Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:45 Exercise Essentials w/ Maria (Activity Room 45min) 10:00 Kitchen Reminiscence Kit w/ Crystal (Kitchen 45min) 11:00 Meal Prep w/ Maria (Kitchen45min) 1:30 Bingo fun w/ Olivia (Kitchen 45min) 3:15 Afternoon Social & Table Talk w/ Karla (Activity Room 45min) 4:15 SingFit Music Program (Living Room 45min) 4:30 Jewelry w Jeanette $5 Bling (Bistro-4hrs) 4:30 Hand Massages w/ Ashley Activity Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 News Currents SR. Karla (Kitchen 45min) 7:00 Evening Social & Conversation w/ Karla (Kitchen 45min)	**2** 9:45 Exercise Essentials w/ Janice 11:30 Sing a Long w/ Olivia (Kitchen 45min) 1:30 Bingo Madness w/ Ann (Kitchen 45min) 3:15 Afternoon Social & Creative Arts w/ Janice (kitchen 45min) 4:00 Chorus Rehearsal w/ Diasia (Activity Room 45min) 6:30 Movie Club w/ Rosa (Living Room 1.5hr) 6:45 Evening Meditation w/ Rosa (Activity room 45min) 7:00 Evening Social & Inspirations w/ Liz (Kitchen 45min) 7:00 Evening Movie & Social w/ Christine (Living Room)
3 9:45 Sit & Be Fit w/ Crystal (Living Room 45min) 10:00 Beauty Time w/ Cecilia (vanity 45min) 11:15 Catholic Services w/ Good Shepard Church (Activity Room- 30 min) 1:00 Baking Club w/ Joanne (Kitchen-1hr) 1:30 Bingo w/ Joanne (Kitchen 45min) 3:15 Ice Cream social w/ Rosa (kitchen 45min) 4:30 Napkin Folding w/ Liz (kitchen 45min) 6:00 Evening Meditation w/ Crystal (Living room 20min) 6:30 Movie Time w/ Crystal (Living Room 1.5 hr) 7:00 Sunday Night Social w/ Ashley (kitchen 45min)	**4** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Manicures & Hand massages w/ Cecilia (Beauty Vanity 45min) 10:45 Go4Life® Walking Club w/ Joanne (20min) 11:00 Laughter Yoga w/ Joanne & Heather (Activity Room-30 mins) 1:30 What's Cookin'? w/ Joanne (Kitchen 45min) 2:00 Word Association Trivia w/ Joanne (Activity Room 45min) 3:00 Afternoon Social w/ Heather (Bistro- 30min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Piano Music w/ Roberta (Piano- 1hr) 6:15 Meet me at the Moma Art Class w/ Karla (kitchen 30min) 6:30 Crossword Puzzles w/ Juana (Music Room 45 min) 6:30 Movie & Popcorn w/ Jess (Activity Room- 1.5hr)	**5** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 11:00 Laughter Yoga w/ Joanne (Living Room 45min) 1:15 Bingo Madness w/ Nancy (Kitchen 45min) 2:30 Pretty Me & Lady Talk w/ Cecilia (Beauty Vanity 45min) 2:30 Bread Making w/ Joanne (20min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:00 Keeping the Rhythm Music Program w/ Maria(Activity room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 6:30 Laughter Yoga w/ Karla (Activity Room 45min) 7:00 Evening Movie & Social w/ Ann (Living Room 1.5 hr)	**6** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Finishing the Lines trivia w/ Joanne (Activity Room 45min) 11:00 What's Cookin'? w/ Joanne (Kitchen 45min) 1:30 Bingo Madness w/ Phyllis (Kitchen 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 3:30 Music Therapy w Joe Costanzo (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 Musical Movie w/ Karla (Living Room 1.5 hr) 6:30 Evening Stretch w/ Karla (Activity Room 45min) 7:00 Evening Social & Reminiscing w/ Karla (Kitchen 45min)	**7** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 1:30 Creative Coloring w/ Nancy(Kitchen 45min) 2:15 Trivia games w/ Joanne (Activity Room 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 7:00 Evening Social & Stretch w/ Ann (Kitchen 45min) 7:00 Rosary Club w/ Karla (Activity Room 45min)	**8** 9:45 Exercise Essentials w/ Maria (Activity Room 45min) 10:00 Kitchen Reminiscence Kit w/ Crystal (Kitchen 45min) 11:00 Meal Prep w/ Maria (Kitchen45min) 1:30 Bingo fun w/ Olivia (Kitchen 45min) 3:15 Afternoon Social & Table Talk w/ Karla (Activity Room 45min) 4:15 SingFit Music Program (Living Room 45min) 4:30 Hand Massages w/ Ashley Activity Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 News Currents SR. Karla (Kitchen 45min) 7:00 Evening Social & Conversation w/ Karla (Kitchen 45min)	**9** 9:45 Exercise Essentials w/ Janice 11:30 Sing a Long w/ Olivia (Kitchen 45min) 1:30 Bingo Madness w/ Ann (Kitchen 45min) 3:15 Afternoon Social & Creative Arts w/ Janice (kitchen 45min) 4:00 Chorus Rehearsal w/ Diasia (Activity Room 45min) 6:30 Movie Club w/ Rosa (Living Room 1.5hr) 6:45 Evening Meditation w/ Rosa (Activity room 45min) 7:00 Evening Social & Inspirations w/ Liz (Kitchen 45min) 7:00 Evening Movie & Social w/ Christine (Living Room)
10 9:45 Sit & Be Fit w/ Crystal (Living Room 45min) 10:00 Beauty Time w/ Cecilia (vanity 45min) 11:15 Catholic Services w/ Good Shepard Church (Activity Room- 30 min) 1:00 Baking Club w/ Joanne (Kitchen-1hr) 1:30 Bingo w/ Joanne (Kitchen 45min) 3:15 Ice Cream social w/ Rosa (kitchen 45min) 4:30 Napkin Folding w/ Liz (kitchen 45min) 6:00 Evening Meditation w/ Crystal (Living room 20min) 6:30 Movie Time w/ Crystal (Living Room 1.5 hr) 7:00 Sunday Night Social w/ Ashley (kitchen 45min)	**11** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Manicures & Hand massages w/ Cecilia (Beauty Vanity 45min) 10:45 Go4Life® Walking Club w/ Joanne (20min) 11:00 Laughter Yoga w/ Joanne & Heather (Activity Room-30 mins) 1:30 What's Cookin'? w/ Joanne (Kitchen 45min) 2:00 Veteran's Day Celebration (Bistro-1hr) 2:00 Word Association Trivia w/ Joanne (Activity Room 45min) 3:00 Afternoon Social w/ Heather (Bistro- 30min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w/ Karla (kitchen 30min) 6:30 Crossword Puzzles w/ Juana (Music Room 45 min) 6:30 Movie & Popcorn w/ Jess (Activity Room- 1.5hr)	**12** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 11:00 Laughter Yoga w/ Joanne (Living Room 45min) 1:15 Bingo Madness w/ Nancy (Kitchen 45min) 2:30 Pretty Me & Lady Talk w/ Cecilia (Beauty Vanity 45min) 2:30 Bread Making w/ Joanne (20min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:00 Keeping the Rhythm Music Program w/ Maria(Activity room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 6:30 Laughter Yoga w/ Karla (Activity Room 45min) 7:00 Evening Movie & Social w/ Ann (Living Room 1.5 hr)	**13** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Finishing the Lines trivia w/ Joanne (Activity Room 45min) 11:00 What's Cookin'? w/ Joanne (Kitchen 45min) 1:30 Bingo Madness w/ Phyllis (Kitchen 45min) 2:00 Mass w/ Good Shepherd Church (Activity Room-1hr) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 3:30 Music Therapy w Joe Costanzo (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 Musical Movie w/ Karla (Living Room 1.5 hr) 6:30 Evening Stretch w/ Karla (Activity Room 45min) 7:00 Evening Social & Reminiscing w/ Karla (Kitchen 45min)	**14** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 11:30 Lunch Outing To Friendly's w/ Heather & Joanne (Community-2hrs) 1:30 Creative Coloring w/ Nancy(Kitchen 45min) 2:15 Trivia games w/ Joanne (Activity Room 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 7:00 Evening Social & Stretch w/ Ann (Kitchen 45min) 7:00 Rosary Club w/ Karla (Activity Room 45min)	**15** 9:45 Exercise Essentials w/ Maria (Activity Room 45min) 10:00 Kitchen Reminiscence Kit w/ Crystal (Kitchen 45min) 11:00 Meal Prep w/ Maria (Kitchen45min) 1:30 Bingo fun w/ Olivia (Kitchen 45min) 3:15 Afternoon Social & Table Talk w/ Karla (Activity Room 45min) 4:15 SingFit Music Program (Living Room 45min) 4:30 Hand Massages w/ Ashley Activity Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 News Currents SR. Karla (Kitchen 45min) 7:00 Evening Social & Conversation w/ Karla (Kitchen 45min)	**16** 9:45 Exercise Essentials w/ Janice 10:30 Girl Scouts Troop 6 Thanksgiving Visit (Activity Room-1hr) 11:30 Sing a Long w/ Olivia (Kitchen 45min) 1:30 Bingo Madness w/ Ann (Kitchen 45min) 3:15 Afternoon Social & Creative Arts w/ Janice (kitchen 45min) 4:00 Chorus Rehearsal w/ Diasia (Activity Room 45min) 6:30 Movie Club w/ Rosa (Living Room 1.5hr) 6:45 Evening Meditation w/ Rosa (Activity room 45min) 7:00 Evening Social & Inspirations w/ Liz (Kitchen 45min) 7:00 Evening Movie & Social w/ Christine (Living Room)
