

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foyer TV Room Parlor Patio St. Kenneth Hines Park First Floor Activity Room Ward Church Off premises outside Snooze Room Bistroe Second floor Hallway Second Floor Activity Room Kitchen Dinning Area					9:30 News Currents Sr. <b>1</b> 10:15 Exercise Essentials/dance 10:45 Massage Therapy 11:00 Go4Life® Walking Club (inside) 1:00 <b>Communion with Saint Colette</b> 1:30 Baking Club 1:30 <b>Entertainment with Craig</b> 2:30 Fruity Fridays 3:15 Bingo 5:30 Trivia 6:30 Evening Meditation	9:30 News and Conversation <b>2</b> 10:15 Exercise Essentials 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:30 Chefs Choice Social 3:00 Live with Anticipation Club 3:30 SingFit® 5:30 Arts and Crafts 6:30 Evening Mediation
9:30 News and Conversation <b>3</b> 10:15 Exercise Essentials/bands 10:30 Church for shut ins 10:30 <b>Worship at Saint Edith</b> 11:00 Go4Life® Walking Club (inside) 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Ice cream with the grand kids 3:30 SingFit® 5:30 Evening Baking	9:30 News and Conversation <b>4</b> 10:15 Exercise Essentials/bands 11:00 Go4Life® Walking Club (inside) 1:00 Baking club 1:15 <b>Cooke school visits</b> 1:45 Lap Baskets 2:30 Mexican Monday Social 3:00 Hang Man 3:30 SingFit® 5:30 Arts and Crafts 6:30 Evening Meditation	9:30 News and Conversation <b>5</b> 10:15 Exercise Essentials/music 10:45 Massage Therapy (Hall) 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:00 Napkin Folding 2:30 <b>Tuesday Tea Party</b> 3:15 <b>Communion with Saint Kenneth</b> 3:30 SingFit® 6:00 <b>Story Tales with Rev.Bob</b>	9:30 News and Conversation <b>6</b> 10:15 Exercise Essentials/bands 10:45 Hand and back massage 11:00 Go4Life® Walking Club (inside) 11:15 Lunch Club 1:00 Baking club 1:45 Lap Baskets 2:30 Wine and cheese social 3:30 SingFit® 5:30 Game night 6:30 Evening Meditation	9:30 News and Conversation <b>7</b> 10:15 Exercise Essentials/noodles 11:00 Go4Life® Walking Club (inside) 1:30 Mimosas and Spa Day 1:45 Lap Baskets 2:30 Popcorn Social Matinee 5:15 Bags for the Homeless 6:00 Evening Baking 7:00 Evening Meditation	9:30 News Currents Sr. <b>8</b> 10:15 Exercise Essentials/dance 10:45 Massage Therapy 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:30 Fruity Fridays 3:15 Bingo 5:30 Trivia 6:30 Evening Meditation	9:30 News and Conversation <b>9</b> 10:15 Exercise Essentials 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:30 Chefs Choice Social 3:00 Live with Anticipation Club 3:30 SingFit® 5:30 Adult Coloring 6:30 Evening Mediation
9:30 News and Conversation <b>10</b> 10:15 Exercise Essentials/bands 10:30 Church for shut ins 10:30 <b>Worship at Ward</b> 11:00 Go4Life® Walking Club (inside) 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Ice cream with the grand kids 3:30 SingFit® 5:30 Evening Baking	<b>Veterans Day</b> 9:30 News and Conversation <b>11</b> 10:15 Exercise Essentials/bands 11:00 Go4Life® Walking Club (inside) 1:00 Baking club 1:15 <b>Cooke school visits</b> 1:30 <b>Veterans Day Ceremony</b> 1:45 Lap Baskets 2:30 Mexican Monday Social 3:00 Hang Man 3:30 SingFit® 5:30 Puzzle club 6:30 Evening Meditation	9:30 <b>Frankenmuth</b> 9:30 News and Conversation <b>12</b> 10:15 Exercise Essentials/music 10:45 Massage Therapy (Hall) 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Coffee Social 3:15 <b>Communion with Saint Kenneth</b> 3:30 SingFit® 6:00 <b>Story Tales with Rev.Bob</b>	9:30 News and Conversation <b>13</b> 10:15 Exercise Essentials/bands 10:45 Hand and back massage 11:00 Go4Life® Walking Club (inside) 11:15 Lunch Club 1:00 Baking club 1:45 Lap Baskets 2:30 Wine and cheese social 3:30 SingFit® 5:30 Game night 6:30 Evening Meditation	9:30 News and Conversation <b>14</b> 10:15 Exercise Essentials/noodles 11:00 Go4Life® Walking Club (inside) 1:30 Mimosas and Spa Day 1:45 Lap Baskets 2:30 Popcorn Social Matinee 5:15 Bags for the Homeless 6:00 Evening Baking 7:00 Evening Meditation	9:30 News Currents Sr. <b>15</b> 10:15 Exercise Essentials/dance 10:45 Massage Therapy 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:00 <b>Communion with Saint Colette</b> 1:30 <b>Entertainment with Greg</b> 1:45 Lap Baskets 2:30 Fruity Fridays 3:15 Bingo 5:30 Trivia 6:30 Evening Meditation	9:30 News and Conversation <b>16</b> 10:15 Exercise Essentials 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:30 Chefs Choice Social 3:00 Live with Anticipation Club 3:30 SingFit® 5:30 Arts and Crafts 6:30 Evening Mediation
