

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 Positive News (AL) <b>1</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Jenga 3:00 Sundae Funday Social 3:00 Go4Life Walking Club 4:00 Daily Reflection 6:30 Movie Night 6:30 Evening Movie	9:00 Positive News (AL) <b>2</b> 9:30 Exercise Essentials 11:00 Brain Fitness (AR) 2:15 Bingo 3:00 Exercise class with Derek 3:00 Go4Life Walking Club 4:00 Bingo 4:30 Daily Reflection 6:00 Evening Movie	9:00 Positive News (AL) <b>3</b> 9:30 Exercise Essentials 10:00 Communion with Rose TC 10:15 What's baking? w/ Paulina 10:30 Pretty Nails: Diana & Azalia 11:00 Word Puzzles 11:00 Reminiscing with Records 1:10 Zumba (AL) 2:00 Monterey High Choir 2:30 Dominoes Club with Katherine 3:00 Go4Life Walking Club 4:00 Daily Reflections 6:30 Evening Movie	8:30 Dr. Brooks, Podiatrist is Here (8:30a-5:00p) <b>4</b> 9:00 Positive News (AL) 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Balloon Volleyball 2:15 Bingo 2:30 Tea Party W/ Friends 3:00 Flower Arranging 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 News Currents 6:00 Evening Movie	8:30 Dr. Brooks, Podiatrist is here (8:30a-1:00p) <b>5</b> 9:00 Positive News (AL) 9:30 Exercise Essentials 10:30 Pretty Nails 10:45 Puzzles & Art with Destaney 11:00 Brain Fitness (AR) 2:30 Exercise Class with Karen (AR) 2:45 In the Kitchen with Katharine 3:00 Go4Life Walking Club 4:00 Trivia with Ana 6:30 Evening Movie	9:00 Positive News (AL) <b>6</b> 9:30 Exercise Essentials 11:00 Reading Club (AR) 2:30 Bingo Bash Social 3:00 Go4Life Walking Club 3:00 Scenic Drive (A.L. Bistro) 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	9:00 Positive News (AL) <b>7</b> 9:30 Exercise Essentials 10:30 Pretty Nails with Azalia 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	
9:00 Positive News (AL) <b>8</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Jenga 3:00 Sundae Funday Social 3:00 Go4Life Walking Club 4:00 Daily Reflection 6:30 Movie Night 6:30 Evening Movie	9:00 Positive News (AL) <b>9</b> 9:30 Exercise Essentials 11:00 Brain Fitness (AR) 2:15 Bingo 3:00 Exercise class with Derek 3:00 Go4Life Walking Club 4:00 Bingo 4:30 Daily Reflection 6:00 Evening Movie	9:00 Positive News (AL) <b>10</b> 9:30 Exercise Essentials 10:00 Communion with Rose in Terrace Club 10:15 What's baking? w/ Paulina 10:30 Pretty Nails with Diana and Azalia 11:00 Reminiscing with Records 11:00 Word Puzzles (AL) 2:30 Dominoes Club with Katherine 3:00 Go4Life Walking Club 4:00 Daily Reflections 6:30 Evening Movie	9:00 Positive News (AL) <b>11</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Balloon Volleyball 2:15 Bingo 2:30 Tea Party W/ Friends 2:30 Karaoke Sing Along with Ana 3:00 Flower Arranging 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 News Currents 6:00 Evening Movie	9:00 Positive News (AL) <b>12</b> 9:30 Exercise Essentials 10:45 Aquarium Outing 11:00 Brain Fitness (AR) 2:30 Karaoke Sing Along with Care Partner 2:30 Exercise Class with Karen (AR) 3:00 Bingo 3:00 Go4Life Walking Club 4:00 Trivia with Ana 6:30 Evening Movie	9:00 Positive News (AL) <b>13</b> 9:30 Exercise Essentials 11:00 Reading Club (AR) 2:30 Bingo Bash Social 3:00 Go4Life Walking Club 3:00 Scenic Drive (A.L. Bistro) 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	9:00 Positive News (AL) <b>14</b> 9:30 Exercise Essentials 10:30 Pretty Nails with Azalia 3:00 Go4Life Walking Club 3:30 Spiritual Favorites Concert 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	
