

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ALL SAINT'S DAY 1 9:45 Loose As a Goose Exercise 10:15 Elder Song Sing A Longs 10:30 Good Morning Chat & Updates! 11:00 Rosary Group 11:30 Finish the Phrase 1:15 Go4Life Walking Club 3:30 Happy Hour Social 4:00 Bowling At Sunrise 6:00 NewsCurrent, Sr. 7:00 Live with Reflection Meditation	ALL SOUL'S DAY 2 9:45 Chair Dancing Around the World 10:15 Bingo Bonanza 11:30 Name Game 1:00 Go4Life Walking Club 1:00 Movie Matinee 1:30 Nail Spa & Aromatherapy 4:00 Cooking Club 6:00 Baby Washing Club 7:00 Live with Reflection Meditation
HOUSEWIFE'S DAY 3 10:00 Catholic Communion Service 10:30 Loose as A Goose Exercise 11:00 Go4Life Walking Club 11:30 Mixed Trivia 1:00 Movie Matinee 1:30 Cooking Club 1:45 Nail Spa 2:00 Spa Day 4:00 Bowling at Sunrise 6:00 Family Feud 7:00 Live with Reflection Meditation	KING TUT DAY 4 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 Go4Life Walking Club 2:15 Arts & Crafts 4:00 Convo Ball Toss 6:00 Cooking Club 7:00 Live with Reflection Meditation	ELECTION DAY 5 9:45 Arm Chair Fitness 10:15 Elder Song Sing A Longs 10:30 Catholic Prayer Service 11:00 Music Appreciation with Buzzy Walters 11:15 Creative Crossword Puzzles 1:00 Go4Life Walking Club 1:30 Scrabble Challenge 4:00 Cooking Club 6:00 Wheel of Fortune 7:00 Live with Reflection Meditation	SAXOPHONE DAY 6 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 The A to Z Game 1:00 Go4Life Walking Club 1:30 Painting Like Picasso 2:30 Scenic Drive 4:00 Community Service Project 6:00 Building Puzzles 7:00 Friends & Family Fall Into Exercise	CHOCOLATE WITH ALMONDS DAY 7 9:45 Latin Soul & Rock N' Roll 10:15 SingFit Program 10:30 Let's Play Bocce Ball 1:30 Fresh Floral Arrangements 2:30 Cooking Club 3:30 WINE & CHEESE SOCIAL 4:00 Go4Life Walking Club 6:00 Movies, Mani's, & Makeovers 7:00 Live with Reflection Meditation	COOK SOMETHING BOLD DAY 8 9:45 Loose As a Goose Exercise 10:15 Elder Song Sing A Longs 10:30 Good Morning Chat & Updates! 11:00 Rosary Group 11:30 Finish the Phrase 1:15 Go4Life Walking Club 2:30 Pottery with Janice 3:30 Happy Hour Social 4:00 Bowling At Sunrise 6:00 NewsCurrent, Sr. 7:00 Live with Reflection Meditation	CHAOS NEVER DIES DAY 9 9:45 Chair Dancing Around the World 10:15 Bingo Bonanza 11:30 Name Game 1:00 Go4Life Walking Club 1:00 Movie Matinee 1:30 Nail Spa & Aromatherapy 4:00 Cooking Club 6:00 Baby Washing Club 7:00 Live with Reflection Meditation
FORGET-ME-NOT DAY 10 10:00 Catholic Communion Service 10:30 Loose as A Goose Exercise 11:00 Go4Life Walking Club 11:30 Mixed Trivia 1:00 Movie Matinee 1:30 Cooking Club 1:45 Nail Spa 2:00 Spa Day 4:00 Bowling at Sunrise 6:00 Family Feud 7:00 Live with Reflection Meditation	VETERAN'S DAY 11 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 10:30 Veteran's Day Celebration with Josh 11:30 Go4Life Walking Club 2:30 Meet Me at MoMA 4:00 Convo Ball Toss 6:00 Cooking Club 7:00 Live with Reflection Meditation	CHICKEN SOUP FOR THE BONES DAY 12 9:45 Arm Chair Fitness 10:15 Elder Song Sing A Longs 10:30 Catholic Prayer Service 11:00 Music Appreciation with Buzzy Walters 11:15 Creative Crossword Puzzles 1:00 Go4Life Walking Club 1:30 Scrabble Challenge 4:00 Cooking Club 6:00 Wheel of Fortune 7:00 Live with Reflection Meditation	CAREGIVER APPRECIATION DAY 13 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 The A to Z Game 1:00 Go4Life Walking Club 1:30 Painting Like Picasso 2:30 Scenic Drive 4:00 Community Service Project 6:00 Building Puzzles 7:00 Live with Reflection Meditation	WORLD DIABETES DAY 14 9:45 Latin Soul & Rock N' Roll 10:15 SingFit Program 10:30 Let's Play Bocce Ball 1:30 Fresh Floral Arrangements 2:30 Cooking Club 3:30 WINE & CHEESE SOCIAL 4:00 Go4Life Walking Club 6:00 Movies, Mani's, & Makeovers 7:00 Live with Reflection Meditation	AMERICA RECYCLES DAY 15 9:45 Loose As a Goose Exercise 10:15 Elder Song Sing A Longs 10:30 Good Morning Chat & Updates! 11:00 Rosary Group 11:30 Finish the Phrase 1:15 Go4Life Walking Club 2:15 Live Entertainment with Glenn Faul 3:30 Happy Hour Social 4:00 Bowling At Sunrise 6:00 NewsCurrent, Sr. 7:00 Live with Reflection Meditation	BUTTON DAY 16 9:45 Chair Dancing Around the World 10:15 Bingo Bonanza 11:30 Name Game 1:00 Go4Life Walking Club 1:00 Movie Matinee 1:30 Nail Spa & Aromatherapy 4:00 Cooking Club 6:00 Baby Washing Club 7:00 Live with Reflection Meditation
