

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACT Activity Room B Bistro BP Back Patio DR Dining Room FP Front Patio IL Independent Living L Lobby PD1 Private Dining - AL PD2 Private Dining - IL					10:00 Exercise Essentials 1 10:15 In The Kitchen with Lucy 11:00 Go4Life® Walking Club 1:00 Scenic Drive to Brighton 2:00 Sunrise Gives Back Generosity Club 3:00 Live Music Social: BD Howes Sings 4:00 Happy Hour in the Bistro 5:45 Puzzle Challenge	10:00 Chair Yoga with Maritza 2 10:30 Smoothie Social 11:00 Go4Life® Walking Club 1:30 Let's wii: Bowling 2:00 Craft Corner 3:00 Bingo Lovers Club 6:30 Family Movie Night (ACT)
10:00 Televised Catholic Services 3 10:45 LDS Sacrament Meeting (IL) 11:00 Go4Life® Walking Club 1:00 Afternoon Drive (L) 2:00 News with Friends (B) 3:00 Ice Cream Social 6:45 Sundays with Carol Burnett (ACT)	10:00 Morning Stretch 4 10:00 Let's Go to The Movies: Judy 11:00 Go4Life® Walking Club 2:00 Sunrise Spa: Manicures 3:00 Pain Management by Encompass Health 4:00 Happy Hour in the Bistro 5:45 Evening Puzzle Challenge	10:00 Exercise Essentials 5 10:15 SuperFood Smoothies Club 10:30 Sunrise Florists 11:00 Go4Life® Walking Club 1:30 Puzzle Time 3:00 Bingo Lovers Club 4:00 Happy Hour in the Bistro 6:45 Relief Society & Priesthood Meeting (IL)	10:00 Tai Chi with Gwen (ACT) 6 10:30 Let's Learn: Spanish! 11:00 Go4Life® Walking Club 1:00 Needlework Club with Kari 3:00 Guest Speaker: Tim Chambless 4:00 Happy Hour in the Bistro 6:00 Live with Purpose Family Night	10:00 Cardio & Light Weights 7 10:30 News & Brews Cafe 11:00 Go4Life® Walking Club 1:00 Catholic Communion (AL) 1:00 Mexican Train 3:00 Bingo Lovers Social 4:00 Happy Hour in the Bistro 5:45 Movie Mania Thursday: Letters to Juliet	10:00 Exercise Essentials 8 10:15 In The Kitchen with Lucy 11:00 Go4Life® Walking Club 1:30 Scenic Drive 2:00 Sunrise Gives Back Generosity Club 3:00 Live Music Social: Sing Along with Dasha 4:00 Happy Hour in the Bistro 5:45 Puzzle Challenge	10:00 Chair Yoga with Maritza 9 10:30 Smoothie Social 11:00 Go4Life® Walking Club 1:30 Let's wii: Bowling 2:00 Craft Corner 3:00 Bingo Lovers Club 6:30 Family Movie Night (ACT)
10:00 Televised Catholic Services 10 10:45 LDS Sacrament Meeting (IL) 11:00 Go4Life® Walking Club 1:00 Afternoon Drive (L) 2:00 News with Friends (B) 3:00 Ice Cream Social 6:45 Sundays with Carol Burnett (ACT)	Veterans Day 11 10:00 Stretch & Sing 10:45 Veterans Day Tribute 12:00 Lunch Outing to Cafe Madrid 2:00 Sunrise Spa: Manicures 3:00 Bingo Lover's Social 4:00 Happy Hour in the Bistro 5:45 Evening Puzzle Challenge	10:00 Exercise Essentials 12 10:15 SuperFood Smoothies Club 10:30 Sunrise Florists 11:00 Go4Life® Walking Club 1:30 Puzzle Time 3:00 Travel to the Caribbean with Nate 4:00 Happy Hour in the Bistro 6:45 Relief Society & Priesthood Meeting (IL)	10:00 Morning Stretch (ACT) 13 10:30 Let's Learn: Spanish! 11:00 Go4Life® Walking Club 1:00 Shopping Trip to Walmart 2:00 Memorial by Inspiration Hospice 3:00 Classical Music Appreciation with Dasha 4:00 Happy Hour in the Bistro 5:45 Colour Me Calm	10:00 Cardio & Light Weights 14 10:30 News & Brews Cafe 11:00 Go4Life® Walking Club 11:00 Catholic Communion (AL) 1:00 Mexican Train 3:00 Bingo Lovers Social 4:00 Happy Hour in the Bistro 5:45 Movie Mania Thursday: Holiday Engagement	10:00 Exercise Essentials 15 10:15 In The Kitchen with Lucy 11:00 Go4Life® Walking Club 1:30 Brain Boosters 2:00 Sunrise Gives Back Generosity Club 3:00 December Birthday Bash! 4:00 Happy Hour in the Bistro 5:45 Puzzle Challenge	10:00 Chair Yoga with Maritza 16 10:30 Smoothie Social 11:00 Go4Life® Walking Club 1:30 Let's wii: Bowling 2:00 Craft Corner 3:00 Bingo Lovers Club 6:30 Family Movie Night (ACT)