9:00 Positive News (AL) <b>15</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Jenga 3:00 Sundae Funday Social 3:00 Go4Life Walking Club 4:00 Daily Reflection 6:30 Movie Night 6:30 Evening Movie	9:00 Positive News (AL) <b>16</b> 9:30 Exercise Essentials 11:00 Brain Fitness (AR) 2:15 Bingo 3:00 Exercise class with Derek 3:00 Go4Life Walking Club 4:00 Bingo 4:30 Daily Reflection 6:00 Evening Movie	9:00 Positive News (AL) <b>17</b> 9:30 Exercise Essentials 10:00 Communion with Rose in Terrace Club 10:15 What's baking? with Paulina 10:30 Pretty Nails with Diana and Azalia 11:00 Reminiscing with Records 11:00 Word Puzzles (AL) 2:30 Dominoes Club with Katherine 3:00 Go4Life Walking Club 3:45 Chef's Corner with Amanda & Karina (AR) 4:00 Daily Reflections 6:30 Evening Movie	9:00 Positive News (AL) <b>18</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Balloon Volleyball 11:30 Lunch Bunch Outing (AL Bistro) 2:15 Bingo 2:30 Tea Party W/ Friends 2:30 Karaoke Sing Along with Ana 3:00 Flower Arranging 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 News Currents 6:00 Evening Movie	9:00 Positive News (AL) <b>19</b> 9:30 Exercise Essentials 10:30 Pretty Nails 10:45 Puzzles & Art with Destaney 11:00 Brain Fitness (AR) 2:30 Exercise Class with Karen (AR) 2:30 Karaoke Sing Along with Ana 2:45 In the Kitchen with Katharine 3:00 Go4Life Walking Club 4:00 Trivia with Ana 6:30 Evening Movie	9:00 Positive News (AL) <b>20</b> 9:30 Exercise Essentials 11:00 Reading Club (AR) 2:30 Bingo Bash Social 3:00 Go4Life Walking Club 3:00 Scenic Drive (A.L. Bistro) 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	9:00 Positive News (AL) <b>21</b> 10:00 Exercise Essentials (AL) 11:00 Pretty Nails (Activities Room) 2:15 Go4Life® Walking Club (AR) 3:00 Performance by : Janet & Martin (AL) 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie 6:15 Candy Cane Lane: Scenic Drive (Bistro)	
9:00 Positive News (AL) <b>22</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Jenga 3:00 Sundae Funday Social 3:00 Go4Life Walking Club 4:00 Daily Reflection 6:30 Movie Night 6:30 Evening Movie	9:00 Positive News (AL) <b>23</b> 9:30 Exercise Essentials 11:00 Brain Fitness (AR) 2:15 Bingo 3:00 Exercise class with Derek 3:00 Go4Life Walking Club 4:00 Bingo 4:30 Daily Reflection 6:00 Evening Movie	9:00 Positive News (AL) <b>24</b> 9:30 Exercise Essentials 10:00 Communion with Rose in Terrace Club 10:15 What's baking? with Paulina 10:30 Pretty Nails with Diana and Azalia 11:00 Reminiscing with Records 11:00 Word Puzzles (AL) 2:30 Dominoes Club with Katherine 3:00 Go4Life Walking Club 4:00 Daily Reflections 6:30 Evening Movie	9:00 Positive News (AL) <b>25</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Balloon Volleyball 2:15 Bingo 2:30 Tea Party W/ Friends 2:30 Karaoke Sing Along with Ana 3:00 Flower Arranging 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 News Currents 6:00 Evening Movie	9:00 Positive News (AL) <b>26</b> 9:30 Exercise Essentials 10:30 Pretty Nails 10:45 Puzzles & Art with Destaney 11:00 Brain Fitness (AR) 2:30 Exercise Class with Karen (AR) 2:30 Karaoke Sing Along with Ana 2:45 In the Kitchen with Katharine 3:00 Performance by Mike Noonan 3:00 Go4Life Walking Club 4:00 Trivia with Ana 6:30 Evening Movie	9:00 Positive News (AL) <b>27</b> 9:30 Exercise Essentials 11:00 Reading Club (AR) 2:30 Bingo Bash Social 3:00 Georgette & Justice: Singing & Piano 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	9:00 Positive News (AL) <b>28</b> 9:30 Exercise Essentials 10:30 Pretty Nails with Azalia 3:00 Go4Life Walking Club 3:30 Daily Reflection 4:00 Sit to Stand Range of Motion Exercise 6:00 Evening Movie	
9:00 Positive News (AL) <b>29</b> 9:30 Exercise Essentials 10:30 Arts and crafts 11:00 Jenga 3:00 Sundae Funday Social 3:00 Go4Life Walking Club 4:00 Daily Reflection 6:30 Movie Night 6:30 Evening Movie	9:00 Positive News (AL) <b>30</b> 9:30 Exercise Essentials 11:00 Brain Fitness (AR) 2:15 Bingo 3:00 Exercise class with Derek 3:00 Go4Life Walking Club 4:00 Bingo 4:30 Daily Reflection 6:00 Evening Movie	9:00 Positive News (AL) <b>31</b> 9:30 Exercise Essentials 10:00 Communion with Rose in Terrace Club 10:15 What's baking? with Paulina 10:30 Pretty Nails with Diana and Azalia 11:00 Reminiscing with Records 11:00 Word Puzzles (AL) 2:30 Dominoes Club with Katherine 3:00 Go4Life Walking Club 3:30 Performance by: Mike Noonan (Main Living Room) 3:45 Chef's Corner with Amanda & Karina (AR) 4:00 Daily Reflections 6:30 Evening Movie	AL Acitivites Living Room AR Activities Room				