

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 I Hear Memories 10:00 Dog Therapy/ Word Bank 10:30 Full Body Workout 11:00 Made w/ Love Craft Class 1:30 Color Me Beautiful 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Newsletter Social 4:00 Happy Half Hour 6:30 Group Jigsaw Puzzle 7:00 Live with Reflection Meditation	9:30 Life Stories 10:00 Exercise Essential / Noodle 10:30 Station Fun 11:00 Ring Toss 1:30 Casino Card Games 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study 7:00 Hand Massages
9:30 Short Stories 10:00 Exercise Essentials 10:30 Painting Class w/Saira 11:00 Station Fun 1:30 Sing Fit 2:30 Walking Club/ Daily Chronicles 3:00 Sing - Fit Social 4:00 Happy Half Hour 5:15 Sunday Football 7:00 Live with Reflection Meditation	9:30 Reminis-SCENTS 10:00 Full Body Workout 10:30 Painting Class w/Kathy 11:00 Sing - Fit 1:15 Scenic Drive 2:30 Go4Life Walking / Daily Chronicles 3:00 Tea Party 4:00 Happy Half Hour 5:15 Football Game	9:15 Catholic Communion 9:30 Full Body Workout 10:00 Station Fun 10:30 Bingo for Sunrise Cash 11:00 Baking & Short Stories 1:30 Sing-Fit 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Live Performance w/ Curt 4:00 Happy Half Hour 6:30 Live w/Reflection Meditation 7:00 Hand Massages	9:15 Scenic drive to the Peacocks 9:30 Double 6 Dominoes 10:00 Yoga w/ Alicia 10:30 Science w/ Kathy 11:00 Readers' Group 11:30 Lunch Outing 1:15 Scenic Drive 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 6:30 Word Bank 7:00 Live with Reflection Meditation	9:30 Meet Me @ MOMA 10:00 Geography for Seniors 10:30 Music w/ Mark 11:00 Short Stories 1:30 Word Bank 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Live Performance 4:00 Happy Half Hour 5:15 Football Game 7:00 Hand Massages	9:30 I Hear Memories 10:00 Full Body Workout 10:30 Casino Card Games 11:00 Made w/ Love Craft Class 1:30 Color Me Beautiful 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Live Performance w/ Hammond 4:00 Happy Half Hour 6:30 Group Jigsaw Puzzle 7:00 Live with Reflection Meditation	9:30 Life Stories 10:00 Exercise Essential / Noodle 10:30 Station Fun 11:00 Ring Toss 1:30 Casino Card Games 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby Social 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study 7:00 Hand Massages
9:30 Short Stories 10:00 Exercise Essentials 10:30 Painting Class w/Saira 11:00 Station Fun 1:30 Sing Fit 2:30 Walking Club/ Daily Chronicles 3:00 Sing - Fit Social 4:00 Happy Half Hour 5:15 Sunday Football 7:00 Live with Reflection Meditation	9:15 Scenic Drive-Peacocks 9:30 Reminis-SCENTS 10:00 Full Body Workout 10:30 Painting Class w/Kathy 11:00 Sing - Fit 1:30 Scenic Drive 2:30 Go4Life Walking / Daily Chronicles 3:00 Live Performance w/Rick 4:00 Happy Half Hour 5:15 Football Game	9:15 Catholic Communion 9:30 Full Body Workout 10:00 Station Fun 10:30 Bingo for Sunrise Cash 11:00 Baking & Short Stories 1:30 Sing-Fit 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Dan playing the Piano 4:00 Happy Half Hour 6:30 Live w/Reflection Meditation 7:00 Hand Massages	9:15 Scenic Drive to Old Roseville 9:30 Double 6 Dominoes 10:00 Yoga w/ Alicia 10:30 Science w/ Kathy 11:00 Readers' Group 1:30 Scenic Drive - Country 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 6:30 Word Bank 7:00 Live with Reflection Meditation	9:30 Meet Me @ MOMA 10:00 Alphabet Soup 10:30 Music w/ Mark 11:00 Short Stories 1:30 Word Bank 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Live Performance w/Michelle 4:00 Happy Half Hour 5:15 Football Game 7:00 Hand Massages	9:30 I Hear Memories 10:00 Full Body Workout 10:30 Casino Card Games 11:00 Made w/ Love Craft Class 11:00 Men's Club w/ Scott 1:30 Color Me Beautiful 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bingo Social 4:00 Happy Half Hour 6:30 Group Jigsaw Puzzle 7:00 Live with Reflection Meditation	9:30 Life Stories 10:00 Exercise Essential / Noodle 10:30 Station Fun 11:00 Ring Toss 1:30 Casino Card Games 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby Social 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study 7:00 Hand Massages
