

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Exercise Essentials (LR) 10:00 Good Morning Updates & Newspapers and Headlines 10:00 Catholic Communion Service (Piano Living Room) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 Chair Zumba with Jennette 11:00 Hydration Station Beverages (LR) 11:30 Sing A Long Hymns (MR) 1:15 Sunday Matinee Musical 2:30 Brain Games 3:00 Ice Cream Sundae Social 3:30 Sunrise Resident Choir First Annual Holiday Performance & Hot Chocolate Social 6:30 Soothing Sounds Social 6:30 Comedy Movie</p>	<p>9:30 Exercise Essentials (LR) 2 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Puzzle Time 2:30 Flower Arranging with Brianna 3:00 The Good Ole Days of Radio (CR) 3:00 Margarita Mondays! 3:30 Mind Joggers 6:00 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 3 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Reading Group 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 NewsCurrents Sr. with Heidi 1:15 TV Classics of the 50's and 60's 2:15 Music Life Skill Center (LR) 2:30 Noodles of fun with Claritza (LR) 3:00 Music Entertainment With Pete Dawson 3:15 Visits with Bailey 3:30 Root Beer Float Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 4 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 SingFit@ with Maggie 11:00 Hydration Station Beverages (LR) 1:30 NewsCurrents Sr. with Maggie 2:45 Music Bingo 3:00 Afternoon Social (DR) 6:30 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 5 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 1:30 Gardening 2:00 SingFit@ with Maggie 2:30 Help Me Guess Trivia with Dulce (LR) 3:00 Sorbet Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 6 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Give Back to our Local Heros 11:45 Today in History 2:30 Manicures with Brianna (LR) 3:00 Fresh Fruit Friday Social 3:15 Geography Class 6:00 Movie Night (LR)</p>	<p>9:30 Exercise Essentials (LR) 7 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:30 RHCC Praise and Worship Music 11:00 Hydration Station Beverages (LR) 2:30 Noodles of fun with Claritza (LR) 2:30 TRAVELS with JOSHUA (E) 3:00 Amuse A Capella Singers Perform 3:00 Saturday Popsicle Social 4:00 Name that Tune 6:30 Soothing Sounds Social</p>	
<p>9:30 Exercise Essentials (LR) 8 10:00 Good Morning Updates & Newspapers and Headlines 10:00 Catholic Communion Service (Piano Living Room) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 Chair Zumba with Jennette 11:00 Hydration Station Beverages (LR) 11:30 Sing A Long Hymns (MR) 1:15 Sunday Matinee Musical 2:30 Brain Games 3:00 Ice Cream Sundae Social 6:30 Soothing Sounds Social 6:30 Comedy Movie</p>	<p>9:30 Exercise Essentials (LR) 9 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Puzzle Time 2:30 Flower Arranging with Brianna 3:00 The Good Ole Days of Radio (CR) 3:00 Margarita Mondays! 3:30 Mind Joggers 6:00 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 10 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Reading Group 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 NewsCurrents Sr. with Heidi 1:15 TV Classics of the 50's and 60's 2:30 Jimmy Brewster sings in the Bistro 2:30 Noodles of fun with Claritza (LR) 3:15 Visits with Bailey 3:30 Root Beer Float Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 11 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Watercolor Class with Gabrielle 10:30 Go4Life@ Walking Club (E) 10:45 SingFit@ with Maggie 11:00 Hydration Station Beverages (LR) 1:30 NewsCurrents Sr. with Maggie 2:45 Music Bingo 3:00 Afternoon Social (DR) 6:30 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 12 10:00 Good Morning Updates & Newspapers and Headlines 10:15 TRAVELS with JOSHUA (E) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 1:30 Gardening 2:00 SingFit@ with Maggie 2:30 Help Me Guess Trivia with Dulce (LR) 3:00 Sorbet Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 13 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Sing-A-Long with Bob L. (CR) 11:00 Hydration Station Beverages (LR) 11:15 Give Back to our Local Heros 11:45 Today in History 2:30 Manicures with Brianna (LR) 3:00 Fresh Fruit Friday Social 3:15 Geography Class 6:00 Movie Night (LR)</p>	<p>9:30 Exercise Essentials (LR) 14 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 2:30 Noodles of fun with Claritza (LR) 2:30 TRAVELS with JOSHUA (E) 3:00 Saturday Popsicle Social 4:00 Name that Tune 6:30 Soothing Sounds Social</p>	
