Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Yoga w Bonnie (Activity Room-1hr) 9:30 Go4Life® Walking Club 10:30 Coffee Social & Current Events w Cheryl (Bistro-30mins) 11:00 HangMan w Cheryl (Activity Room-1hr) 1:30 Drum Circle (Activity Room-1hr) 1:30 Manicures w Cheryl (Activity Room-1hr) 2:45 Snack & Social w Cheryl (Bistro 30 min) 3:30 Bingo w Cheryl(Bingo Room - 1hr) 4:30 Jewelry w Jeanette $5 Bling (Bistro-4hrs) 6:00 Evening Movie w Helen(Activity Room - 1.5hr) 7:15 Evening Social w Helen (Bistro 1hr)	2 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Cheryl (Activity Room-1hr) 11:00 Flower Arranging w/ Cheryl (Activity Room- 30min) 1:15 Trivia w/ Cheryl (Activity Room-1hr) 2:30 Afternoon Social w/ Cheryl (Activity Room-30mins) 3:00 Bingo w/ Cheryl (Bingo Room-1hr) 6:30 Movie & Popcorn w/ MarieLose(Activity Room- 1.5hr) 7:15 News Currents SR. & Social w/ MarieLose (Bistro- 1hr)
3 9:30 Go4Life® Walking Club 9:30 Zumba w Jeanie (Activity Room-1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 11:15 Sunday Mass w/ Good Shepard Church (Activity Room-30mins) 2:00 Movie Matinee (Activity Room-2hrs) 3:00 Sundae Social w/ Heather (Bistro-30min) 3:30 Sing Fit w/ Heather (Bistro-1hr) 6:30 Movie & Popcorn w/ Theresa (Activity Room- 1.5hr) 6:45 Puzzle Mania w/ Theresa (Bistro-1hr) 7:00 Evening Social & Meditation w/ Cassandra (Bistro 30 min)	4 9:30 Go4Life® Walking Club 10:00 Wheel Of Fortune w Heather (Activity Room-1hr) 11:00 Laughter Yoga w Heather & Joanne (Activity Room-30mins) 11:00 Coffee Social w Heather (Activity Room-1hr) 1:00 LCR w Heather (Activity Room-1hr) 2:15 Family Feud w Heather (Activity Room-1hr) 3:00 Afternoon Social w Heather (Bistro- 30min) 3:15 Bingo w Heather (Bingo Room - 1hr) 6:00 Piano Music w Roberta (Piano- 1hr) 6:30 Movie & Popcorn w Jess (Activity Room- 1.5hr) 7:15 Evening Meditation & Social w Jess (Bistro-30min)	5 9:15 Painting Club w/ Eileen (Activity Room- 2hr) 9:30 Go4Life® Walking Club 10:00 Chair Exercise w/ Alison (Activity Room- 30min) 11:00 Word Game w/ Cheryl (Activity Room- 1hr) 1:30 Movie Matinee (Activity Room-1.5hr) 1:45 Jewlery Making w/ Cheryl & Heather (Activity Room-1hr) 3:00 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:15 Bingo w/ Donna(Bingo Room- 1hr) 6:30 Movie & Popcorn w/ Helen(Activity Room (1.5hr) 7:15 Evening Social & Reminiscence w/ Helen (Bistro-1hr)	6 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 10:30 Memory Match w/ Cheryl (Activity Room-1hr) 1:00 Shopping Outing (Community) 1:30 A Day at Sunrise Derby w/ Cheryl & Heather (Activity Room-1hr) 2:45 Afternoon Social w/ Cheryl & Heather(Bistro-1hr) 3:30 Bingo w/ Phyllis (Bingo Room- 1hr) 3:30 SingFit w/ Cheryl (Bistro-1hr) 6:00 Movie & Popcorn (Activity Room- 1.5 hr) 7:15 Evening Social (Bistro-1hr)	7 9:30 Go4Life® Walking Club 9:30 