9:30 Short Stories 10:00 Exercise Essentials 10:30 Painting Class w/Saira 11:00 Station Fun 1:30 Sing Fit 2:30 Walking Club/ Daily Chronicles 3:00 Sing - Fit Social 4:00 Happy Half Hour 5:15 Sunday Football 7:00 Live with Reflection Meditation	9:15 Scenic Drive Penryn/Loomis 9:30 Reminis-SCENTS 10:00 Full Body Workout 10:30 Music w/ Mark 11:00 Painting Class w/ Kathy 2:30 Go4Life Walking / Daily Chronicles 3:00 Sunrise Derby 4:00 Happy Half Hour 5:15 Football Game	9:15 Catholic Communion 9:30 Full Body Workout 10:00 Station Fun 10:30 Bingo for Sunrise Cash 11:00 Baking & Short Stories 1:30 Sing-Fit 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby 4:00 Happy Half Hour 6:30 Live w/Reflection Meditation 7:00 Hand Massages	9:15 Scenic Drive/Fairoaks 9:30 Double 6 Dominoes 10:00 Yoga w/ Alicia 10:30 Science w/ Kathy 11:00 Readers' Group 1:30 Scenic Drive / Folsom Lake 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 6:30 Word Bank 7:00 Live with Reflection Meditation	9:30 Meet Me @ MOMA 10:00 Full Body Workout 10:30 Music w/ Mark 11:00 Short Stories 1:30 Word Bank 2:30 Go4Life Walking Club/ Daily Chronicles 3:15 Violinist - Ciprian 4:00 Happy Half Hour 5:15 Football Game 7:00 Hand Massages	9:30 I Hear Memories 10:00 Full Body Workout 10:30 Casino Card Games 11:00 Made w/ Love Craft Class 1:30 Color Me Beautiful 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Live Performance w/ Dessa 4:00 Happy Half Hour 6:30 Group Jigsaw Puzzle 7:00 Live with Reflection Meditation	9:30 Life Stories 10:00 Exercise Essential / Noodle 10:30 Station Fun 11:00 Ring Toss 1:30 Casino Card Games 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby Social 4:00 Family/Friends Thanksgiving Dinner 6:00 Hymn Sing & Bible Study 7:00 Hand Massages
9:30 Short Stories 10:00 Exercise Essentials 10:30 Painting Class w/Saira 11:00 Station Fun 1:30 Sing Fit 2:30 Walking Club/ Daily Chronicles 3:00 Mt Pleasant Singers 3:00 Sing - Fit Social 4:00 Happy Half Hour 5:15 Sunday Football 7:00 Live with Reflection Meditation	9:15 Scenic Drive to the Castle 9:30 Reminis-SCENTS 10:00 Full Body Workout 10:30 Music w/ Mark 11:00 Painting Class w/ Kathy 1:15 Scenic Drive 2:30 Go4Life Walking / Daily Chronicles 3:00 Sunrise Auction 4:00 Happy Half Hour 5:15 Football Game	9:15 Catholic Communion 9:30 Full Body Workout 10:00 Station Fun 10:30 Bingo for Sunrise Cash 11:00 Baking & Short Stories 1:30 Sing-Fit 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Dan playing the Piano 4:00 Happy Half Hour 6:30 Live w/Reflection Meditation 7:00 Hand Massages	9:30 Double 6 Dominoes 10:00 Yoga w/ Alicia 10:30 Science w/ Kathy 11:00 Readers' Group 1:15 Scenic Drive/Country 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 6:30 Word Bank 7:00 Live with Reflection Meditation	9:30 Meet Me @ MOMA 10:00 Guessing Game 10:30 Station Fun 11:00 Short Stories 1:30 Word Bank 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 November's Birthday Social 4:00 Happy Half Hour 5:15 Football Game 7:00 Hand Massages	<b>Anne's Birthday</b> 9:30 I Hear Memories 10:00 Full Body Workout 10:30 Casino Card Games 11:00 Made w/ Love Craft Class 1:30 Color Me Beautiful 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Bingo Social 4:00 Happy Half Hour 6:30 Group Jigsaw Puzzle 7:00 Live with Reflection Meditation	9:30 Life Stories 10:00 Exercise Essential / Noodle 10:30 Station Fun 11:00 Ring Toss 1:30 Casino Card Games 2:30 Go4Life Walking Club/ Daily Chronicles 3:00 Sunrise Derby Social 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study 7:00 Hand Massages

**NOVEMBER 2019**  
**Reminiscence**  
 Sunrise of Rocklin  
 6100 Sierra College Boulevard, Rocklin,  
 CA 95677; 916-632-3003

**LIVE WITH PURPOSE**

