Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro BP Beauty Parlor LR Living Room LRA Living Room A LRB Living Room B					**1** 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 10:30 Baking Club w/ Care Manager 1:00 Table Top Activities / Life Skills Kit 1:30 Go4Life® Walking Club 2:30 Bingo w/ care manager (LRA) 3:15 Hand Massage w/ Care Managers 3:30 News Currents Sr. (LRB) 3:30 SingFit® (LRA) 6:15 Evening Meditation Program w/ Carol (LRB) 6:30 Movie Night (LRA)	**2** 10:15 Exercise Essentials w/ Care Managers A. Group (LRA) 10:15 Reading Round Table (LRB) 10:30 What's in the Bucket 11:00 Music Therapy Sing-Long w/ Rita A. Group (LRA) 11:00 Make Up Make overs 1:00 Table Top Activities / Life Skills Kit 1:30 Go4Life® Walking Club 2:30 Table top Horse Racing W/ Care Manager 2:30 Wheel of Fortune 2:30 Dance Club W/ Care Manager, (LRA) 3:00 Chef's Choice Social 3:30 Table Top Bowling W/ Care Manager (LRB) 3:30 Meet Me at MoMa (LRA) 6:15 Relaxing Group Activity 6:30 Movie Night (LRA)
3 10:00 Sing-A-Long (LRA) 10:00 Communion W/ Church of the Annunciation (AR) 10:15 Exercise Essentials w/ care manger (LRA) 10:15 Reading Round Table (LRB) 11:00 Make-a- Word Game (LRA) 1:00 Table Top Activities /Life Skills Kit W/ Kimberly 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Trivia w/ Care Manager (LRA) 2:30 Table Bowling W/ Care Managers (LRB) 3:30 Music Therapy Sing A Long w/ care manager (LRA) 3:30 Ring Toss w/ Sharifa (LRB) 6:15 Living with Spirituality 6:30 Movie Night (LRA)	**4** 10:00 Pampering Manicures 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRB) 11:00 Baking Club W/Allison 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Bean Bag Toss (AR) 3:00 Afternoon Social 3:30 Hand Massage W/ Care Manager (LRB) 3:30 Meditation W/ Juan (LRA) 6:15 Evening Meditation w/ Care Managers 6:30 Movie Night (LRA)	**5** **Happy Birthday Rosita S.** 8:00 Beauty Parlor (BP) 10:15 SingFit® W/ Yuvetti (LR) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRA) 11:00 Toss and Talk 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:00 Painting Club 2:15 Trivia W/Patti (LRA) 2:30 Table Top Bowling (LRB) 3:00 Afternoon Social 3:30 What's in the Bucket (LRB) 3:30 Presentation W/ Deirdre (LRA) 6:15 Relaxing Group Activity w/ Care Manager 6:30 Movie Night (LRA)	**6** 10:15 Exercise Essentials w/ Care Manager 10:15 Reading Round Table (LRB) 10:30 Good Neighbor Choir 11:00 Live with Generosity (LRA) 11:00 Table Top Horse Racing W/ Nicasha 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Wheel of Fortune (LRA) 2:30 Ring Toss w/ care manager (LRB) 3:30 Sing-A-Long (LRB) 3:30 I Hear Memories (LRA) 6:15 Evening Meditation Program w/ Care Manager 6:30 Movie Night (LRA)	**7** 10:00 Pamper Yourself Manicures (LRB) 10:15 Exercise Essentials (LRA) 10:15 Reading Round Table (LRB) 10:30 Bible Study And Rosary Club (AR) 11:00 Sing-A-Long w/ care manager 1:00 Table Top Activities/Life Kit 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Arm Chair Athletes (LRB) 2:30 Board Games (LRA) 3:00 Afternoon Social 3:30 SingFit® (LRA) 6:15 Living with Spirituality (LRA) 6:30 Movie Night (LRA)	**8** 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 10:30 Baking Club w/ Care Manager 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Bingo w/ care manager (LRA) 3:15 