Knitting & Crocheting Club w/ Toni(Activity Room- 1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-30mins) 10:30 Meet Me at the Morna w/ Eileen(Activity Room-1hr) 1:15 Uno w/ Heather (Activity Room-1hr) 2:15 Afternoon trivia w/ Anna(Bistro- 1hr) 3:00 Afternoon Social w/ Anna (Bistro-30mins) 3:30 Bingo w/ Anna (Bingo Room- 1hr) 3:30 Men's Club w/ Heather (Activity Room-1hr) 6:30 Rosary Club w/ Sadie & Helen (Activity Room-30min) 7:00 Movie & Popcorn w Helen(Activity Room- 1.5 hr) 7:15 Evening Social w Helen (Bistro-1hr)	8 9:30 Yoga w/ Bonnie (Activity Room-1hr) 9:30 Go4Life® Walking Club 10:30 Coffee Social & Current Events w/ Cheryl (Bistro-30mins) 11:00 HangMan w/ Cheryl (Activity Room-1hr) 1:30 Manicures w/ Cheryl (Activity Room-1hr) 2:45 Snack & Social w/ Cheryl (Bistro 30 min) 3:30 Bingo w/ Cheryl(Bingo Room -1hr) 6:00 Evening Movie w/ Helen(Activity Room - 1.5hr) 7:15 Evening Social w/ Helen (Bistro 1hr)	9 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Cheryl (Activity Room-1hr) 11:00 Flower Arranging w/ Cheryl (Activity Room- 30min) 1:15 Trivia w/ Cheryl (Activity Room-1hr) 2:30 Afternoon Social w/ Cheryl (Activity Room-30mins) 3:00 Bingo w/ Cheryl (Bingo Room-1hr) 6:30 Movie & Popcorn w/ MarieLose(Activity Room- 1.5hr) 7:15 News Currents SR. & Social w/ MarieLose (Bistro- 1hr)
10 9:30 Go4Life® Walking Club 9:30 Zumba w/ Jeanie (Activity Room-1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 11:15 Sunday Mass w/ Good Shepard Church (Activity Room-30mins) 2:00 Movie Matinee (Activity Room-2hrs) 3:00 Sundae Social w/ Heather (Bistro-30min) 3:30 Sing Fit w/ Heather (Bistro-1hr) 6:30 Movie & Popcorn w/ Theresa (Activity Room- 1.5hr) 7:00 Evening Social & Meditation w/ Cassandra (Bistro 30 min)	11 9:30 Go4Life® Walking Club 10:00 Wheel Of Fortune w/ Heather (Activity Room-1hr) 11:00 Laughter Yoga w/ Heather & Joanne (Activity Room-30mins) 11:00 Coffee Social w/ Heather (Activity Room-1hr) 1:00 LCR w/ Heather (Activity Room-1hr) 2:00 Veteran's Day Celebration (Bistro-1hr) 3:00 Afternoon Social w/ Heather (Bistro-30min) 3:15 Bingo w/ Heather (Bingo Room - 1hr) 6:30 Movie & Popcorn w/ Jess (Activity Room- 1.5hr) 7:15 Evening Meditation & Social w/ Jess (Bistro- 30min)	12 9:15 Painting Club w/ Eileen (Activity Room- 2hr) 9:30 Go4Life® Walking Club 10:00 Chair Exercise w/ Alison (Activity Room- 30min) 11:00 Word Game w/ Cheryl (Activity Room- 1hr) 1:30 Movie Matinee (Activity Room-1.5hr) 1:45 Jewlery Making w/ Cheryl & Heather (Activity Room-1hr) 3:00 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:15 Bingo w/ Donna(Bingo Room- 1hr) 6:30 Movie & Popcorn w/ Helen(Activity Room (1.5hr) 7:15 Evening Social & Reminiscence w/ Helen (Bistro-1hr)	13 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 10:30 Memory Match w/ Cheryl (Activity Room-1hr) 1:00 