

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room CR Casino Room FRL Front Lobby					8:45 Wonderword Puzzle & Coffee 1 9:00 Coffee & Newspaper Club with Stevie 10:00 Morning Chair Yoga! 10:30 Gardening Club with Stevie 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Afternoon Baking with Stevie! (AR) 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 2 9:00 Chair Exercise 11:00 Card Games with Stevie 1:30 Blackjack! (CR) 1:30 Movie Matinee 2:30 Go4Life® Walk & Roll Club 3:00 No Name Blue Grass Band! 6:30 Evening Movie & Popcorn
Happy Birthday Nancy C.! 3 8:45 Wonderword Puzzle & Coffee 9:00 Chair Exercise 10:00 Catholic Service Provided by Saint Martin de Porras (AR) 10:30 Protestant Service with MaryAnn (AR) 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 November Arts & Crafts with Eva 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 4 9:00 Chair Exercise 9:30 Shopping: Walmart 10:30 Giant Crossword Puzzle! (AR) 11:00 Out to Lunch Bunch: Buffalo Wild Wings 11:00 Poker Club (Resident Pan) 1:30 Documentary Hour: "How the Universe Works" (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Peanut Auction 6:30 Relaxation Hand & Arm Massaaages	Happy Birthday Jane A. & John R.! 5 8:45 Wonderword Puzzle & Coffee 9:00 Pledge of Allegiance & Daily Chronicle 9:00 Chair Exercise 9:45 Keeping Your Mnd Sharp with Joanna from the Older Adults Program 11:00 Blackjack (CR) 2:00 Music with Mathew! 2:30 Go4Life® Walk & Roll Club 3:00 Resident Council (AR) 3:30 Hot Chocolate & Cookies Social 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 6 9:00 Chair Exercise 10:00 News Currents (AR) 10:30 Crochet Club with Sandy 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:15 Baking with Eva: Cherry Turnovers (AR) 3:30 Poker Club 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 7 9:00 Morning Tunes & Manicures 9:30 Puzzle Mania Club! 11:00 Blackjack (CR) 11:00 Zumba! 1:30 The Traveling Game Show! (AR) 1:30 Jewelry Making for ALZ Association Fundraiser (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Flower Arranging with Eva 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 8 9:00 Exercise: Zumba! 9:00 Coffee & Newspaper Club with Stevie 10:30 Gardening Club with Stevie 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Giant Crossword Puzzle! 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 9 9:00 Chair Exercise 11:00 Card Games with Stevie 1:30 Blackjack! (CR) 1:30 Movie Matinee 2:30 Go4Life® Walk & Roll Club 3:00 Rootbeer Float Social 6:30 Evening Movie & Popcorn
8:45 Wonderword Puzzle & Coffee 10 9:00 Chair Exercise 10:00 Catholic Service Provided by Saint Martin de Porras (AR) 10:30 Protestant Services Provided by Friends Church (FRL) 1:30 Bingo! (AR) 2:00 Aztec Dancer Performers 6:30 Evening Movie & Popcorn	VETERANS DAY 11 8:45 Wonderword Puzzle & Coffee 9:00 Chair Exercise 11:00 Poker Club (Resident Pan) 12:00 Veterans Day BBQ Lunch 1:30 Documentary Hour: "How the Universe Works" (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Patriotic Bunko with Teri! 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 12 9:00 Pledge of Allegiance & Daily Chronicle 9:00 Chair Exercise 9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 11:00 Blackjack (CR) 1:30 Music Therapy with Vladana (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Giant Crossword Puzzle! 3:30 Hot Chocolate & Cookies Social 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 13 9:00 Chair Exercise 10:00 News Currents (AR) 10:30 Crochet Club with Sandy 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Name 5 with Eva! 3:15 Chocolate Shakes Social 3:30 Poker Club 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 14 9:00 Morning Tunes & Manicures 9:30 Puzzle Mania Club! 11:00 Blackjack (CR) 11:00 Zumba! 1:30 Jewelry Making for ALZ Association Fundraiser (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Flyswatter Volleyball! 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 15 9:00 Coffee & Newspaper Club with Stevie 10:00 Morning Chair Yoga! 10:30 Gardening Club with Stevie 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Happy Hour and Board Games with Stevie (AR) 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 16 9:00 Chair Exercise 11:00 Card Games with Stevie 1:30 Blackjack! (CR) 1:30 Movie Matinee 2:30 Go4Life® Walk & Roll Club 3:00 Afternoon Social with Stevie 6:30 Evening Movie & Popcorn
8:45 Wonderword Puzzle & Coffee 17 9:00 Chair Exercise 10:00 Catholic Service Provided by Saint Martin de Porras (AR) 10:30 Protestant Services Provided by Friends Church (FRL) 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Music with Vladana 3:00 November Arts & Crafts with Eva 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 18 9:00 Chair Exercise 9:30 Shopping: Brea Mall-Early Christmas Shopping 10:30 Giant Crossword Puzzle! (AR) 11:00 Poker Club (Resident Pan) 1:30 Documentary Hour: "How the Universe Works" (AR) 2:30 Go4Life® Walk & Roll Club 3:00 November Arts & Crafts 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 19 9:00 Pledge of Allegiance & Daily Chronicle 9:00 Chair Exercise 9:45 Keeping Your Mind Sharp with Joanna from the Older Adults Program 11:00 Blackjack (CR) 2:00 Music with Mathew! 2:30 Go4Life® Walk & Roll Club 3:00 Jeopardy with Louie! 3:30 Hot Chocolate & Cookies Social 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 20 9:00 Chair Exercise 10:00 News Currents (AR) 10:30 Crochet Club with Sandy 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:15 Baking with Eva: Chocolate Crossants (AR) 3:30 Poker Club 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 21 9:00 Morning Tunes & Manicures 9:30 Puzzle Mania Club! 11:00 Blackjack (CR) 11:00 Zumba! 1:30 Jewelry Making for ALZ Association Fundraiser (AR) 2:30 Go4Life® Walk & Roll Club 5:30 Sunrise Annual Thanksgiving Dinner! 6:00 Entertainment Hour with Vern Nelson! 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 22 9:00 Exercise: Zumba! 9:00 Coffee & Newspaper Club with Stevie 10:30 Gardening Club with Stevie 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Flyswatter Volleyball with Stevie! 6:30 Relaxation Hand & Arm Massaaages	Happy Birthday Mercedes G.! 23 8:45 Wonderword Puzzle & Coffee 9:00 Chair Exercise 11:00 Card Games with Stevie 1:30 Blackjack! (CR) 1:30 Movie Matinee 2:30 Go4Life® Walk & Roll Club 3:00 Birthday Cocktail Hour with Stevie! 6:30 Evening Movie & Popcorn
8:45 Wonderword Puzzle & Coffee 24 9:00 Chair Exercise 10:00 Catholic Service Provided by Saint Martin de Porras (AR) 10:30 Protestant Services Provided by Friends Church (FRL) 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 November Arts & Crafts with Eva 6:30 Evening Movie & Popcorn	8:30 Casino Outing: Pechang 8:45 Wonderword Puzzle & Coffee 25 9:00 Chair Exercise 10:30 Giant Crossword Puzzle! (AR) 11:00 Poker Club (Resident Pan) 1:30 Documentary Hour: "How the Universe Works" (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Popcorn and Movie Matinee: Residents Choice 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 26 9:00 Pledge of Allegiance & Daily Chronicle 9:00 Chair Exercise 9:45 Keeping Your Mnd Sharp with Joanna from the Older Adults Program 11:00 Blackjack (CR) 2:30 Go4Life® Walk & Roll Club 3:00 Food Chat with Jose 3:30 Hot Chocolate & Cookies Social 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 27 9:00 Chair Exercise 10:00 News Currents (AR) 10:30 Crochet Club with Sandy 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Name 5 with Eva! 3:15 Chocolate Shakes Social 3:30 Poker Club 6:30 Relaxation Hand & Arm Massaaages	Happy Birthday Don B.! 28 8:45 Wonderword Puzzle & Coffee 9:00 Morning Tunes & Manicures 9:30 Puzzle Mania Club! 11:00 Blackjack (CR) 1:30 Jewelry Making for ALZ Association Fundraiser (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Movie Matinee: Residents Choice 6:30 Evening Movie & Popcorn	8:45 Wonderword Puzzle & Coffee 29 9:00 Coffee & Newspaper Club with Stevie 10:00 Morning Chair Yoga! 10:30 Gardening Club with Stevie 1:30 Bingo! (AR) 2:30 Go4Life® Walk & Roll Club 3:00 Flyswatter Volleyball with Stevie! 6:30 Relaxation Hand & Arm Massaaages	8:45 Wonderword Puzzle & Coffee 30 9:00 Chair Exercise 11:00 Card Games with Stevie 1:30 Blackjack! (CR) 1:30 Movie Matinee 2:30 Go4Life® Walk & Roll Club 3:00 Pizza & College Football Social! 6:30 Evening Movie & Popcorn

NOVEMBER 2019
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LIVE WITH PURPOSE