17 9:45 Sit & Be Fit w/ Crystal (Living Room 45min) 10:00 Beauty Time w/ Cecilia (vanity 45min) 11:15 Catholic Services w/ Good Shepard Church (Activity Room- 30 min) 1:00 Baking Club w/ Joanne (Kitchen-1hr) 1:30 Bingo w/ Joanne (Kitchen 45min) 3:15 Ice Cream social w/ Rosa (kitchen 45min) 4:30 Napkin Folding w/ Liz (kitchen 45min) 6:00 Evening Meditation w/ Crystal (Living room 20min) 6:30 Movie Time w/ Crystal (Living Room 1.5 hr) 7:00 Sunday Night Social w/ Ashley (kitchen 45min)	**18** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Manicures & Hand massages w/ Cecilia (Beauty Vanity 45min) 10:45 Go4Life® Walking Club w/ Joanne (20min) 11:00 Laughter Yoga w/ Joanne & Heather (Activity Room-30 mins) 1:30 What's Cookin'? w/ Joanne (Kitchen 45min) 2:00 Word Association Trivia w/ Joanne (Activity Room 45min) 3:00 Afternoon Social w/ Heather (Bistro- 30min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Piano Music w/ Roberta (Piano- 1hr) 6:15 Meet me at the Moma Art Class w/ Karla (kitchen 30min) 6:30 Crossword Puzzles w/ Juana (Music Room 45 min) 6:30 Movie & Popcorn w/ Jess (Activity Room- 1.5hr)	**19** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 11:00 Laughter Yoga w/ Joanne (Living Room 45min) 1:15 Bingo Madness w/ Nancy (Kitchen 45min) 2:30 Pretty Me & Lady Talk w/ Cecilia (Beauty Vanity 45min) 2:30 Bread Making w/ Joanne (20min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:00 Keeping the Rhythm Music Program w/ Maria(Activity room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 6:30 Laughter Yoga w/ Karla (Activity Room 45min) 7:00 Evening Movie & Social w/ Ann (Living Room 1.5 hr)	**20** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Finishing the Lines trivia w/ Joanne (Activity Room 45min) 11:00 What's Cookin'? w/ Joanne (Kitchen 45min) 1:30 Bingo Madness w/ Phyllis (Kitchen 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 3:30 Music Therapy w Joe Costanzo (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 Musical Movie w/ Karla (Living Room 1.5 hr) 6:30 Evening Stretch w/ Karla (Activity Room 45min) 7:00 Evening Social & Reminiscing w/ Karla (Kitchen 45min)	**21** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 1:30 Creative Coloring w/ Nancy(Kitchen 45min) 2:15 Trivia games w/ Joanne (Activity Room 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 7:00 Evening Social & Stretch w/ Ann (Kitchen 45min) 7:00 Rosary Club w/ Karla (Activity Room 45min)	**22** 9:45 Exercise Essentials w/ Maria (Activity Room 45min) 10:00 Kitchen Reminiscence Kit w/ Crystal (Kitchen 45min) 11:00 Meal Prep w/ Maria (Kitchen45min) 1:30 Bingo fun w/ Olivia (Kitchen 45min) 2:00 Monthly Birthday Social & Musical Performance by Len (Bistro- 1hr) 4:15 SingFit Music Program (Living Room 45min) 4:30 Hand Massages w/ Ashley Activity Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 News Currents SR. Karla (Kitchen 45min) 7:00 Evening Social & Conversation w/ Karla (Kitchen 45min)	**23** 9:45 Exercise Essentials w/ Janice 11:30 Sing a Long w/ Olivia (Kitchen 45min) 1:30 Bingo Madness w/ Ann (Kitchen 45min) 3:15 Afternoon Social & Creative Arts w/ Janice (kitchen 45min) 4:00 Chorus Rehearsal w/ Diasia (Activity Room 45min) 6:30 Movie Club w/ Rosa (Living Room 1.5hr) 6:45 Evening Meditation w/ Rosa (Activity room 45min) 7:00 Evening Social & Inspirations w/ Liz (Kitchen 45min) 7:00 Evening Movie & Social w/ Christine (Living Room)
