

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro DR Dining Room LR Living Room MR Media Room P Patio PDR Private Dining Room Rem Reminiscence					8:00 Breakfast in Terrace Club Dining Room 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Flower Arranging (LR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 9:30 This Day In History (AR) 10:00 Move & Groove Exercise (LR) 11:00 Christian Spiritual Study (MR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Larry Martin on Piano 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)
Daylight Savings 3	8:00 Breakfast in Terrace Club Dining Room 4 9:30 This Day In History (AR) 10:00 Quick Qigong Exercise (AR) 11:00 Dream Catcher (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Bean Bag Toss Social (AR) 3:00 Irish Coffee Social 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 5 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:45 Music & Rhythm Class 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 2:00 Monopoly Game 3:00 Tuesday Social (AR) 3:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 6 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:45 Music & Rhythm Class 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 What Am I? (AR) 3:00 Precious the Singer 3:00 Spa Hour: Hand Massage & Nail Care 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 7 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:00 Communion (DR) 12:00 Lunch Hour in Terrace Club Dining Room 2:00 Breaking Bread in November Trivia 3:00 Pumpkin Bread Social (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 8 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Flower Arranging (LR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 9 9:30 This Day In History (AR) 10:00 Move & Groove Exercise (LR) 11:00 Star of the Month: Healy Lamarr (LR) 11:00 Christian Spiritual Study (MR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 FamilyFeud 3:00 Peanut Butter Social 3:00 Joe on Piano 3:00 Happy Hour! Mocktails & Snacks (AR) 3:30 Visit with Cate the Therapy Dog 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)
8:00 Breakfast in Terrace Club Dining Room 10 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Yoga (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Vanilla Cupcake Social (AR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	Veterans Day 11 8:00 Breakfast in Terrace Club Dining Room 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Bean Bag Toss Social (AR) 3:00 Irish Coffee Social 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	Happy Birthday Ellen! 12 8:00 Breakfast in Terrace Club Dining Room 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:30 Lee Allen on Piano 12:00 Lunch Hour in Terrace Club Dining Room 2:00 You've Got Mail: Send Postcard 3:00 Tuesday Social (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 13 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:45 Steve Schwartz on Piano 11:00 Fall Leaves Dot Painting (LR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 November IQ (AR) 3:00 Spa Hour: Hand Massage & Nail Care 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 14 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:00 Communion (DR) 12:00 Lunch Hour in Terrace Club Dining Room 1:15 Iris on Piano 3:00 Pickle Day Social (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 15 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Flower Arranging (LR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 16 9:30 This Day In History (AR) 10:00 Move & Groove Exercise (LR) 11:00 Christian Spiritual Study (MR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 Bob on Accordion 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)
8:00 Breakfast in Terrace Club Dining Room 17 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Zumba w/ Anabelle (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Bread Maker Social (AR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 18 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 1:45 Remembering a Trip to the Bakery 3:00 Scott Hill on Guitar 3:00 Bean Bag Toss Social (AR) 3:00 Irish Coffee Social 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 19 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:45 Music & Rhythm Class 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 2:00 November Easy Does It Trivia 3:00 Tuesday Social (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 20 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:45 Music & Rhythm Class 11:00 Brain Games and Riddles (LR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 Peanut Butter Fudge Social (AR) 3:00 Spa Hour: Hand Massage & Nail Care 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 21 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:00 Communion (DR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 Dave on Guitar 2:00 What Am I? 3:00 Bingo/Ritz Cracker Social (AR) 3:00 George Moore on Guitar 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 22 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Word Search: Searching For November (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Bob on Guitar 3:00 Flower Arranging (LR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 23 9:30 This Day In History (AR) 10:00 Move & Groove Exercise (LR) 11:00 Christian Spiritual Study (MR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 Can You Picture This? 3:00 Dr. Pepper Social 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)
8:00 Breakfast in Terrace Club Dining Room 24 9:00 Baking with Bonnie (DR) 9:30 This Day In History (AR) 10:00 Yoga (LR) 12:00 Thanksgiving Luncheon 3:00 Truth or Turkey Trivia (AR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 25 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Adelaide, Dear Adelaide (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Bean Bag Toss Social (AR) 3:00 Irish Coffee Social 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 26 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 10:00 Lunch Hour in Terrace Club Dining Room 2:00 Price is Right Game 3:00 National Cake Day Social (AR) 3:00 Marilyn on Piano 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 27 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Memory Lane: Photos with Anabelle (LR) 12:00 Lunch Hour in Terrace Club Dining Room 1:30 Gratitude Tree Centerpiece (AR) 3:00 Jerry the Singer 3:00 Spa Hour: Hand Massage & Nail Care 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	Happy Birthday Carol! 28 Happy Thanksgiving! 8:00 Breakfast in Terrace Club Dining Room 9:00 Macys Day Parade (AR) 9:00 Baking with Bonnie (DR) 10:00 Exercise Essentials (AR) 10:00 Communion (DR) 12:00 Lunch Hour in Terrace Club Dining Room 2:00 November Quick Draw 3:00 Apple Cider/ Cookies Social (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 29 9:30 This Day In History (AR) 10:00 Exercise Essentials (AR) 11:00 Puzzles & Prizes (LR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Flower Arranging (LR) 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)	8:00 Breakfast in Terrace Club Dining Room 30 9:30 This Day In History (AR) 10:00 Move & Groove Exercise (LR) 11:00 Wish Bone Game (LR) 11:00 Christian Spiritual Study (MR) 12:00 Lunch Hour in Terrace Club Dining Room 3:00 Happy Hour! Mocktails & Snacks (AR) 4:00 Go4Life@ Walking Club 5:00 Dinner in Terrace Club Dining Room 6:00 Evening Relaxation & Movie Night (AR)

NOVEMBER 2019
Terrace Club
Sunrise of Burlingame
1818 Trousdale Drive, Burlingame
CA 94010; 650-692-2805

LIVE WITH PURPOSE