Shopping Outing (Community) 1:30 A Day at Sunrise Derby w/ Cheryl & Heather (Activity Room-1hr) 2:00 Mass w/ Good Shepard Church (Activity Room-1hr) 2:45 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:30 Bingo w/ Phyllis (Bingo Room- 1hr) 3:30 SingFit w/ Cheryl (Bistro-1hr) 6:00 Movie & Popcorn (Activity Room- 1.5 hr) 7:15 Evening Social (Bistro-1hr)	14 9:30 Go4Life® Walking Club 9:30 Knitting & Crocheting Club w/ Toni(Activity Room- 1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-30mins) 10:30 Meet Me at the Morna w/ Eileen(Activity Room-1hr) 1:00 Lunch Outing to Friendly's w Heather & Joanne (Community-2hrs) 2:15 Afternoon trivia w/ Anna(Bistro- 1hr) 3:00 Afternoon Social w/ Anna (Bistro-30mins) 3:30 Bingo w/ Anna (Bingo Room- 1hr) 3:30 Men's Club w/ Heather (Activity Room-1hr) 6:30 Rosary Club w/ Sadie & Helen (Activity Room-30min) 7:00 Movie & Popcorn w/ Helen(Activity Room- 1.5 hr) 7:15 Evening Social w/ Helen (Bistro-1hr)	15 9:30 Yoga w/ Bonnie (Activity Room-1hr) 9:30 Go4Life® Walking Club 10:30 Coffee Social & Current Events w/ Cheryl (Bistro-30mins) 11:00 HangMan w/ Cheryl (Activity Room-1hr) 1:30 Manicures w/ Cheryl (Activity Room-1hr) 2:45 Snack & Social w/ Cheryl (Bistro 30 min) 3:30 Bingo w/ Cheryl(Bingo Room -1hr) 6:00 Evening Movie w/ Helen(Activity Room - 1.5hr) 7:15 Evening Social w/ Helen (Bistro 1hr)	16 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Cheryl (Activity Room-1hr) 10:30 Girl Scouts Troop 6 Thanksgiving Visit (Activity Room-1hr) 11:00 Flower Arranging w/ Cheryl (Activity Room- 30min) 1:15 Trivia w/ Cheryl (Activity Room-1hr) 2:30 Afternoon Social w/ Cheryl (Activity Room-30mins) 3:00 Bingo w/ Cheryl (Bingo Room- 1hr) 6:30 Movie & Popcorn w/ MarieLose(Activity Room- 1.5hr) 7:15 News Currents SR. & Social w/ MarieLose (Bistro- 1hr)
17 9:30 Go4Life® Walking Club 9:30 Zumba w/ Jeanie (Activity Room-1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 11:15 Sunday Mass w/ Good Shepard Church (Activity Room-30mins) 2:00 Movie Matinee (Activity Room-2hrs) 3:00 Sundae Social w/ Heather (Bistro-30min) 3:30 Sing Fit w/ Heather (Bistro-1hr) 6:30 Movie & Popcorn w/ Theresa (Activity Room- 1.5hr) 6:45 Puzzle Mania w/ Theresa (Bistro-1hr) 7:00 Evening Social & Meditation w/ Cassandra (Bistro 30 min)	18 9:30 Go4Life® Walking Club 10:00 Wheel Of Fortune w Heather (Activity Room-1hr) 11:00 Laughter Yoga w Heather & Joanne (Activity Room-30mins) 11:00 Coffee Social w Heather (Activity Room-1hr) 1:00 LCR w Heather (Activity Room-1hr) 2:15 Family Feud w Heather (Activity Room-1hr) 3:00 Afternoon Social w Heather (Bistro- 30min) 3:15 Bingo w Heather (Bingo Room - 1hr) 6:00 Piano Music w Roberta (Piano- 1hr) 6:30 Movie & Popcorn w Jess (Activity Room- 1.5hr) 7:15 Evening Meditation & Social w Jess (Bistro-30min)	19 9:15 Painting Club w/ Eileen (Activity Room- 2hr) 9:30 Go4Life® Walking Club 10:00 Chair Exercise w/ Alison (Activity Room- 30min) 11:00 Word Game w/ Cheryl (Activity Room- 1hr) 1:30 Movie Matinee (Activity Room-1.5hr) 1:45 Jewlery Making w/ Cheryl & Heather (Activity Room-1hr) 3:00 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:15 Bingo w/ Donna(Bingo Room- 1hr) 6:30 Movie & Popcorn w/ Helen(Activity Room (1.5hr) 7:15 Evening Social & Reminiscence w/ Helen (Bistro-1hr)	20 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 10:30 Memory Match w/ Cheryl (Activity Room-1hr) 1:00 Shopping Outing (Community) 1:30 A Day at Sunrise Derby w/ Cheryl & Heather (Activity Room-1hr) 2:45 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:30 Bingo w/ Phyllis (Bingo Room- 1hr) 3:30 SingFit w/ Cheryl (Bistro-1hr) 6:00 Movie & Popcorn (Activity Room- 1.5 hr) 7:15 Evening Social (Bistro-1hr)	21 9:30 Go4Life® Walking Club 9:30 Knitting & Crocheting Club w/ Toni(Activity Room- 1hr) 10:00 Sit & Get Fit w/ Heather (Activity Room-30mins) 10:30 Meet Me at the Morna w/ Eileen(Activity Room-1hr) 11:00 Resident Council (Private Dining Room-1hr) 1:15 Uno w/ Heather (Activity Room-1hr) 2:15 Afternoon trivia w/ Anna(Bistro- 1hr) 3:00 Afternoon Social w/ Anna (Bistro-30mins) 3:30 Bingo w/ Anna (Bingo Room- 1hr) 3:30 Men's Club w/ Heather (Activity Room-1hr) 6:30 Rosary Club w/ Sadie & Helen (Activity Room-30min) 7:00 Movie & Popcorn w/ Helen(Activity Room- 1.5 hr) 7:15 Evening Social w/ Helen (Bistro-1hr)	22 9:30 Yoga w/ Bonnie (Activity Room-1hr) 9:30 Go4Life® Walking Club 10:30 Coffee Social & Current Events w/ Cheryl (Bistro-30mins) 11:00 HangMan w/ Cheryl (Activity Room-1hr) 1:30 Manicures w/ Cheryl (Activity Room-1hr) 2:00 Monthly Birthday Party Social & Performance by Len (Bistro-1hr) 2:45 Snack & Social w/ Cheryl (Bistro 30 min) 3:30 Bingo w/ Cheryl(Bingo Room -1hr) 6:00 Evening Movie w/ Helen(Activity Room - 1.5hr) 7:15 Evening Social w/ Helen (Bistro 1hr)	23 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Cheryl (Activity Room-1hr) 11:00 Flower Arranging w/ Cheryl (Activity Room- 30min) 1:15 Trivia w/ Cheryl (Activity Room-1hr) 2:30 Afternoon Social w/ Cheryl (Activity Room-30mins) 3:00 Bingo w/ Cheryl (Bingo Room-1hr) 6:30 Movie & Popcorn w/ MarieLose(Activity Room- 1.5hr) 7:15 News Currents SR. & Social w/ MarieLose (Bistro- 1hr)
24 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 11:15 Sunday Mass w/ Good Shepard Church (Activity Room-30mins) 2:00 Movie Matinee (Activity Room-2hrs) 3:00 Sundae Social w/ Heather (Bistro- 30min) 3:30 Sing Fit w/ Heather (Bistro-1hr) 6:30 Movie & Popcorn w/ Theresa (Activity Room- 1.5hr) 7:00 Evening Social & Meditation w/ Cassandra (Bistro 30 min)	25 9:30 Go4Life® Walking Club 10:00 Wheel Of Fortune w Heather (Activity Room-1hr) 11:00 Laughter Yoga w Heather & Joanne (Activity Room-30mins) 11:00 Coffee Social w Heather (Activity Room-1hr) 1:00 LCR w Heather (Activity Room-1hr) 2:15 Family Feud w Heather (Activity Room-1hr) 3:00 Afternoon Social w Heather (Bistro- 30min) 3:15 Bingo w Heather (Bingo Room - 1hr) 6:30 Movie & Popcorn w Jess (Activity Room- 1.5hr) 7:15 Evening Meditation & Social w Jess (Bistro-30min)	26 9:15 Painting Club w/ Eileen (Activity Room- 2hr) 9:30 Go4Life® Walking Club 10:00 Chair Exercise w/ Alison (Activity Room- 30min) 11:00 Word Game w/ Cheryl (Activity Room- 1hr) 1:30 Movie Matinee (Activity Room-1.5hr) 1:45 Jewlery Making w/ Cheryl & Heather (Activity Room-1hr) 3:00 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:15 Bingo w/ Donna(Bingo Room- 1hr) 6:30 Movie & Popcorn w/ Helen(Activity Room (1.5hr) 7:15 Evening Social & Reminiscence w/ Helen (Bistro-1hr)	27 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Heather (Activity Room-1hr) 10:30 Memory Match w/ Cheryl (Activity Room-1hr) 11:00 Resident Council (Bingo Room- 1 hr) 1:00 Shopping Outing (Community) 1:30 A Day at Sunrise Derby w/ Cheryl & Heather (Activity Room-1hr) 2:45 Afternoon Social w/ Cheryl & Heather (Bistro-1hr) 3:30 Bingo w/ Phyllis (Bingo Room- 1hr) 3:30 SingFit w/ Cheryl (Bistro-1hr) 6:00 Movie & Popcorn (Activity Room- 1.5 hr) 7:15 Evening Social (Bistro-1hr)	28 9:30 Go4Life® Walking Club 9:30 Knitting & Crocheting Club w/ Toni(Activity Room- 1hr) 10:00 Sit & Get Fit w/ Cheryl (Activity Room-30mins) 10:30 Meet Me at the Morna w/ Eileen(Activity Room-1hr) 1:15 Uno w/ Cheryl (Activity Room-1hr) 2:15 Afternoon trivia w/ Anna(Bistro- 1hr) 3:00 Thanksgiving Social with Cheryl (Bistro-1hr) 3:30 Bingo w/ Anna (Bingo Room- 1hr) 6:30 Rosary Club w/ Sadie & Helen (Activity Room-30min) 7:00 Movie & Popcorn w/ Helen(Activity Room- 1.5 hr) 7:15 Evening Social w/ Helen (Bistro-1hr)	29 9:30 Yoga w/ Bonnie (Activity Room-1hr) 9:30 Go4Life® Walking Club 10:30 Coffee Social & Current Events w/ Cheryl (Bistro-30mins) 11:00 HangMan w/ Cheryl (Activity Room-1hr) 1:30 Manicures w/ Cheryl (Activity Room-1hr) 2:45 Snack & Social w/ Cheryl (Bistro 30 min) 3:30 Bingo w/ Cheryl(Bingo Room -1hr) 6:00 Evening Movie w/ Helen(Activity Room - 1.5hr) 7:15 Evening Social w/ Helen (Bistro 1hr)	30 9:30 Go4Life® Walking Club 10:00 Sit & Get Fit w/ Cheryl (Activity Room-1hr) 11:00 Flower Arranging w/ Cheryl (Activity Room- 30min) 1:15 Trivia w/ Cheryl (Activity Room-1hr) 2:30 Afternoon Social w/ Cheryl (Activity Room-30mins) 3:00 Bingo w/ Cheryl (Bingo Room-1hr) 6:30 Movie & Popcorn w/ MarieLose(Activity Room- 1.5hr) 7:15 News Currents SR. & Social w/ MarieLose (Bistro- 1hr)

NOVEMBER 2019

Assisted Living

Sunrise of Holbrook

320 Patchogue Holbrook Rd, Holbrook, NY 11741; 631-289-8400

LIVE WITH PURPOSE

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