<b>Happy Birtfday Joseph W.</b> 9:30 News and Conversation <b>17</b> 10:15 Exercise Essentials/bands 10:30 Church for shut ins 10:30 <b>Worship at Saint Edith</b> 11:00 Go4Life® Walking Club (inside) 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Ice cream with the grand kids 3:30 SingFit® 5:30 Evening Baking	9:30 News and Conversation <b>18</b> 10:15 Exercise Essentials/bands 11:00 Go4Life® Walking Club (inside) 1:00 Baking club 1:15 <b>Cooke school visits</b> 1:45 Lap Baskets 2:30 Mexican Monday Social 3:00 Hang Man 3:30 SingFit® 5:30 Arts and Crafts 6:30 Evening Meditation	9:30 News and Conversation <b>19</b> 10:00 <b>Historical Museum</b> 10:15 Exercise Essentials/music 10:45 Massage Therapy (Hall) 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Coffee Social 3:15 <b>Communion with Saint Kenneth</b> 3:30 SingFit® 6:00 <b>Story Tales with Rev.Bob</b>	9:30 News and Conversation <b>20</b> 10:15 Exercise Essentials/bands 10:45 Hand and back massage 11:00 Go4Life® Walking Club (inside) 11:15 Lunch Club 1:00 Baking club 1:45 Lap Baskets 2:30 Wine and cheese social 3:30 SingFit® 5:30 Game night 6:30 Evening Meditation	9:30 News and Conversation <b>21</b> 10:15 Exercise Essentials/noodles 11:00 Go4Life® Walking Club (inside) 1:30 Mimosas and Spa Day 1:45 Lap Baskets 2:00 Arts and Crafts 2:30 Popcorn Social Matinee 5:15 Bags for the Homeless 6:00 Evening Baking 7:00 Evening Meditation	9:30 News Currents Sr. <b>22</b> 10:15 Exercise Essentials/dance 10:45 Massage Therapy 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:30 <b>Entertainment with Joel Palmer</b> 1:45 Lap Baskets 2:30 Fruity Fridays 3:15 Bingo 5:30 Trivia 6:30 Evening Meditation	9:30 News and Conversation <b>23</b> 10:15 Exercise Essentials 11:00 Go4Life® Walking Club (inside) 11:30 <b>Thanksgiving Buffet</b> 1:00 Baking Club 1:45 Lap Baskets 2:30 Chefs Choice Social 3:00 Live with Anticipation Club 3:30 SingFit® 5:30 Adult Coloring 6:30 Evening Mediation
9:30 News and Conversation <b>24</b> 10:15 Exercise Essentials/bands 10:30 Church for shut ins 10:30 <b>Worship at Ward</b> 11:00 Go4Life® Walking Club (inside) 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Ice cream with the grand kids 3:30 SingFit® 5:30 Evening Baking	9:30 News and Conversation <b>25</b> 10:15 Exercise Essentials/bands 11:00 Go4Life® Walking Club (inside) 1:00 Baking club 1:15 <b>Cooke school visits</b> 1:45 Lap Baskets 2:30 Mexican Monday Social 3:00 Hang Man 3:30 SingFit® 5:30 Puzzle club 6:30 Evening Meditation	9:30 News and Conversation <b>26</b> 10:15 Exercise Essentials/music 10:45 Massage Therapy (Hall) 11:00 <b>Lunch Club</b> 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:00 Napkin Folding 2:30 Coffee Social 3:15 <b>Communion with Saint Kenneth</b> 3:30 SingFit® 5:30 Arts and Crafts	9:30 News and Conversation <b>27</b> 10:15 Exercise Essentials/bands 10:45 Hand and back massage 11:00 Go4Life® Walking Club (inside) 1:00 Baking club 1:45 Lap Baskets 2:30 Wine and cheese social 3:30 SingFit® 5:30 Game night 6:30 Evening Meditation	<b>Happy Thanksgiving</b> 9:30 News and Conversation <b>28</b> 10:15 Exercise Essentials/noodles 11:00 Go4Life® Walking Club (inside) 1:30 Mimosas and Spa Day 1:45 Lap Baskets 2:30 Popcorn Social Matinee 5:15 Bags for the Homeless 6:00 Evening Baking 7:00 Evening Meditation	9:30 News Currents Sr. <b>29</b> 10:15 Exercise Essentials/dance 10:45 Massage Therapy 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:00 <b>Communion with Saint Colette</b> 1:30 Entertainment with J.Kochans 1:45 Lap Baskets 2:30 Birthday Social 3:15 Bingo 5:30 Trivia 6:30 Evening Meditation	9:30 News and Conversation <b>30</b> 10:15 Exercise Essentials 11:00 Go4Life® Walking Club (inside) 1:00 Baking Club 1:45 Lap Baskets 2:30 Happy Hour social 3:00 Live with Anticipation Club 3:30 SingFit® 5:30 Adult Coloring 6:30 Evening Mediation

**NOVEMBER 2019**  
**Reminiscence**  
 Sunrise of Northville  
 16100 Haggerty Rd, Plymouth,  
 MI 48170; 734-420-4000

**LIVE WITH PURPOSE**