Hand Massage w/ Care Managers 3:30 News Currents Sr. (LRB) 3:30 SingFit® (LRA) 6:15 Evening Meditation Program w/ Carol (LRB) 6:30 Movie Night (LRA)	**9** 10:15 Exercise Essentials w/ Care Managers A. Group (LRA) 10:15 Reading Round Table (LRB) 10:30 What's in the Bucket 11:00 Motion and Music W/Rafael (LRA) 11:00 Make Up Make overs 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch (LRA) 1:30 Go4Life® Walking Club 2:30 Table top Horse Racing W/ Care Manager 2:30 Wheel of Fortune 2:30 Dance Club W/ Care Manager, (LRA) 3:00 Chef's Choice Social 3:30 Table Top Bowling W/ Care Manager (LRB) 3:30 Meet Me at MoMa (LRA) 6:15 Relaxing Group Activity 6:30 Movie Night (LRA)
10 10:00 Sing-A-Long (LRA) 10:00 Communion W/ Church of the Annunciation (AR) 10:15 Exercise Essentials w/ care manger (LRA) 10:15 Reading Round Table (LRB) 11:00 make-a-Word W/ Kimberly (LRA) 1:00 Table Top Activities /Life Skills Kit W/ Kimberly 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Trivia w/ Care Manager (LRA) 2:30 Table Bowling W/ Care Managers (LRB) 3:30 Music Therapy Sing A Long w/ care manager (LRA) 3:30 Ring Toss w/ Sharifa (LRB) 6:15 Living with Spirituality 6:30 Movie Night (LRA)	**11** **Veterans Day** 10:00 Pampering Manicures 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRB) 11:00 Baking Club W/Allison 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bean Bag Toss (AR) 3:00 Afternoon Social 3:30 Hand Massage W/ Care Manager (LRB) 3:30 Meditation W/ Juan (LRA) 6:15 Evening Meditation w/ Care Managers 6:30 Movie Night (LRA)	**12** 8:00 Beauty Parlor (BP) 10:15 SingFit® W/ Yuvetti (LR) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRA) 11:00 Toss and Talk 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:00 Painting Club 2:15 Trivia W/Patti (LRA) 2:30 Table Top Bowling (LRB) 3:00 Afternoon Social 3:30 What's in the Bucket (LRB) 3:30 Presentation W/ Deirdre (LRA) 6:15 Relaxing Group Activity w/ Care Manager 6:30 Movie Night (LRA)	**13** 10:15 Motion and Rhythm W /Dolon 10:15 Reading Round Table (LRB) 10:30 Good Neighbor Choir 11:00 Live with Generosity (LRA) 11:00 Table Top Horse Racing W/ Nicasha 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Wheel of Fortune (LRA) 2:30 Ring Toss w/ care manager (LRB) 3:00 Yomenco Dance Exercise (LRA) 3:30 Sing-A-Long (LRB) 6:15 Evening Meditation Program w/ Care Manager 6:30 Movie Night (LRA)	**14** 10:00 Pamper Yourself Manicures (LRB) 10:15 Exercise Essentials (LRA) 10:15 Reading Round Table (LRB) 10:30 Bible Study And Rosary Club (AR) 11:00 Sing-A-Long w/ care manager 1:00 Table Top Activities/ 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Arm Chair Athletes (LRB) 2:30 Board Games (LRA) 3:00 Afternoon Social 3:30 Balloon Volleyball (LRB) 3:30 SingFit® (LRA) 6:15 Living with Spirituality (LRA) 6:30 Movie Night (LRA)	**15** 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 10:30 Baking Club w/ Care Manager 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bingo w/ care manager (LRA) 3:15 Hand Massage w/ Care Managers 3:30 News Currents Sr. (LRB) 3:30 SingFit® (LRA) 6:15 Evening Meditation Program w/ Carol (LRB) 6:30 Movie Night (LRA)	**16** 10:15 Exercise Essentials w/ Care Managers A. Group (LRA) 10:15 Reading Round Table (LRB) 10:30 What's in the Bucket 11:00 Music Therapy Sing-Long w/ Rita A. Group (LRA) 11:00 Make Up Make overs 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Table top Horse Racing W/ Care Manager 2:30 Wheel of Fortune 2:30 Dance Club W/ Care Manager, (LRA) 3:00 Chef's Choice Social 3:30 Table Top Bowling W/ Care Manager (LRB) 3:30 Meet Me at MoMa (LRA) 6:15 Relaxing Group Activity 6:30 Movie Night (LRA)
