

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3F 3rd Fl 4F 4th fl 5F 5th Fl AR Activity Room B Bistro DR Dining Room ES Exercise Studio LB Library LR1 Living Room 1st Fl LR2 Living Room 2nd FL MR Media PAT Patio					10:30 Musical Workout 1:30 Kindness Club, Church in Bethesda 1:30 Go4Life® Walking Club 3:30 Mind Stretchers on the Patio Social 4:00 Shabbat Service 7:00 Meditation Club	1 Happy Birthday Ed C! 2 11:00 Puzzletime Club with Kevin 1:30 Violin and Piano Rehearsals with Eleanor Cope and Hui Chun Chen 1:30 Go4Life® Walking Club 2:00 Pretty Nails Manicures 2:30 Meet me at Moma 2:30 Choir Practice (3F) 3:00 Birthday Party for Ed 3:30 Bingo Social 4:00 Classical Piano with Tony Plumer 7:00 Meditation Club
10:00 Catholic Mass 10:15 Sit and stretch 11:00 Puzzle Club 1:30 Go4Life® Walking Club 2:00 Communion with Margaret 2:00 Sing a Long Favorites 2:30 Relaxing Art 3:30 Popcorn Snack Social 7:00 Meditation Club	3 10:30 Sit and Be Fit 11:00 Baking Club 11:00 Art Therapy Workshop with Annie 11:00 Scenic Drive 1:30 Go4Life® Walking Club 3:30 Wine and Cheese Social 4:00 Creative Colors Club 7:00 Meditation Club	4 Happy Birthday Mary C! 5 10:30 Noodle Exercise 11:00 Jigsaw Puzzle Club 1:30 Go4Life® Walking Club 3:00 Meet Me at MOMA 3:30 Birthday Party Social for Mary 7:00 Popcorn and Movie 7:00 Meditation Club	6 10:30 Balloon Volley Ball Exercise 10:30 Gospel Bible Study Group (4F) 11:15 Exercise Essentials with Chris 1:30 Go4Life® Walking Club 2:00 Color to the Classics 3:00 Arm Chair Travel Social 4:00 Ministering Visits 7:00 Meditation Club	7 11:00 Heart to Heart Personalized Visits with Mary Callahan 11:00 Validation Club 11:15 Total Fitness with Trainer, Chris Flook 1:30 Go4Life® Walking Club 2:00 Community Sing a Long with Bernie and Paula 3:30 Musical Memories Social 7:00 Meditation Club	8 10:30 Musical Workout 1:30 Go4Life® Walking Club 3:30 Mind Stretchers on the Patio Social 4:00 Shabbat Service 7:00 Meditation Club	9 Happy Birthday Jay G! 11:00 Puzzletime Club with Kevin 1:30 Go4Life® Walking Club 2:00 Birthday Party for Jay 2:00 Pretty Nails Manicures 2:30 Meet me at Moma 2:30 Choir Practice (3F) 3:30 Bingo Social 7:00 Meditation Club
Happy Birthday Patty C! 10:00 Catholic Mass 10:15 Sit and stretch 11:00 Puzzle Club 1:30 Go4Life® Walking Club 2:00 The Singing Sapphires 2:00 Communion with Margaret 2:00 Sing a Long Favorites 2:30 Relaxing Art 3:00 Birthday Party for Patty 3:30 Popcorn Snack Social 7:00 Meditation Club	10 10:30 Sit and Be Fit 11:00 Baking Club 11:00 Scenic Drive 1:30 Go4Life® Walking Club 3:30 Veteran's Day Tribute Social 3:30 Wine and Cheese Social 4:00 Creative Colors Club 7:00 Meditation Club	11 10:30 Noodle Exercise 11:00 Jigsaw Puzzle Club 1:30 Go4Life® Walking Club 3:00 Meet Me at MOMA 3:30 Bingo Social 7:00 Popcorn and Movie 7:00 Meditation Club	12 10:30 Balloon Volley Ball Exercise 10:30 Gospel Bible Study Group (4F) 11:15 Exercise Essentials with Chris 1:30 Go4Life® Walking Club 2:00 Color to the Classics 3:00 Arm Chair Travel Social 4:00 Ministering Visits 7:00 Meditation Club	13 11:00 Heart to Heart Personalized Visits with Mary Callahan 11:00 Validation Club 11:15 Total Fitness with Trainer, Chris Flook 1:30 Go4Life® Walking Club 2:00 Bakers Club 3:30 Musical Memories Social 7:00 Meditation Club	14 10:30 Musical Workout 1:30 Kindness Club, Church in Bethesda 1:30 Go4Life® Walking Club 3:30 Mind Stretchers on the Patio Social 4:00 Shabbat Service 7:00 Meditation Club	15 11:00 Puzzletime Club with Kevin 1:30 Go4Life® Walking Club 2:00 Pretty Nails Manicures 2:30 Meet me at Moma 2:30 Choir Practice (3F) 3:30 Bingo Social 7:00 Meditation Club
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# NOVEMBER 2019

Reminiscence  
Sunrise of Bethesda  
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LIVE WITH PURPOSE



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