HAPPY BIRTHDAY GRACE K! 17 10:00 Catholic Communion Service 10:30 Loose as A Goose Exercise 11:00 Go4Life Walking Club 11:30 Mixed Trivia 1:00 Movie Matinee 1:30 Cooking Club 1:45 Nail Spa 2:00 Spa Day 4:00 Bowling at Sunrise 6:00 Family Feud 7:00 Live with Reflection Meditation	OCCULT DAY 18 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 Go4Life Walking Club 2:15 Arts & Crafts 4:00 Convo Ball Toss 6:00 Cooking Club 7:00 Live with Reflection Meditation	HAVE A BAD DAY, DAY 19 9:45 Arm Chair Fitness 10:15 Elder Song Sing A Longs 10:30 Catholic Prayer Service 10:45 Storybook Hour with Wanda G! 11:00 Music Appreciation with Buzzy Walters 11:15 Creative Crossword Puzzles 1:00 Go4Life Walking Club 1:30 Scrabble Challenge 2:30 Music & Sing Along with Josh 4:00 Cooking Club 6:00 Wheel of Fortune 7:00 Live with Reflection Meditation	UNIVERSAL CHILDREN'S DAY 20 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 The A to Z Game 1:00 Go4Life Walking Club 1:30 Painting Like Picasso 2:30 Scenic Drive 4:00 Community Service Project 6:00 Building Puzzles 7:00 Live with Reflection Meditation	WORLD HELLO DAY 21 9:45 Latin Soul & Rock N' Roll 10:15 SingFit Program 10:30 Bocce Ball with Fox 11:00 Resident & Dining Council Meeting 1:30 Fresh Floral Arrangements 2:00 Service with Rev. Evans 2:30 Cooking Club 3:30 WINE & CHEESE SOCIAL 4:00 Go4Life Walking Club 6:00 Movies, Mani's, & Makeovers 7:00 Live with Reflection Meditation	HAPPY BIRTHDAY WILLIAM B! 22 9:45 Loose As a Goose Exercise 10:00 Andy's Breakfast Outing 10:15 Elder Song Sing A Longs 10:30 Good Morning Chat & Updates! 11:00 Rosary Group 11:30 Finish the Phrase 1:15 Go4Life Walking Club 3:30 November Birthday & Happy Hour Social 4:00 Bowling At Sunrise 6:00 NewsCurrent, Sr. 7:00 Live with Reflection Meditation	NATIONAL CASHEW DAY 23 9:45 Chair Dancing Around the World 10:15 Bingo Bonanza 11:30 Name Game 1:00 Go4Life Walking Club 1:00 Movie Matinee 2:00 Dollar Store Outing 4:00 Cooking Club 6:00 Baby Washing Club 7:00 Live with Reflection Meditation
EVOLUTION DAY 24 10:00 Catholic Communion Service 10:30 Loose as A Goose Exercise 11:00 Go4Life Walking Club 11:30 Mixed Trivia 1:00 Movie Matinee 1:30 Cooking Club 1:45 Nail Spa 2:00 Spa Day 4:00 Bowling at Sunrise 6:00 Family Feud 7:00 Live with Reflection Meditation	NATIONAL PARFAIT DAY 25 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 Go4Life Walking Club 2:30 Meet Me at MoMA 4:00 Convo Ball Toss 6:00 Cooking Club 7:00 Live with Reflection Meditation	SHOPPING REMINDER DAY 26 9:45 Arm Chair Fitness 10:15 Elder Song Sing A Longs 10:30 Catholic Prayer Service 11:00 Music Appreciation with Buzzy Walters 11:15 Creative Crossword Puzzles 1:00 Go4Life Walking Club 1:30 Scrabble Challenge 4:00 Cooking Club 6:00 Wheel of Fortune 7:00 Live with Reflection Meditation	PINS AND NEEDLES DAY 27 9:45 Loose As a Goose Exercise 10:15 Bingo Bonanza 11:30 The A to Z Game 1:00 Go4Life Walking Club 1:30 Painting Like Picasso 2:30 Scenic Drive 4:00 Community Service Project 6:00 Building Puzzles 7:00 Live with Reflection Meditation	HAPPY THANKSGIVING! 28 9:45 Latin Soul & Rock N' Roll 10:15 SingFit Program 10:30 Let's Play Bocce Ball 1:30 Fresh Floral Arrangements 2:30 Cooking Club 3:30 WINE & CHEESE SOCIAL 4:00 Go4Life Walking Club 6:00 Movies, Mani's, & Makeovers 7:00 Live with Reflection Meditation	BLACK FRIDAY 29 9:45 Loose As a Goose Exercise 10:15 Elder Song Sing A Longs 10:30 Good Morning Chat & Updates! 11:00 Rosary Group 12:00 Ladies Chat & Chew 1:15 Go4Life Walking Club 3:30 Happy Hour Social 4:00 Bowling At Sunrise 6:00 NewsCurrent, Sr. 7:00 Live with Reflection Meditation	STAY AT HOME BECAUSE YOUR WELL DAY! 30 9:45 Chair Dancing Around the World 10:15 Bingo Bonanza 11:30 Name Game 1:00 Go4Life Walking Club 1:00 Movie Matinee 1:30 Nail Spa & Aromatherapy 4:00 Cooking Club 6:00 Baby Washing Club 7:00 Live with Reflection Meditation

NOVEMBER 2019
Reminiscence
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LIVE WITH PURPOSE