10:00 Televised Catholic Services 17 10:45 LDS Sacrament Meeting (IL) 11:00 Go4Life® Walking Club 1:00 Afternoon Drive (L) 2:00 News with Friends (B) 3:00 Ice Cream Social 6:45 Sundays with Carol Burnett (ACT)	10:00 Morning Stretch 18 10:30 Let's Go to The Movies: Harriet 11:00 Go4Life® Walking Club 2:00 Sunrise Spa: Manicures 3:00 Bingo Lovers Club 4:00 Happy Hour in the Bistro 6:45 Family Home Evening	10:00 Exercise Essentials 19 10:15 SuperFood Smoothies Club 10:30 Sunrise Florists 11:00 Go4Life® Walking Club 1:30 Puzzle Time 3:00 Travel to Austria with Rachel 4:00 Happy Hour in the Bistro 6:45 Relief Society & Priesthood Meeting (IL)	10:00 Morning Stretch (ACT) 20 10:30 Let's Learn: Spanish! 11:30 Men's Lunch with Guest Speaker: Murray Watts 1:00 Needlework Club with Kari 1:30 Harvest Home Performs 3:00 Biddin' High Auction (ACT) 4:00 Happy Hour in the Bistro 6:00 Shubert Singers Perform	10:00 Cardio & Light Weights 21 10:30 News & Brews Cafe 11:00 Go4Life® Walking Club 11:00 Catholic Communion (AL) 1:00 Mexican Train 3:00 Bingo Lovers Club in the Bistro 4:00 Happy Hour in the Bistro	10:00 Exercise Essentials 22 10:15 In The Kitchen with Lucy 11:00 Go4Life® Walking Club 1:30 Scenic Drive 2:00 Sunrise Gives Back Generosity Club 3:00 Live Music Social: Betsy's Classical Piano 4:00 Happy Hour in the Bistro 5:45 Puzzle Challenge	10:00 Chair Yoga with Maritza 23 10:30 Smoothie Social 11:00 Go4Life® Walking Club 1:30 Let's wii: Bowling 2:00 Craft Corner 3:00 Bingo Lovers Club 6:30 Family Movie Night (ACT)
10:00 Televised Catholic Services 24 10:45 LDS Sacrament Meeting (IL) 11:00 Go4Life® Walking Club 1:00 Afternoon Drive (L) 2:00 News with Friends (B) 3:00 Ice Cream Social 6:45 Sundays with Carol Burnett (ACT)	10:00 Stretch & Sing 25 10:30 The Historians Club: The First Thanksgiving 11:00 Go4Life® Walking Club 1:00 Shopping Trip to Khol's 2:00 Sunrise Spa: Manicures 3:00 Bingo Lover's Social 4:00 Happy Hour in the Bistro 5:45 Evening Puzzle Challenge	10:00 Exercise Essentials 26 10:15 SuperFood Smoothies Club 10:30 Sunrise Florists 11:00 Go4Life® Walking Club 1:30 Puzzle Time 3:00 Guest Speaker: Tim Chambless 4:00 Happy Hour in the Bistro 6:45 Relief Society & Priesthood Meeting (IL)	10:00 Morning Stretch (ACT) 27 10:30 Let's Learn: Spanish! 11:00 Go4Life® Walking Club 1:00 Scenic Drive 3:00 Residents' Meeting (ACT) 4:00 Happy Hour in the Bistro 5:45 Colour Me Calm	We wish you & your family a Happy Thanksgiving! 11:00 Thanksgiving Brunch 11:30-2pm 5:45 Movie Mania Thursday: Family Thanksgiving	10:00 Exercise Essentials 29 10:15 Holiday Baking 11:00 Go4Life® Walking Club 1:30 Brain Boosters 2:00 Sunrise Gives Back Generosity Club 3:00 Live Music Social: Scott Larrabee 4:00 Happy Hour in the Bistro 5:45 Puzzle Challenge	10:00 Chair Yoga with Maritza 30 10:30 Smoothie Social 11:00 Go4Life® Walking Club 1:30 Let's wii: Bowling 2:00 Craft Corner 3:00 Bingo Lovers Club 6:30 Family Movie Night (ACT)

NOVEMBER 2019

Assisted Living

Sunrise at Holladay (Salt Lake City)

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LIVE WITH PURPOSE



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