

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<b>AC</b> Activity Center <b>BI</b> Bistro <b>BP</b> Beauty Parlor <b>CD</b> Concierge Desk <b>CP</b> Central Park 2nd FL <b>DR</b> Dining Room <b>IC</b> In Community <b>P</b> Parlor <b>PDR</b> Private Dining Room <b>RB</b> Reminiscence Backyard <b>RN</b> Reminiscence Neighborhood <b>SU</b> Sign-Up Concierge Desk					10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 11:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 2:15 BINGO BURST (Call Out Kaboom to Win the Game!) (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 Rafael & Nati Chair Aerobic Class (BI) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)	10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 10:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 11:15 Fitness Senior Style with Rich (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 BINGO BURST (Call Out Kaboom to Win the Game!) (AC) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)	10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 10:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 11:15 Fitness Senior Style with Rich (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 NewsCurrents Sr. (AC) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)	10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 10:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 11:15 Fitness Senior Style with Rich (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 NewsCurrents Sr. (AC) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)	10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 10:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 11:15 Fitness Senior Style with Rich (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 NewsCurrents Sr. (AC) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)
9:00 Communion by Eucharistic Ministers (P) 9:30 Morning Mass at St. Pius X Church (SU) 10:00 Catholic Program on Channel 370 (AC) 10:30 Exercise Essentials : Ball Therapy (P) 11:15 Wii Bowling (Digital Bowling Played on TV) (AC) 2:15 Word Game - Cerebral Work-Out (AC) 3:00 Knowledge Check, Puzzles & Assorted Cookies Social (BI) 3:30 Classic BINGO Hour (Win Activity Ticket Bucks) (AC) 4:15 Go4Life@ Walking Club (IC) 5:30 Dot-to-Dot Game (CD) 7:30 New Release Movie Night Picks ! (AC)	10:15 Exercise Essentials: Noodles (P) 11:15 Memory Match Up! Exercise Your Minds (AC) 2:00 Power Walk with Friends (IC) 2:15 Scattergories - Can You Name 12 ! (AC) 2:15 Create a Self-Reflection Shadow Box with Stef (AC) 3:00 Cocktails & Old Time Favorites Sing-a-Long Social (BI) 4:00 Shake Loose a Memory (Discuss & Recall) (BI) 5:30 Monday Logical Puzzle (Concierge Desk) 7:30 Classic Movie Night with Friends (AC)	10:15 Exercise Essentials: Ball Therapy (P) 11:00 Easy to do Crossword Challenge (AC) 11:30 ShopRite Outing - Northvale (SU) 2:00 Power Walk with Friends (IC) 3:00 Roll & Rhyme Social Hour (BI) 4:00 Treasure Box Tuesday BINGO (AC) 5:30 Crossword Puzzles (CD) 7:00 Evening Serenity Circle (PDR) 7:30 Drama Move Night (AC)	10:15 Exercise Essentials: Bands (P) 11:00 Easy Baking Creation Station (BI) 2:00 Power Walk with Friends (IC) 2:15 BIG BOWLING (AC) 2:15 BIG BOWLING (AC) 3:00 Welcome Wagon Social - Getting to Know You (Discuss & Recall) (BI) 4:00 News Currents Sr. (AC) 5:30 Word Unscramble Challenge (CD) 7:30 Mystery Movie Night (AC)	8:30 Beauty Parlor Opens (BP) 10:15 KENO " Win Activity Bucks" (AC) 11:00 Pamper Your Self at Sunrise Nails Salon (BI) 2:00 Power Walk with Friends (IC) 2:15 Categories Cerebral Work-Out (AC) 3:00 Floral Arrangements at Social (BI) 4:00 Evening Chair Fitness with Jillbear (Mind-Body-Soul) Program (AC) 5:30 Play Word Search (CD) 7:00 Evening Serenity Circle (PDR) 7:30 Veteran's Movie Night (AC)	10:00 Power Walk with Friends (IC) 10:15 SingFit@ (P) 10:15 Sunrise Gift Shop Opens "Use Your Activity Ticket Coupons to Buy Your Items" (AC) 11:15 Fitness Senior Style with Rich (AC) 3:00 Cocktails & Sing-a-long to Old Time Favorites at Social Hour (BI) 4:00 BINGO BURST (Call Out Kaboom to Win the Game!) (AC) 4:30 Live with Anticipation (CD) 5:30 Logical Thinking Puzzles (SU) 7:30 Action & Adventure Movie Night (AC)	10:15 Exercise Essentials: Bands & Weights (P) 11:00 Group Crossword Challenge (AC) 11:30 Backyard Green Thumb Project with Angie (RN) 2:15 Keno " Win Activity Ticket Bucks " (AC) 3:00 Ice Cream & Finishing Lines Social (O' Time Verbal Expressions) (CP) 3:45 Happy Hour with Live Music By: Peter H. (RB) 4:30 Power Walk with Friends (IC) 4:30 Wii Bowling (AC) 5:30 "Play Trivia Quizzes" (CD) 7:30 Classic Musical Movie Night (AC)			
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**NOVEMBER 2019**  
**Assisted Living**  
**Sunrise of Old Tappan**  
195 Old Tappan Rd, Old Tappan  
NJ 07675; 201-750-1110

LIVE WITH PURPOSE



**SUNRISE SENIOR LIVING**