

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 Group Crossword Puzzle 10:00 Card Game - GOT IT 10:30 Full Body Workout 11:00 Shuffle Board 11:30 Marbles w/ Carole 1:30 Readers' Group 2:30 Go4Life Walking 3:00 Newsletter Social 4:00 Happy Half Hour 6:15 Live w/Reflection Meditation	9:30 Boogle Game 10:00 Jeopardy 10:30 Exercise Essentials/Noodles 11:00 Baking Autumn Cookies 11:30 Short Stories 1:30 Sing - Fit 2:30 Go4Life Walking Club 3:00 I LOVE America Jingo 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study
9:30 Group Crossword Puzzle 10:00 Shuffle Board 10:30 Chair Dancing 11:00 Mad Libs 11:30 Uno Card Games 1:30 Happy Feet Spa 2:30 Go4Life Walking 3:00 Bingo Social 4:00 Happy Half Hour 5:15 Sunday Football 6:00 Live w/Reflection Meditation	9:15 Scenic Drive/ Forest Hill 9:30 News Currents 10:00 Everyday Watercolor 10:30 Full Body Workout 11:00 Community Service 11:30 Shuffle Board 1:15 Scenic Drive 2:30 Go4Life Walking 3:00 Tea Party 4:00 Happy Half Hour 5:15 Monday Night Football	9:15 Catholic Communion 9:30 Meet Me @ MOMA 10:00 Group Crossword Puzzle 10:30 Exercise Essentials 11:00 Bingo for Sunrise Cash 11:30 Card Game - GOT IT 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Live Performance w/ Curt 4:00 Happy Half Hour 6:00 Live w/Reflection Meditation	9:15 Scenic drive to the Peacocks 9:30 I LOVE America Jingo 10:00 Community Service 10:30 Full Body Workout 11:00 Made w/ Love with Erin 11:30 Lunch Outing-Rubino's 1:30 Scenic Drive 2:30 Go4Life Walking Club 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 5:45 Jig Saw Puzzle Club	9:30 Jeopardy 10:00 Uno Card Game 10:30 Exercise Essentials 11:00 Music w/Mark 11:30 You Be The Judge 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Live Performance 4:00 Happy Half Hour 5:15 Football Game 6:00 Hand Massages	9:30 Group Crossword Puzzle 10:00 Card Game - GOT IT 10:30 Full Body Workout 11:00 Shuffle Board 11:30 Marbles w/ Carole 1:30 Readers' Group 2:30 Go4Life Walking 3:00 Live Performance w/ Hammond 4:00 Happy Half Hour 6:15 Live w/Reflection Meditation	9:30 Boogle Game 10:00 Jeopardy 10:30 Exercise Essentials/Noodles 11:00 Baking Autumn Cookies 11:30 Short Stories 1:30 Sing - Fit 2:30 Go4Life Walking Club 3:00 I LOVE America Jingo 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study
<b>Louise's Birthday</b> 9:30 Group Crossword Puzzle 10:00 Shuffle Board 10:30 Chair Dancing 11:00 Mad Libs 11:30 Uno Card Games 1:15 Church Service 1:30 Happy Feet Spa 2:30 Go4Life Walking 3:00 Bingo Social 4:00 Happy Half Hour 5:15 Sunday Football 6:00 Live w/Reflection Meditation	9:15 Scenic Drive-Peacocks 9:30 News Currents 10:00 Everyday Watercolor 10:30 Full Body Workout 11:00 Shuffle Board 11:30 Short Stories 1:15 Scenic Drive 2:30 Go4Life Walking 3:00 Live Performance w/Rick 4:00 Happy Half Hour 5:15 Monday Night Football	<b>Beatrice's Birthday</b> 9:15 Catholic Communion 9:30 Meet Me @ MOMA 10:00 Group Crossword Puzzle 10:30 Exercise Essentials 11:00 Bingo for Sunrise Cash 11:30 Card Game - GOT IT 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Dan playing the Piano 4:00 Happy Half Hour 6:00 Live w/Reflection Meditation 6:00 Brownie Troop Meeting	9:15 Scenic Drive to Old Roseville 9:30 I LOVE America Jingo 10:00 Community Service 10:30 Full Body Workout 11:00 Made w/ Love with Erin 11:30 Boggle Game 1:15 Scenic Drive - Country Side 2:30 Go4Life Walking Club 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 5:45 Jig Saw Puzzle Club	9:30 Jeopardy 10:00 Uno Card Game 10:30 Exercise Essentials 11:00 Music w/Mark 11:30 You Be The Judge 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Live Performance w/Michelle 4:00 Happy Half Hour 5:15 Football Game 6:00 Hand Massages	9:30 Group Crossword Puzzle 10:00 Card Game - GOT IT 10:30 Full Body Workout 11:00 Men's Club w/ Scott 11:00 Shuffle Board 11:30 Marbles w/ Carole 1:30 Readers' Group 2:30 Go4Life Walking 3:00 Bingo Social 4:00 Happy Half Hour 6:15 Live w/Reflection Meditation	9:30 Girl Scouts Visit 10:00 Jeopardy 10:30 Exercise Essentials/Noodles 11:00 Baking Autumn Cookies 11:30 Short Stories 1:30 Sing - Fit 2:30 Go4Life Walking Club 3:00 I LOVE America Jingo 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study
9:30 Group Crossword Puzzle 10:00 Shuffle Board 10:30 Chair Dancing 11:00 Mad Libs 11:30 Uno Card Games 1:30 Happy Feet Spa 2:30 Go4Life Walking 3:00 Bingo Social 4:00 Happy Half Hour 5:15 Sunday Football 6:00 Live w/Reflection Meditation	9:15 Scenic Drive Penryn/Loomis 9:30 News Currents 10:00 Everyday Watercolor 10:30 Full Body Workout 11:00 Music w/ Mark 11:30 Short Stories 1:15 Shopping outing-Target 2:30 Go4Life Walking 3:00 Sunrise Derby 4:00 Happy Half Hour 5:15 Monday Night Football	9:15 Catholic Communion 9:30 Meet Me @ MOMA 10:00 Group Crossword Puzzle 10:30 Exercise Essentials 11:00 Bingo for Sunrise Cash 11:30 Card Game - GOT IT 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Sunrise Derby 4:00 Happy Half Hour 6:00 Live w/Reflection Meditation	9:15 Scenic Drive/Fairoaks 9:30 I LOVE America Jingo 10:00 Community Service 10:30 Full Body Workout 11:00 Made w/ Love with Erin 11:30 Boggle Game 1:30 Scenic Drive / Folsom Lake 2:30 Go4Life Walking Club 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 5:45 Jig Saw Puzzle Club	9:30 Jeopardy 10:00 Uno Card Game 10:30 Exercise Essentials 11:00 Music w/Mark 11:30 You Be The Judge 1:30 Resident Council Meeting 2:30 Go4Life Walking 3:15 Violinist - Ciprian 4:00 Happy Half Hour 5:15 Football Game 6:00 Hand Massages	9:30 Group Crossword Puzzle 10:00 Card Game - GOT IT 10:30 Full Body Workout 11:00 Shuffle Board 11:30 Marbles w/ Carole 1:30 Readers' Group 2:30 Go4Life Walking 3:00 Live Performance w/ Dessa 4:00 Happy Half Hour 6:15 Live w/Reflection Meditation	9:30 Boogle Game 10:00 Jeopardy 10:30 Exercise Essentials/Noodles 11:00 Dominoes 11:30 Short Stories 1:30 Sing - Fit 2:30 Go4Life Walking Club 4:00 Family/Friends Thanksgiving Dinner 6:00 Hymn Sing & Bible Study
9:30 Group Crossword Puzzle 10:00 Shuffle Board 10:30 Chair Dancing 11:00 Mad Libs 11:30 Uno Card Games 1:30 Happy Feet Spa 2:30 Go4Life Walking 3:00 Mt Pleasant Singers 4:00 Happy Half Hour 5:15 Sunday Football 6:00 Live w/Reflection Meditation	9:15 Scenic Drive/Castle 9:30 News Currents 10:00 Everyday Watercolor 10:30 Full Body Workout 11:00 Music w/ Mark 11:30 Short Stories 1:15 Scenic Drive 2:30 Go4Life Walking 3:00 Sunrise Auction 4:00 Happy Half Hour 5:15 Monday Night Football	9:15 Catholic Communion 9:30 Meet Me @ MOMA 10:00 Group Crossword Puzzle 10:30 Exercise Essentials 11:00 Bingo for Sunrise Cash 11:30 Card Game - GOT IT 1:30 Double 9 Dominoes 2:30 Go4Life Walking 3:00 Dan playing the Piano 4:00 Happy Half Hour 6:00 Brownie Troop Meeting	9:30 I LOVE America Jingo 10:00 Community Service 10:30 Full Body Workout 11:00 Made w/ Love with Erin 11:30 Boggle Game 1:15 Scenic Drive/Country 2:30 Go4Life Walking Club 3:00 Bible Study & Hymn Sings 4:00 Happy Half Hour 5:45 Jig Saw Puzzle Club	<b>Maggie's Birthday</b> 9:30 Jeopardy 10:00 Uno Card Game 10:30 Exercise Essentials 11:00 Group Crossword Puzzle 11:30 You Be The Judge 1:30 Double Nine Dominoes 2:30 Go4Life Walking 3:00 November's Birthday Social 4:00 Happy Half Hour 5:15 Football Game 6:00 Hand Massages	<b>Norma's Birthday</b> 9:30 Group Crossword Puzzle 10:00 Card Game - GOT IT 10:30 Full Body Workout 11:00 Shuffle Board 11:30 Marbles w/ Carole 1:30 Readers' Group 2:30 Go4Life Walking 3:00 Bingo Social 4:00 Happy Half Hour 6:15 Live w/Reflection Meditation	9:30 Boogle Game 10:00 Jeopardy 10:30 Exercise Essentials/Noodles 11:00 Baking Autumn Cookies 11:30 Short Stories 1:30 Sing - Fit 2:30 Go4Life Walking Club 3:00 I LOVE America Jingo 4:00 Happy Half Hour 6:00 Hymn Sing & Bible Study

**NOVEMBER 2019**  
**Assisted Living**  
**Sunrise of Rocklin**  
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**LIVE WITH PURPOSE**