<p>9:30 Exercise Essentials (LR) 15 10:00 Good Morning Updates & Newspapers and Headlines 10:00 Catholic Communion Service (Piano Living Room) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:30 Sing A Long Hymns (MR) 1:15 Sunday Matinee Musical 2:30 Daybreak Ministry Music 3:00 Ice Cream Sundae Social 6:30 Soothing Sounds Social 6:30 Comedy Movie</p>	<p>9:30 Exercise Essentials (LR) 16 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Music & Movement with Sara 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Puzzle Time 2:00 Shakeh and her Guitar! (CR) 3:00 The Good Ole Days of Radio (CR) 3:00 Margarita Mondays! 3:30 The Bingo Store (2F) 3:30 Mind Joggers 6:00 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 17 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Reading Group 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 NewsCurrents Sr. with Heidi 1:15 TV Classics of the 50's and 60's 2:15 Music Life Skill Center (LR) 2:30 Noodles of fun with Claritza (LR) 3:00 Gaynor and Maggie Perform 3:15 Visits with Bailey 3:30 Root Beer Float Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 18 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 SingFit@ with Maggie 11:00 Hydration Station Beverages (LR) 1:30 NewsCurrents Sr. with Maggie 2:45 Music Bingo 3:00 Monthly Birthday/Welcoming Party! 3:00 Afternoon Social (DR) 3:30 Root Beer Float Social 6:00 Scenic Drive to the Christmas Lights 6:30 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 19 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 OUT TO LUNCH BUNCH (E) 1:30 Gardening 2:00 SingFit@ with Maggie 2:30 Help Me Guess Trivia with Dulce (LR) 3:00 Sorbet Social 6:30 A Ukulele Holiday Surprise 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 20 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Give Back to our Local Heros 11:45 Today in History 2:30 Manicures with Brianna (LR) 3:00 Fresh Fruit Friday Social 3:15 Geography Class 6:00 Movie Night (LR)</p>	<p>9:30 Exercise Essentials (LR) 21 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 2:00 Arjun & Friends Holiday Concert 2:30 Noodles of fun with Claritza (LR) 2:30 TRAVELS with JOSHUA (E) 3:00 Saturday Popsicle Social 4:00 Name that Tune 6:30 Soothing Sounds Social</p>	
<p>9:30 Exercise Essentials (LR) 22 10:00 Good Morning Updates & Newspapers and Headlines 10:00 Catholic Communion Service (Piano Living Room) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:30 Sing A Long Hymns (MR) 1:15 Sunday Matinee Musical 2:30 Brain Games 3:00 Ice Cream Sundae Social 5:00 Friends & Family Holiday Dinner 6:30 Soothing Sounds Social 6:30 Comedy Movie</p>	<p>9:30 Exercise Essentials (LR) 23 10:00 Music & Movement with Sara 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Puzzle Time 2:30 Flower Arranging with Brianna 3:00 The Good Ole Days of Radio (CR) 3:00 Margarita Mondays! 3:30 Mind Joggers 6:00 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 24 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Musical Entertainment with George Rossi in Terrace Club 10:30 Reading Group 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 NewsCurrents Sr. with Heidi 1:15 TV Classics of the 50's and 60's 2:15 Music Life Skill Center (LR) 2:30 Noodles of fun with Claritza (LR) 3:00 Root Beer Float Social 3:15 Visits with Bailey 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 25 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 SingFit@ with Maggie 11:00 Hydration Station Beverages (LR) 1:30 NewsCurrents Sr. with Maggie 2:45 Music Bingo 3:00 Afternoon Social (DR) 6:30 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 26 10:00 Good Morning Updates & Newspapers and Headlines 10:15 TRAVELS with JOSHUA (E) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 1:30 Gardening 2:00 Chabad Chanukah Party 2:00 SingFit@ with Maggie 2:30 Help Me Guess Trivia with Dulce (LR) 3:00 Sorbet Social 6:30 Soothing Sounds Social</p>	<p>9:30 Exercise Essentials (LR) 27 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Give Back to our Local Heros 11:45 Today in History 2:30 Manicures with Brianna (LR) 3:00 Fresh Fruit Friday Social 3:15 Geography Class 6:00 Movie Night (LR)</p>	<p>9:30 Exercise Essentials (LR) 28 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 1:30 Neil Dorval at the Piano 2:30 Noodles of fun with Claritza (LR) 2:30 TRAVELS with JOSHUA (E) 3:00 Saturday Popsicle Social 4:00 Name that Tune 6:30 Soothing Sounds Social</p>	
<p>9:30 Exercise Essentials (LR) 29 10:00 Good Morning Updates & Newspapers and Headlines 10:00 Catholic Communion Service (Piano Living Room) 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 10:45 Chair Zumba with Jennette 11:00 Hydration Station Beverages (LR) 11:30 Sing A Long Hymns (MR) 1:15 Sunday Matinee Musical 2:30 Brain Games 3:00 Ice Cream Sundae Social 6:30 Soothing Sounds Social 6:30 Comedy Movie</p>	<p>9:30 Exercise Essentials (LR) 30 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 Puzzle Time 2:30 Flower Arranging with Brianna 3:00 The Good Ole Days of Radio (CR) 3:00 Margarita Mondays! 3:30 Mind Joggers 6:00 a Moment of Meditation</p>	<p>9:30 Exercise Essentials (LR) 31 10:00 Good Morning Updates & Newspapers and Headlines 10:15 Fresh out the oven (DR) 10:30 Reading Group 10:30 Go4Life@ Walking Club (E) 11:00 Hydration Station Beverages (LR) 11:15 NewsCurrents Sr. with Heidi 1:15 TV Classics of the 50's and 60's 2:15 Music Life Skill Center (LR) 2:30 Noodles of fun with Claritza (LR) 3:15 Visits with Bailey 3:30 Root Beer Float Social 4:00 Movie (MR) 6:30 Soothing Sounds Social</p>	<p>1F 1st Floor Bistro 2F 2nd Floor Activity Room CR Club Room DR Dining Room E Meet at Elevator LR Living Room MR Media Room</p>				