and Sing Along with Rosemary<br>2:30 Bingo (Dining Room)<br>3:00 Refreshments (Dining Room)<br>3:30 Art and Game Time (Dining Room)<br>4:00 Afternoon Stretch (Living Room)<br>4:30 Sing Along (Living Room)<br>5:00 Special Family Dinner (Dinning Room)<br>6:30 Evening Stretch (Living Room) |

# NOVEMBER 2019
## Terrace Club

Sunrise Villa Santa Rosa
4225 Wayvern Dr, Santa Rosa,
CA 95409; 707-538-2590

LIVE WITH PURPOSE

SUNRISE VILLA