17 10:00 Sing-A-Long (LRA) 10:00 Communion W/ Church of the Annunciation (AR) 10:15 Exercise Essentials w/ care manger (LRA) 10:15 Reading Round Table (LRB) 11:00 make-a-Word W/ Kimberly (LRA) 1:00 Table Top Activities /Life Skills Kit W/ Kimberly 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Trivia w/ Care Manager (LRA) 2:30 Table Bowling W/ Care Managers (LRB) 3:30 Music Therapy Sing A Long w/ care manager (LRA) 3:30 Ring Toss w/ Sharifa (LRB) 6:15 Living with Spirituality 6:30 Movie Night (LRA)	**18** 10:00 Pampering Manicures 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRB) 11:00 Baking Club W/Allison 1:00 Table Top Activities/ 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bean Bag Toss (AR) 3:00 Afternoon Social 3:30 Hand Massage W/ Care Manager (LRB) 3:30 Meditation W/ Juan (LRA) 6:15 Evening Meditation w/ Care Managers 6:30 Movie Night (LRA)	**19** 8:00 Beauty Parlor (BP) 10:15 SingFit® W/ Yuvetti (LR) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRA) 11:00 Toss and Talk 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:00 Painting Club 2:15 Trivia W/Patti (LRA) 2:30 Table Top Bowling (LRB) 3:00 Afternoon Social 3:30 What's in the Bucket (LRB) 3:30 Presentation W/ Deirdre (LRA) 6:15 Relaxing Group Activity w/ Care Manager 6:30 Movie Night (LRA)	**20** 10:15 Exercise Essentials w/ Care Manager 10:15 Reading Round Table (LRB) 10:30 Good Neighbor Choir 11:00 Live with Generosity (LRA) 11:00 Table Top Horse Racing W/ Nicasha 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Wheel of Fortune (LRA) 2:30 Ring Toss w/ care manager (LRB) 3:30 Sing-A-Long (LRB) 3:30 I Hear Memories (LRA) 6:15 Evening Meditation Program w/ Care Manager 6:30 Movie Night (LRA)	**21** 10:00 Pamper Yourself Manicures (LRB) 10:15 Exercise Essentials (LRA) 10:15 Reading Round Table (LRB) 10:30 Bible Study And Rosary Club (AR) 11:00 Sing-A-Long w/ care manager 1:00 Table Top Activities/ 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Arm Chair Athletes (LRB) 2:30 Board Games (LRA) 3:00 Afternoon Social 3:30 SingFit® (LRA) 6:15 Living with Spirituality (LRA) 6:30 Movie Night (LRA)	**22** 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 10:30 Baking Club w/ Care Manager 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bingo w/ care manager (LRA) 3:15 Hand Massage w/ Care Managers 3:30 News Currents Sr. (LRB) 3:30 SingFit® (LRA) 6:15 Evening Meditation Program w/ Carol (LRB) 6:30 Movie Night (LRA)	**23** 10:15 Exercise Essentials w/ Care Managers A. Group (LRA) 10:15 Reading Round Table (LRB) 10:30 What's in the Bucket 11:00 Music Therapy Sing-Long w/ Rita A. Group (LRA) 11:00 Make Up Make overs 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Table top Horse Racing W/ Care Manager 2:30 Wheel of Fortune 2:30 Dance Club W/ Care Manager, (LRA) 3:00 Chef's Choice Social 3:30 Table Top Bowling W/ Care Manager (LRB) 3:30 Meet Me at MoMa (LRA) 6:15 Relaxing Group Activity 6:30 Movie Night (LRA)
24 10:00 Sing-A-Long (LRA) 10:00 Communion W/ Church of the Annunciation (AR) 10:15 Exercise Essentials w/ care manger (LRA) 10:15 Reading Round Table (LRB) 11:00 make-a-Word W/ Kimberly (LRA) 1:00 Table Top Activities /Life Skills Kit W/ Kimberly 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Trivia w/ Care Manager (LRA) 2:30 Table Bowling W/ Care Managers (LRB) 3:30 Music Therapy Sing A Long w/ care manager (LRA) 3:30 Ring Toss w/ Sharifa (LRB) 6:15 Living with Spirituality 6:30 Movie Night (LRA)	**25** 10:00 Pampering Manicures 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRB) 11:00 Baking Club W/Allison 1:00 Table Top Activities/ 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bean Bag Toss (AR) 3:00 Afternoon Social 3:30 Hand Massage W/ Care Manager (LRB) 3:30 Meditation W/ Juan (LRA) 6:15 Evening Meditation w/ Care Managers 6:30 Movie Night (LRA)	**26** 8:00 Beauty Parlor (BP) 10:15 SingFit® W/ Yuvetti (LR) 10:15 Reading Round Table (LRB) 11:00 Sing-A-Long w/ care manager (LRA) 11:00 Toss and Talk 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:00 Painting Club 2:15 Trivia W/Patti (LRA) 2:30 Table Top Bowling (LRB) 3:00 Afternoon Social 3:30 What's in the Bucket (LRB) 3:30 Presentation W/ Deirdre (LRA) 6:15 Relaxing Group Activity w/ Care Manager 6:30 Movie Night (LRA)	**27** 10:15 Exercise Essentials w/ Care Manager 10:15 Reading Round Table (LRB) 10:30 Good Neighbor Choir 11:00 Live with Generosity (LRA) 11:00 Table Top Horse Racing W/ Nicasha 1:00 Table Top Activities /Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Wheel of Fortune (LRA) 2:30 Ring Toss w/ care manager (LRB) 3:30 Sing-A-Long (LRB) 3:30 I Hear Memories (LRA) 6:15 Evening Meditation Program w/ Care Manager 6:30 Movie Night (LRA)	**28** **Happy Thanksgiving** 10:00 Pamper Yourself Manicures (LRB) 10:15 Exercise Essentials (LRA) 10:15 Reading Round Table (LRB) 10:30 Bible Study And Rosary Club (AR) 11:00 Sing-A-Long w/ care manager 1:00 Table Top Activities/ 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Arm Chair Athletes (LRB) 2:30 Board Games (LRA) 3:00 Afternoon Social 3:30 Balloon Volleyball (LRB) 3:30 SingFit® (LRA) 6:15 Living with Spirituality (LRA) 6:30 Movie Night (LRA)	**29** 10:15 Exercise Essentials w/ care manager (LRA) 10:15 Reading Round Table (LRB) 10:30 Baking Club w/ Care Manager 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Bingo w/ care manager (LRA) 3:15 Hand Massage w/ Care Managers 3:30 News Currents Sr. (LRB) 3:30 SingFit® (LRA) 6:15 Evening Meditation Program w/ Carol (LRB) 6:30 Movie Night (LRA)	**30** 10:15 Exercise Essentials w/ Care Managers A. Group (LRA) 10:15 Reading Round Table (LRB) 10:30 What's in the Bucket 11:00 Music Therapy Sing-Long w/ Rita A. Group (LRA) 11:00 Make Up Make overs 1:00 Table Top Activities / Life Skills Kit 1:00 Trivia & Stretch W/ Care Manager (LRA) 1:30 Go4Life® Walking Club 2:30 Table top Horse Racing W/ Care Manager 2:30 Wheel of Fortune 2:30 Dance Club W/ Care Manager, (LRA) 3:00 Chef's Choice Social 3:30 Table Top Bowling W/ Care Manager (LRB) 3:30 Meet Me at MoMa (LRA) 6:15 Relaxing Group Activity 6:30 Movie Night (LRA)

NOVEMBER 2019

Reminiscence

Sunrise of Paramus
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LIVE WITH PURPOSE

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