Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1AK 1st floor activity kitchen 1LR 1st floor living room 3AK 3rd floor activity kitchen 3AR 3rd floor activity room IR 3rd floor inspiration room LBR 2nd floor library LVR 2nd floor living room PAT 1st floor patio					1 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Baking Club 11:00 BINGO w/ Margbe 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Wheel of Fortune Social 4:00 Basketball 6:00 Evening Meditation 7:00 Movie Matinee	2 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Jigsaw Puzzles (1LR) 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Go4Life® Walking Club 3:00 Jeopardy Social 4:00 Kickball 6:00 Hand Massage 7:00 Movie Matinee
3 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Goals Group 11:00 Baking Club 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Gardening Club 2:30 Community Service Project 3:00 Who Wants To Be A Millionaire? Social 4:00 Healthy Hands 6:00 Evening Meditation 7:00 Movie Matinee	4 9:30 Go4Life® Walking Club 10:00 Name 5 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials w/ Margbe 3:00 Hangman Social 6:00 Manicures 7:00 Movie Matinee	5 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Baking Club 11:00 SingFit® 1:30 What's In The News? 2:00 Go4Life® Walking Club 2:00 Flower Arranging 2:30 News Currents Sr. 4:00 Pet's on Wheels (1LR) 6:00 Hand Massage 7:00 Movie Matinee	6 9:30 Go4Life® Walking Club 10:00 Baking Club 10:30 Musical Fun with Peggy (1LR) 11:00 Cards & Puzzles 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Would You Rather...Social 4:00 Indoor bowling 6:00 Evening Meditation 7:00 Movie Matinee	7 9:30 Morning Meditation 10:30 Baking Club 11:00 SingFit® 11:00 Travel Club with Gail (1LR) 1:00 Scenic Drive w/ Margbe 1:30 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Family Feud Social 4:00 Balloon Badminton 6:00 Hand Massage 7:00 Movie Matinee	8 9:30 Go4Life® Walking Club 10:00 Catholic Communion (1LR) 10:00 Worship 10:30 Baking Club 11:00 BINGO w/ Margbe 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Wheel of Fortune Social 4:00 Basketball 6:00 Evening Meditation 7:00 Movie Matinee	9 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Jigsaw Puzzles (1LR) 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Go4Life® Walking Club 3:00 Jeopardy Social 4:00 Kickball 6:00 Hand Massage 7:00 Movie Matinee
10 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Goals Group 11:00 Baking Club 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Gardening Club 2:30 Community Service Project 3:00 Who Wants To Be A Millionaire? Social 4:00 Healthy Hands 6:00 Evening Meditation 7:00 Movie Matinee	11 9:30 Go4Life® Walking Club 10:00 Name 5 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials w/ Margbe 3:00 Hangman Social 6:00 Manicures 7:00 Movie Matinee	12 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Baking Club 11:00 SingFit® 1:30 What's In The News? 2:00 Go4Life® Walking Club 2:00 Flower Arranging 4:00 Pet's on Wheels (1LR) 6:00 Hand Massage 7:00 Movie Matinee	13 9:30 Go4Life® Walking Club 9:45 Catholic Communion (1LR) 10:00 Baking Club 10:30 Musical Fun with Peggy (1LR) 11:00 Cards & Puzzles 11:30 Communion with St. Joseph's (1LR) 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Would You Rather...Social 4:00 Indoor bowling 6:00 Evening Meditation 7:00 Movie Matinee	14 9:30 Morning Meditation 10:30 Crafting 11:00 SingFit® 11:00 Travel Club with Gail (1LR) 1:00 Scenic Drive w/ Margbe 1:30 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Family Feud Social 4:00 Balloon Badminton 6:00 Hand Massage 7:00 Movie Matinee	15 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Baking Club 11:00 BINGO w/ Margbe 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Wheel of Fortune Social 4:00 Basketball 6:00 Evening Meditation 7:00 Movie Matinee	16 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Jigsaw Puzzles (1LR) 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Go4Life® Walking Club 3:00 Jeopardy Social 4:00 Kickball 6:00 Hand Massage 7:00 Movie Matinee
17 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Goals Group 11:00 Baking Club 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Gardening Club 2:30 Community Service Project 3:00 Who Wants To Be A Millionaire? Social 4:00 Healthy Hands 6:00 Evening Meditation 7:00 Movie Matinee	18 9:30 Go4Life® Walking Club 10:00 Name 5 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials w/ Margbe 3:00 Hangman Social 6:00 Manicures 7:00 Movie Matinee	19 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Baking Club 11:00 SingFit® 1:30 What's In The News? 2:00 Go4Life® Walking Club 2:00 Flower Arranging 4:00 Pet's on Wheels (1LR) 6:00 Hand Massage 7:00 Movie Matinee	20 9:30 Go4Life® Walking Club 10:00 Baking Club 10:30 Musical Fun with Peggy (1LR) 11:00 Cards & Puzzles 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Would You Rather...Social 4:00 Indoor bowling 6:00 Evening Meditation 7:00 Movie Matinee	21 9:30 Morning Meditation 10:30 Baking Club 11:00 SingFit® 11:00 Travel Club with Gail (1LR) 1:00 Scenic Drive w/ Margbe 1:30 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Family Feud Social 4:00 Balloon Badminton 6:00 Hand Massage 7:00 Movie Matinee	22 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Baking Club 11:00 BINGO w/ Margbe 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Wheel of Fortune Social 4:00 Basketball 6:00 Evening Meditation 7:00 Movie Matinee	23 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Jigsaw Puzzles (1LR) 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Go4Life® Walking Club 3:00 Jeopardy Social 4:00 Kickball 6:00 Hand Massage 7:00 Movie Matinee
24 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Goals Group 11:00 Baking Club 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Gardening Club 2:30 Community Service Project 3:00 Who Wants To Be A Millionaire? Social 4:00 Healthy Hands 6:00 Evening Meditation 7:00 Movie Matinee	25 9:30 Go4Life® Walking Club 10:00 Name 5 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials w/ Margbe 3:00 Hangman Social 6:00 Manicures 7:00 Movie Matinee	26 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Baking Club 11:00 SingFit® 1:30 What's In The News? 2:00 Go4Life® Walking Club 2:00 Flower Arranging 4:00 Pet's on Wheels (1LR) 6:00 Hand Massage 7:00 Movie Matinee	27 9:30 Go4Life® Walking Club 10:00 Baking Club 10:30 Musical Fun with Peggy (1LR) 11:00 Cards & Puzzles 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Birthday Social (1LR) 3:00 Would You Rather...Social 4:00 Indoor bowling 6:00 Evening Meditation 7:00 Movie Matinee	28 9:30 Morning Meditation 10:30 Baking Club 11:00 SingFit® 11:00 Travel Club with Gail (1LR) 1:00 Scenic Drive w/ Margbe 1:30 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Family Feud Social 4:00 Balloon Badminton 6:00 Hand Massage 7:00 Movie Matinee	29 9:30 Go4Life® Walking Club 10:00 Worship 10:30 Baking Club 11:00 BINGO w/ Margbe 1:00 Let's Take A Virtual Trip! 1:30 What's In The News? 2:00 Exercise Essentials 3:00 Wheel of Fortune Social 4:00 Basketball 6:00 Evening Meditation 7:00 Movie Matinee	30 9:30 Morning Meditation 10:00 Classifying Categories 10:30 Jigsaw Puzzles (1LR) 10:30 Baking Club 11:00 Coloring Creations 1:00 Documentary & Discuss 1:30 What's In The News? 2:00 Go4Life® Walking Club 3:00 Jeopardy Social 4:00 Kickball 6:00 Hand Massage 7:00 Movie Matinee

NOVEMBER 2019
Reminiscence

Sunrise at Reston Town Center
1778 Fountain Dr, Reston,
VA 20190; 703-956-8930

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING