AL Assisted Living
DR Dining Room
K Kitchen
LR Living Room
P Patio

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | **1**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 *Bible Study (AL)*<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:00 **Lunch Outing - Steak & Shake**<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Spa Social (K)<br>6:00 Friday Night Bingo (LR)<br>6:30 Music & Meditation (LR) | **2**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:30 Weekend at the Movies (LR)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Balloon Toss Social (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) |
| **3**<br>9:15 *Church Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Parachute Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **4**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 *Communion Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:10 **Breaking Ground Drums (LR)**<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 SingFit® with Kari (LR)<br>4:00 Kick Ball (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **5**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Tuesday Trivia Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **6**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Free Drawing (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Bingo Social (K)<br>4:00 Karoke (LR)<br>6:00 ***Live with Purpose Celebration! (AL)***<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **7**<br>9:30 Exercise Essentials (LR)<br>9:45 *Rosary (AL)*<br>10:00 Daily Chronicles (LR)<br>10:30 **Mary Ellen Music (LR)**<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Community Service with Kari (K)<br>3:00 Who am I? What am I? Social (K)<br>4:00 **Ida and Shirley Sing (LR)**<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **8**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 *Bible Study (AL)*<br>10:30 **Save-A-Pet Outing & Lunch**<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Spa Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Friday Night Bingo (LR)<br>6:30 Music & Meditation (LR) | **9**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Weekend at the Movies (LR)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Balloon Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) |
| **10**<br>9:15 *Church Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Parachute Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **11**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 *Communion Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 SingFit® with Kari (LR)<br>4:00 Kick Ball (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **12**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Tuesday Trivia Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **13**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Meet Me At MoMA with Kari (LR)<br>2:30 Table Talk Trivia (K)<br>3:00 Bingo Social (K)<br>4:00 Karoke (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **14**<br>9:30 Exercise Essentials (LR)<br>9:45 *Rosary (AL)*<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Community Service with Kari (K)<br>3:00 Who am I? What am I? Social (K)<br>4:00 **Ida and Shirley Sing (LR)**<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **15**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 *Bible Study (AL)*<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:00 **Lunch Outing - Red Robin**<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Spa Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Friday Night Bingo (LR)<br>6:30 Music & Meditation (LR) | **16**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Weekend at the Movies (LR)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Balloon Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) |
| **17**<br>9:15 *Church Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Parachute Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **18**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 *Communion Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 ***Joe Kadlec Entertainer (AL)***<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 SingFit® with Kari (LR)<br>4:00 Kick Ball (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **19**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Tuesday Trivia Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **20**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Free Drawing (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Bingo Social (K)<br>4:00 Karoke (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **21**<br>9:30 Exercise Essentials (LR)<br>9:45 *Rosary (AL)*<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 **Peter & Banjo (LR)**<br>3:00 Who am I? What am I? Social (K)<br>4:00 **Ida and Shirley Sing (LR)**<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **22**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 *Bible Study (AL)*<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:00 **Lunch Outing - Kaisers**<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 ***Piano Music with Greg (AL)***<br>3:00 Spa Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Friday Night Bingo (LR)<br>6:30 Music & Meditation (LR) | **23**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Weekend at the Movies (LR)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Balloon Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) |
| **24**<br>9:15 *Church Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Parachute Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **25**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 *Communion Service (AL)*<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 SingFit® with Kari (LR)<br>4:00 Kick Ball (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **26**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Tuesday Trivia Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **27**<br>9:30 Chit-Chat Club with Spencer (K)<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Meet Me At MoMA with Kari (LR)<br>2:30 Table Talk Trivia (K)<br>3:00 Bingo Social (K)<br>4:00 Karoke (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **28**<br>**THANKSGIVING**<br>9:30 Exercise Essentials (LR)<br>9:45 *Rosary (AL)*<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>3:00 Who am I? What am I? Social (K)<br>4:00 **Ida and Shirley Sing (LR)**<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) | **29**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 *Bible Study (AL)*<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:00 **Lunch Outing - The Pointe**<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 On This Day...with Chris (K)<br>1:30 Arts & Crafts (K)<br>2:30 Table Talk Trivia (K)<br>3:00 Spa Social (K)<br>4:00 Sing-A-Long with Diana (LR)<br>6:00 Friday Night Bingo (LR)<br>6:30 Music & Meditation (LR) | **30**<br>9:30 Exercise Essentials (LR)<br>10:00 Daily Chronicles (LR)<br>10:30 Sparkle & Shine Beauty Time (K)<br>10:45 Baking & Cooking Club (K)<br>11:15 Kitchen Helpers (K)<br>1:00 Go4Life® Walking Club (LR)<br>1:00 Talk about History<br>1:30 Weekend at the Movies (LR)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>2:30 Moving Hands - Stress Balls & PlayDo (K)<br>3:00 Balloon Toss Social (LR)<br>4:00 Sing and Dance (LR)<br>6:00 Card Sharks & Memory Matching (K)<br>6:30 Music & Meditation (LR) |

# NOVEMBER 2019

## Reminiscence

**Sunrise of Gurnee**
**500 North Hunt Club Road, Gurnee,**
**IL 60031; 847-856-8100**

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING