

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Genelle 1:00 Documentary Hour 2:00 House Social : Snacks and Drinks 2:30 Baking Club with Claudia 3:00 Sundae Social with Dylan 4:00 Go 4 Life Walking Club with Angel 4:00 Music Therapy 6:00 Evening Movie	9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Genelle 11:00 Pretty Nails with Estefani 1:00 Documentary Hour 2:30 Spanish Class with Anahi 3:00 Stretching with Dylan 4:00 Bingo with Claudia 4:00 Go 4 Life Walking Club with Angel 6:00 Classical Music and Hand Massage 6:15 Monday Night Movie	9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Genelle 11:00 Bingo Bash with Brittany 11:00 Sing Fit with Emy 1:00 Documentary Hour 1:30 Zumba (AL) 2:00 Monterey High Choir (Main Dining Rm) 3:00 Chef's Corner with Amanda (AR) 3:00 Happy Hour Social with Wendy 3:30 Balloon Volleyball with Dylan 4:00 Go 4 Life Walking Club with Angel 6:00 Evening Movie	8:30 Dr. Brooks, Podiatrist is Here (8:30a-5:00p) 9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Genelle 10:30 Art with Marcy in Ednas (E) 1:00 Documentary Hour 2:30 Flower Arranging Class with Wendy 3:00 Art's & Craft's Social 3:00 Scenic Drive with Shannon 4:00 Go 4 Life Walking Club with Angel 6:00 Movie & Popcorn	8:30 Dr. Brooks, Podiatrist is here (8:30a-1:00p) 9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Genelle 10:30 Baking with Silvia in Ednas (E) 11:00 Nails, Hair & Massage with Letty 1:00 Documentary Hour 2:30 Letters to Families 4:00 Go 4 Life Walking Club with Angel 6:00 Evening Movie	9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Jorge 10:30 Espanol with Britany 1:00 Documentary Hour 3:00 FUN! Friday Social 3:00 Art Class 3:30 Water Gardening with Barbara & Care Manager 4:00 Go 4 Life Walking Club with Angel 6:00 Friday Night Flick	9:30 The Daily Chronicles with Estefanie 10:15 Exercise Essentials with Jorge 11:00 Daily Newspaper & Coffee with Letty 1:00 Documentary Hour 2:30 Snacks & Trivia 3:30 Pretty Nails with Sarah 4:00 Go 4 Life Walking Club with Angel 6:00 Evening Movie	
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**DECEMBER 2019**  
**Reminiscence**  
 Sunrise of Monterey  
 1110 Cass Street, Monterey,  
 CA 93940; 831-643-2400

LIVE WITH PURPOSE