24 9:45 Sit & Be Fit w/ Crystal (Living Room 45min) 10:00 Beauty Time w/ Cecilia (vanity 45min) 11:15 Catholic Services w/ Good Shepard Church (Activity Room- 30 min) 1:00 Baking Club w/ Joanne (Kitchen-1hr) 1:30 Bingo w/ Joanne (Kitchen 45min) 3:15 Ice Cream social w/ Rosa (kitchen 45min) 4:30 Napkin Folding w/ Liz (kitchen 45min) 6:00 Evening Meditation w/ Crystal (Living room 20min) 6:30 Movie Time w/ Crystal (Living Room 1.5 hr) 7:00 Sunday Night Social w/ Ashley (kitchen 45min)	**25** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Manicures & Hand massages w/ Cecilia (Beauty Vanity 45min) 10:45 Go4Life® Walking Club w/ Joanne (20min) 11:00 Laughter Yoga w/ Joanne & Heather (Activity Room-30 mins) 1:30 What's Cookin'? w/ Joanne (Kitchen 45min) 2:00 Word Association Trivia w/ Joanne (Activity Room 45min) 3:00 Afternoon Social w/ Heather (Bistro- 30min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w/ Karla (kitchen 30min) 6:30 Crossword Puzzles w/ Juana (Music Room 45 min) 6:30 Movie & Popcorn w/ Jess (Activity Room- 1.5hr)	**26** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 11:00 Laughter Yoga w/ Joanne (Living Room 45min) 1:15 Bingo Madness w/ Nancy (Kitchen 45min) 2:30 Pretty Me & Lady Talk w/ Cecilia (Beauty Vanity 45min) 2:30 Bread Making w/ Joanne (20min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 4:00 Keeping the Rhythm Music Program w/ Maria(Activity room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 6:30 Laughter Yoga w/ Karla (Activity Room 45min) 7:00 Evening Movie & Social w/ Ann (Living Room 1.5 hr)	**27** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:30 Finishing the Lines trivia w/ Joanne (Activity Room 45min) 11:00 What's Cookin'? w/ Joanne (Kitchen 45min) 1:30 Bingo Madness w/ Phyllis (Kitchen 45min) 2:00 Birthday Entertainment (Bistro 1 hr 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Afternoon Social & Conversation w/ Janice (Kitchen 45min) 3:30 Music Therapy w Joe Costanzo (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 Musical Movie w/ Karla (Living Room 1.5 hr) 6:30 Evening Stretch w/ Karla (Activity Room 45min) 7:00 Evening Social & Reminiscing w/ Karla (Kitchen 45min)	**28** 9:45 Exercise Essentials w/ Nancy (Living Room 45min) 10:00 Culinary Creations w/ Joanne (kitchen 45min) 1:30 Creative Coloring w/ Nancy(Kitchen 45min) 2:15 Trivia games w/ Joanne (Activity Room 45min) 2:30 Manicures w/ Cecilia (Beauty Vanity 45min) 3:15 Thanksgiving Social & Conversation w/ Janice (Kitchen 45min) 4:15 SingFit Music Program (Living Room 45min) 6:00 Evening Meditation w/ Karla (Living Room 20min) 7:00 Evening Social & Stretch w/ Ann (Kitchen 45min) 7:00 Rosary Club w/ Karla (Activity Room 45min)	**29** 9:45 Exercise Essentials w/ Maria (Activity Room 45min) 10:00 Kitchen Reminiscence Kit w/ Crystal (Kitchen 45min) 11:00 Meal Prep w/ Maria (Kitchen45min) 1:30 Bingo fun w/ Olivia (Kitchen 45min) 3:15 Afternoon Social & Table Talk w/ Karla (Activity Room 45min) 4:15 SingFit Music Program (Living Room 45min) 4:30 Hand Massages w/ Ashley Activity Room 45min) 6:15 Meet me at the Moma Art Class w Karla (kitchen 30min) 6:30 News Currents SR. Karla (Kitchen 45min) 7:00 Evening Social & Conversation w/ Karla (Kitchen 45min)	**30** 9:45 Exercise Essentials w/ Janice 11:30 Sing a Long w/ Olivia (Kitchen 45min) 1:30 Bingo Madness w/ Ann (Kitchen 45min) 3:15 Afternoon Social & Creative Arts w/ Janice (kitchen 45min) 4:00 Chorus Rehearsal w/ Diasia (Activity Room 45min) 6:30 Movie Club w/ Rosa (Living Room 1.5hr) 6:45 Evening Meditation w/ Rosa (Activity room 45min) 7:00 Evening Social & Inspirations w/ Liz (Kitchen 45min) 7:00 Evening Movie & Social w/ Christine (Living Room)

NOVEMBER 2019

Reminiscence

Sunrise of Holbrook

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

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING