Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 10:30 Lunch Mob! - 1:15 The Green Thumb Club! 2:00 Go4Life® Walking Club 2:30 Hangman and Fresh Fruit 6:30 Mindful Meditation! 7:00 Friday Night Popcorn & a Movie!	2 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 1:00 Timeless Trivia 2:00 Go4Life® Walking Club 3:00 Before Dinner Movie 5:30 Mandala & Wine! 7:00 Stretching Before Bed
3 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 2:00 Go4Life® Walking Club 2:30 Ice Cream Sundae Social 3:00 Music in motion 7:00 Sunday Spiritual Read	4 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 12:30 Afternoon Movie 1:15 Mandala & Wine! 2:00 Go4Life® Walking Club 2:30 Brain Games Social Hour! 3:00 Hand Therapy 5:45 After Dinner Bingo 6:30 Mindful Meditation!	5 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 2:00 Go4Life® Walking Club 2:30 Concentration Social Hour! 3:30 Cocktails and Conversation 5:30 Chicken Soup for the Soul! 6:00 After Dinner Popcorn & Movie!	6 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 1:00 Let's Play Bingo! 1:30 Scenic Drive! 2:00 Go4Life® Walking Club 3:30 Wine & Cheese Social! 5:30 Bunco Club! 6:30 Evening Stretches!	7 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 2:00 Go4Life® Walking Club 2:30 Everyday Life Trivia Social! 3:00 Sophisticated Arts & Crafts with Zee! 5:00 Timeless Trivia 7:00 Stretching Before Bed	8 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 10:30 Lunch Mob! - 1:15 The Green Thumb Club! 2:00 Go4Life® Walking Club 2:30 Hangman and Fresh Fruit 6:30 Mindful Meditation! 7:00 Friday Night Popcorn & a Movie!	9 9:30 Coffee Clutch! 10:00 Baking Club! 10:15 Morning Circle! 10:30 Exercise Essentials 1:00 Timeless Trivia 2:00 Go4Life® Walking Club 3:00 Before Dinner Movie 5:30 Mandala & Wine! 7:00 Stretching Before Bed
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NOVEMBER 2019

Reminiscence

Sunrise of Flossmoor
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