

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1B Bistro (1st floor) 1D Dining Room (1st floor) 3A Activity Room (3rd floor) 3L Living Room (3rd floor) R Reminiscence					9:30 In the News (R) 1 9:30 Go4Life Exercise Class 3:00 Floor Bowling (R) 3:30 Walking Club (R) 3:30 Manicures (R) 6:00 Movie Night (R)	9:30 In the News (R) 2 10:00 Stretches (R) 10:30 Joggin Your Noggin' (R) 1:00 Bingo (R) 3:00 Balloon Volleyball (R) 3:30 Walking Club (R) 6:00 Movie Night (R)
9:30 In the News (R) 3 10:00 Go4Life Exercise Class 10:30 Finishing Lyrics (R) 3:00 Chef's Corner: National Sandwich Day (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 4 10:00 Devotionals w/ Vanessa (R) 10:30 Coffee Talk w/ Vanessa (R) 1:00 Name that Tune w/ Vanessa (R) 1:30 Flower Arranging 2:00 Scenic Drive (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 5 10:00 Music Appreciation 1:00 Getting Crafty 2:00 Bingo (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 6 10:30 Bible Study with Jim Healey (3F) 1:30 Music History Class 3:00 Baking Club (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:00 Catholic Communion 7 9:30 In the News (R) 10:00 Go4Life Exercise Class 10:30 Joggin' Your Noggin (R) 1:30 SingFit® (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 8 9:30 Go4Life Exercise Class 3:00 Floor Bowling (R) 3:30 Walking Club (R) 3:30 Manicures (R) 6:00 Movie Night (R)	9:30 In the News (R) 9 10:00 Stretches (R) 10:30 Joggin Your Noggin' (R) 1:00 Bingo (R) 3:00 Balloon Volleyball (R) 3:30 Walking Club (R) 6:00 Movie Night (R)
9:30 In the News (R) 10 10:00 Go4Life Exercise Class 10:30 Finishing Lyrics (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 11 10:00 Devotionals w/ Vanessa (R) 10:30 Coffee Talk w/ Vanessa (R) 1:00 Name that Tune w/ Vanessa (R) 1:30 Flower Arranging 2:00 Scenic Drive (R) 3:00 Chef's Corner: National Sundae Day 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 12 10:00 Music Appreciation 1:00 Getting Crafty 2:00 Bingo (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 13 10:30 Bible Study with Jim Healey (3F) 1:30 Music History Class 3:00 Baking Club (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:00 Catholic Communion 14 9:30 In the News (R) 10:00 Go4Life Exercise Class 10:30 Joggin' Your Noggin (R) 1:30 Chair Pilates with Daniella (3A) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 15 9:30 Go4Life Exercise Class 12:00 Cheering on the Cure Walkers (Patio) 3:00 Floor Bowling (R) 3:30 Walking Club (R) 3:30 Manicures (R) 6:00 Movie Night (R)	9:30 In the News (R) 16 10:00 Stretches (R) 10:30 Joggin Your Noggin' (R) 1:00 Bingo (R) 3:00 Balloon Volleyball (R) 3:30 Walking Club (R) 6:00 Movie Night (R)
9:30 In the News (R) 17 10:00 Go4Life Exercise Class 10:30 Finishing Lyrics (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 18 10:00 Devotionals w/ Vanessa (R) 10:30 Coffee Talk w/ Vanessa (R) 1:00 Name that Tune w/ Vanessa (R) 1:30 Flower Arranging 2:00 Scenic Drive (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 19 10:00 Music Appreciation 1:00 Getting Crafty 2:00 Bingo (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 20 10:30 Bible Study with Jim Healey (3F) 1:30 Music History Class 3:00 Baking Club (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:00 Catholic Communion 21 9:30 In the News (R) 10:00 Go4Life Exercise Class 10:30 Joggin' Your Noggin (R) 1:30 SingFit® (R) 3:00 Social Hour with Mark Flores (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 22 9:30 Go4Life Exercise Class 3:00 Floor Bowling (R) 3:30 Walking Club (R) 3:30 Manicures (R) 6:00 Movie Night (R)	9:30 In the News (R) 23 10:00 Stretches (R) 10:30 Joggin Your Noggin' (R) 12:00 Thanksgiving Lunch (1D) 1:00 Bingo (R) 3:00 Balloon Volleyball (R) 3:30 Walking Club (R) 6:00 Movie Night (R)
9:30 In the News (R) 24 10:00 Go4Life Exercise Class 10:30 Finishing Lyrics (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 25 10:00 Devotionals w/ Vanessa (R) 10:30 Coffee Talk w/ Vanessa (R) 1:00 Name that Tune w/ Vanessa (R) 1:30 Flower Arranging 2:00 Scenic Drive (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 26 10:00 "Here's Looking at You" Day 1:00 Getting Crafty 2:00 Bingo (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 27 10:30 Bible Study with Jim Healey (3F) 1:30 Word Puzzle Wednesday 3:00 Baking Club (R) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:00 Catholic Communion 28 9:30 In the News (R) 10:00 Go4Life Exercise Class 10:30 Travel Log with Hernan (Living Room (1st floor)) 1:30 SingFit® (R) 3:00 Chef's Corner: National French Toast Day (1B) 3:30 Walking Club (R) 6:00 Movie Night (R)	9:30 In the News (R) 29 9:30 Go4Life Exercise Class 3:00 Floor Bowling (R) 3:30 Walking Club (R) 3:30 Manicures (R) 6:00 Movie Night (R)	9:30 In the News (R) 30 10:00 Stretches (R) 10:30 Joggin Your Noggin' (R) 1:00 Bingo (R) 3:00 Balloon Volleyball (R) 3:30 Walking Club (R) 6:00 Movie Night (R)

NOVEMBER 2019

Reminiscence

Sunrise of La Jolla

810 Turquoise St., San Diego,

CA 92109; 858-488-4300

LIVE WITH PURPOSE



SUNRISE SENIOR LIVING