

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AB AL Bistro AR AL Activity Rm DR Dining Room SR Sitting Room TV TV Room					9:00 Manicure Hour <b>1</b> 10:00 Scenic Drive 10:30 Bird Watchers 1:00 Current Events 1:30 SingAlong with Friends 2:30 Live Music Social: Merrill's Piano Tunes 3:30 Hangman Challenge 4:00 Go4Life® Walking Club 6:30 Evening Stretch & Relaxation	9:00 Sunrise Spa Morning Massage <b>2</b> 10:00 Bean Bag Toss 10:30 Weekend Lemonade Cart 1:00 Ol' Time TV Shows: I Love Lucy 2:30 <b>Sunrise Casino Social</b> 3:30 Comedy Hour 4:00 Go4Life® Walking Club 6:00 Saturday Night at the Movies (TV)
<b>Daylight Saving Time ends</b> <b>3</b> 10:00 Televised Catholic Services (SR) 10:00 LDS Sacrament Meeting (TV) 10:30 Sunday Devotions 2:00 Remember When 2:30 <b>Ice Cream Truck Social</b> 3:30 Sing Along with Friends 4:00 Go4Life® Walking Club 6:00 Nature's Wonders (TV)	9:00 Manicure Hour <b>4</b> 10:00 Utah History 10:30 Exercise Essentials 1:00 Scenic Drive 1:30 Dancing to Oldies 2:30 <b>Welcome Aboard The Sunrise Cruise Social!</b> 3:30 Meet me at MoMa 4:00 Go4Life® Walking Club 6:30 Laughter Hour! (TV)	9:00 Glamour Hour <b>5</b> 10:00 Noodles & Stretch 10:30 Short Stories Circle 1:00 SingFit® 2:00 Let's Dance! 2:30 <b>Wild Safari Social</b> 3:30 HangMan Challenge 4:00 Go4Life® Walking Club 6:30 Evening Short Stories (TV)	9:00 Manicure Hour <b>6</b> 10:00 Charades 10:30 Tai Chi with Gwen (TV) 1:00 Sing Along with Friends 1:30 Creative Hour 2:30 <b>50's Rock &amp; Roll Social</b> 3:30 Target Challenge 4:00 Go4Life® Walking Club 6:30 Guided Relaxation (TV)	9:00 Glamour Hour <b>7</b> 10:00 Morning Meditation 10:30 Road Trip USA: Nebraska 1:00 Art History 1:30 Poetry Club 2:30 <b>Western Ho-Down Social</b> 3:30 Laughter Hour 4:00 Go4Life® Walking Club 6:30 Musical Cinema Hour	9:00 Manicure Hour <b>8</b> 10:00 Scenic Drive 10:30 Bird Watchers 1:00 Current Events 1:30 SingAlong with Friends 2:30 Live Music Social: Scott Performs 3:30 Hangman Challenge 4:00 Go4Life® Walking Club 6:30 Evening Stretch & Relaxation	9:00 Sunrise Spa Morning Massage <b>9</b> 10:00 Bean Bag Toss 10:30 Weekend Lemonade Cart 1:00 Ol' Time TV Shows: The Andy Griffith Show 2:30 <b>Sunrise Casino Social</b> 3:30 Comedy Hour 4:00 Go4Life® Walking Club 6:00 Saturday Night at the Movies (TV)
9:00 Glamour Hour <b>10</b> 10:00 Televised Catholic Services (SR) 10:00 LDS Sacrament Meeting (TV) 10:30 Sunday Devotions 2:00 Remember When 2:30 <b>Ice Cream Truck Social</b> 3:30 Sing Along with Friends 4:00 Go4Life® Walking Club 6:00 Nature's Wonders (TV)	<b>Veterans Day</b> <b>11</b> 9:00 Manicure Hour 10:00 Scenic Drive 10:30 Exercise Essentials 1:00 Utah History 1:30 Dancing to Oldies 2:30 <b>Welcome Aboard The Sunrise Cruise Social!</b> 3:30 Seasons & Regions 4:00 Go4Life® Walking Club 6:30 Laughter Hour! (TV)	9:00 Glamour Hour <b>12</b> 10:00 Noodles & Stretch 10:30 Short Stories Circle 1:00 SingFit® 2:00 Let's Dance! 2:30 <b>Wild Safari Social</b> 3:30 HangMan Challenge 4:00 Go4Life® Walking Club 6:30 Evening Short Stories (TV)	9:00 Manicure Hour <b>13</b> 10:00 Charades 10:30 Exercise Essentials (TV) 1:00 Sing Along with Friends 1:30 Creative Hour 2:30 <b>50's Rock &amp; Roll Social</b> 3:30 Target Challenge 4:00 Go4Life® Walking Club 6:30 Guided Relaxation (TV)	9:00 Glamour Hour <b>14</b> 10:00 Road Trip USA: Texas 10:30 <b>Music Therapy with Mylie</b> 1:00 Art History 1:30 Poetry Club 2:30 <b>Western Ho-Down Social</b> 3:30 Laughter Hour 4:00 Go4Life® Walking Club 6:30 Musical Cinema Hour	9:00 Manicure Hour <b>15</b> 10:00 Current Events 10:30 Bird Watchers 1:00 Scenic Drive 1:30 SingAlong with Friends 2:30 Live Music Social: Sing Along with Dasha 3:30 Hangman Challenge 4:00 Go4Life® Walking Club 6:30 Evening Stretch & Relaxation	9:00 Sunrise Spa Morning Massage <b>16</b> 10:00 Bean Bag Toss 10:30 Weekend Lemonade Cart 1:00 Ol' Time TV Shows: I Love Lucy 2:30 <b>Sunrise Casino Social</b> 3:30 Comedy Hour 4:00 Go4Life® Walking Club 6:00 Saturday Night at the Movies (TV)
9:00 Glamour Hour <b>17</b> 10:00 Televised Catholic Services (SR) 10:00 LDS Sacrament Meeting (TV) 10:30 Sunday Devotions 2:00 Remember When 2:30 <b>Ice Cream Truck Social</b> 3:30 Sing Along with Friends 4:00 Go4Life® Walking Club 6:00 Nature's Wonders (TV)	9:00 Manicure Hour <b>18</b> 10:00 Utah History 10:30 Exercise Essentials 1:00 Scenic Drive 1:30 Dancing to Oldies 2:30 <b>Welcome Aboard The Sunrise Cruise Social!</b> 3:30 Meet me at MoMa 4:00 Go4Life® Walking Club 6:30 Laughter Hour! (TV)	9:00 Glamour Hour <b>19</b> 10:00 Noodles & Stretch 10:30 Short Stories Circle 1:00 SingFit® 2:00 Let's Dance! 2:30 <b>Wild Safari Social</b> 3:30 HangMan Challenge 4:00 Go4Life® Walking Club 6:30 Evening Short Stories (TV)	9:00 Manicure Hour <b>20</b> 10:00 Charades 10:30 Exercise Essentials 1:00 Sing Along with Friends 1:30 Creative Hour 2:30 <b>50's Rock &amp; Roll Social</b> 3:30 Target Challenge 4:00 Go4Life® Walking Club 6:30 Guided Relaxation (TV)	9:00 Glamour Hour <b>21</b> 10:00 Morning Meditation 10:30 Road Trip USA: Montana 1:00 Art History 1:30 Poetry Club 2:30 Performance by Savory 3:30 Laughter Hour 4:00 Go4Life® Walking Club 6:30 Musical Cinema Hour	9:00 Manicure Hour <b>22</b> 10:00 Scenic Drive 10:30 Bird Watchers 1:00 Current Events 1:30 SingAlong with Friends 2:30 Live Music Social: 1 Wagon 3 Wheels Perform 3:30 Hangman Challenge 4:00 Go4Life® Walking Club 6:30 Evening Stretch & Relaxation	9:00 Sunrise Spa Morning Massage <b>23</b> 10:00 Bean Bag Toss 10:30 Weekend Lemonade Cart 1:00 Ol' Time TV Shows: The Andy Griffith Show 2:30 <b>Sunrise Casino Social</b> 3:30 Comedy Hour 4:00 Go4Life® Walking Club 6:00 Saturday Night at the Movies (TV)
9:00 Glamour Hour <b>24</b> 10:00 Televised Catholic Services (SR) 10:00 LDS Sacrament Meeting (TV) 10:30 Sunday Devotions 2:00 Remember When 2:30 <b>Ice Cream Truck Social</b> 3:30 Sing Along with Friends 4:00 Go4Life® Walking Club 6:00 Nature's Wonders (TV)	9:00 Manicure Hour <b>25</b> 10:00 Scenic Drive 10:30 Exercise Essentials 1:00 Utah History 1:30 Dancing to Oldies 2:30 <b>Welcome Aboard The Sunrise Cruise Social!</b> 3:30 Seasons & Regions 4:00 Go4Life® Walking Club 6:30 Laughter Hour! (TV)	9:00 Glamour Hour <b>26</b> 10:00 Noodles & Stretch 10:30 Short Stories Circle 1:00 SingFit® 2:00 Let's Dance! 2:30 <b>Wild Safari Social</b> 3:30 HangMan Challenge 4:00 Go4Life® Walking Club 6:30 Evening Short Stories (TV)	9:00 Manicure Hour <b>27</b> 10:30 Exercise Essentials (TV) 1:00 Charades 1:00 Sing Along with Friends 1:30 Creative Hour 2:30 <b>50's Rock &amp; Roll Social</b> 3:30 Target Challenge 4:00 Go4Life® Walking Club 6:30 Guided Relaxation (TV)	<b>Happy Thanksgiving</b> <b>28</b> 9:00 Glamour Hour 10:30 Morning Stretch 11:30 Festive Thanksgiving Brunch 11:30-2pm 1:00 Art History 2:30 Movie & Popcorn: Family Thanksgiving 4:00 Go4Life® Walking Club 6:30 Musical Cinema Hour	9:00 Manicure Hour <b>29</b> 10:00 Scenic Drive 10:30 Bird Watchers 1:00 Current Events 1:30 SingAlong with Friends 2:30 Live Music Social: Betsy's Classical Piano 3:30 Hangman Challenge 4:00 Go4Life® Walking Club 6:30 Evening Stretch & Relaxation	9:00 Sunrise Spa Morning Massage <b>30</b> 10:00 Bean Bag Toss 10:30 Weekend Lemonade Cart 1:00 Ol' Time TV Shows: I Love Lucy 2:30 <b>Sunrise Casino Social</b> 3:30 Comedy Hour 4:00 Go4Life® Walking Club 6:00 Saturday Night at the Movies (TV)

## NOVEMBER 2019

### Reminiscence

Sunrise at Holladay (Salt Lake City)

4650 Highland Drive, Salt Lake City,

UT 84117; (801) 424-2200

LIVE WITH PURPOSE



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