

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Trending News of the Day (Dining Room) 1 10:00 Go4Life@ Walking Club (Meet at elevator) 10:00 Catholic Communion Service (PLR) 10:15 Hydration Station (B) 10:30 Manicures (GR) 10:45 Chair Zumba with Jennette 2:30 Go4Life@ Walking Club (Ee) 3:30 Sunrise Resident Choir First Annual Holiday Performance & Hot Chocolate Social 6:45 After Dinner Movie (TVR)	8:30 Trending News of the Day (K) 2 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 11:00 WORDS within a WORD (TVR) 2:00 Ovatons Singers from Chadwick School Perform 2:30 Go4Life@ Walking Club (Ee) 3:00 SingFit@ with Maggie (TCC) 3:00 Margarita Mondays! 6:45 Chicken Soup for the Soul (GR)	8:30 Trending News of the Day (K) 3 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicure Hour 2:30 Go4Life@ Walking Club (Ee) 3:00 Music Entertainment with Pete Dawson 3:30 Root Beer Float Social 4:00 Exercise Essentials (Living Room) 6:45 Art Time! (GR)	8:30 Trending News of the Day (K) 4 9:30 Chair Yoga with Ele 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Fresh Out of the Oven (K) 11:00 Brain Blitz! "HANGMAN" (TVR) 2:30 Go4Life@ Walking Club (Ee) 3:00 Wine & Cheese Social (TCC) 3:30 Bingo! (GR) 6:45 Mid-Nite Meditation (GR)	8:30 Trending News of the Day (K) 5 9:30 Exercise with Lynne 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 11:00 Outing & Lunch at Torrance Memorial Festival of the Trees 2:30 Go4Life@ Walking Club (Ee) 3:00 Sorbet Social 3:30 Bingo! (GR) 6:30 After Dinner Movie	8:30 Trending News of the Day (K) 6 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Life Stories with Debra (GR) 2:30 Go4Life@ Walking Club (Ee) 3:00 Fresh Fruit Friday Social 3:30 Sunrise Holiday Choir Practice with Niromi and Maggie 6:30 Friday Night Documentary (TVR)	8:30 Trending News of the Day (K) 7 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 RHCC Praise and Worship Music 2:30 Go4Life@ Walking Club (Ee) 3:00 Amuse A Capella Singers Perform 3:00 Popsicle Social (TCC) 3:30 \$5 KELLY BLUCK BINGO WITH THE STUDENTS 4:00 Afternoon Stretches (TCP) 6:45 After Dinner Movie (TVR)
8:30 Trending News of the Day (Dining Room) 8 10:00 Go4Life@ Walking Club (Meet at elevator) 10:00 Catholic Communion Service (PLR) 10:15 Hydration Station (B) 10:30 Manicures (GR) 10:45 Chair Zumba with Jennette 2:30 Go4Life@ Walking Club (Ee) 3:00 Ice Cream Social (TCC) 3:30 NewsCurrents Sr. (TVR) 6:45 After Dinner Movie (TVR)	8:30 Trending News of the Day (Dining Room) 9 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 11:00 Game of the Day 2:30 Go4Life@ Walking Club (Ee) 3:00 SingFit@ with Maggie (TCC) 3:00 Margarita Mondays! 6:45 Chicken Soup for the Soul (GR)	8:30 Trending News of the Day (Dining Room) 10 10:00 Joann's Jewelry Shop 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicure Hour 2:00 Go4Life@ Walking Club (Ee) 2:30 Jimmy Brewster sings in the Bistro 3:30 Root Beer Float Social 4:00 Exercise Essentials (Living Room) 6:45 Art Time! (GR)	8:30 Trending News of the Day (Dining Room) 11 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Watercolor Class with Gabrielle 10:30 Fresh Out of the Oven (K) 11:00 Church Chimes performance 2:30 Go4Life@ Walking Club (Ee) 3:00 Wine & Cheese Social (TCC) 3:30 Bingo! (GR) 6:45 Mid-Nite Meditation (GR)	8:30 Trending News of the Day (Dining Room) 12 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 11:00 Health Pro Active Aging Class with Jennifer/TOTAL BRAIN HEALTH 2:30 Go4Life@ Walking Club (Ee) 2:30 TRAVELS with JOSHUA (Ee) 3:00 Sorbet Social 6:30 After Dinner Movie	8:30 Trending News of the Day (Dining Room) 13 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Life Stories with Debra (GR) 2:00 Floral Club (TCC) 2:30 Go4Life@ Walking Club (Ee) 3:00 Fresh Fruit Friday Social 3:30 Sunrise Holiday Choir Practice with Niromi and Maggie 6:30 Friday Night Documentary (TVR)	8:30 Trending News of the Day (Dining Room) 14 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 TRAVELS with JOSHUA 2:30 Go4Life@ Walking Club (Ee) 3:00 Popsicle Social (TCC) 3:30 \$5 KELLY BLUCK BINGO WITH THE STUDENTS 4:00 Afternoon Stretches (TCP) 6:45 After Dinner Movie (TVR)
8:30 Trending News of the Day (Dining Room) 15 10:00 Go4Life@ Walking Club (Meet at elevator) 10:00 Catholic Communion Service (PLR) 10:15 Hydration Station (B) 10:30 Manicures (GR) 1:30 Plano Kids 2:30 Go4Life@ Walking Club (Ee) 3:00 Ice Cream Social (TCC) 3:30 NewsCurrents Sr. (TVR) 6:45 After Dinner Movie (TVR)	8:30 Trending News of the Day (Dining Room) 16 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Music & Movement with Sara 2:30 SingFit@ with Maggie (TCC) 2:30 Go4Life@ Walking Club (Ee) 3:00 Margarita Mondays! 3:30 The Bingo Store 6:45 Chicken Soup for the Soul (GR)	8:30 Trending News of the Day (Dining Room) 17 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicure Hour 2:30 Go4Life@ Walking Club (Ee) 3:00 Root Beer Float Social 4:00 Exercise Essentials (Living Room) 6:45 Art Time! (GR)	8:30 Trending News of the Day (Dining Room) 18 10:00 Go4Life@ Walking Club (Meet at elevator) 10:00 Chair Yoga with Ele 10:15 Hydration Station (B) 10:30 Fresh Out of the Oven (K) 11:00 Brain Blitz! "HANGMAN" (TVR) 2:30 Go4Life@ Walking Club (Ee) 3:00 Monthly Birthday and Welcoming Party! with the SONshine Singers 6:45 Mid-Nite Meditation (GR)	8:30 Trending News of the Day (Dining Room) 19 9:30 Exercise with Lynne 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 2:30 Go4Life@ Walking Club (Ee) 3:00 Sorbet Social 3:30 Bingo! (GR) 6:00 Scenic Drive thru the Christmas Lights 6:30 A Ukulele Holiday Surprise	8:30 Trending News of the Day (Dining Room) 20 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Life Stories with Debra (GR) 2:00 Floral Club (TCC) 2:30 Go4Life@ Walking Club (Ee) 3:00 Fresh Fruit Friday Social 3:30 Sunrise Holiday Choir Practice with Niromi and Maggie 6:30 Friday Night Documentary (TVR)	8:30 Trending News of the Day (Dining Room) 21 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 TRAVELS with JOSHUA 2:00 Arjun & Friends Holiday Concert 2:30 Go4Life@ Walking Club (Ee) 3:00 Popsicle Social (TCC) 3:30 \$5 KELLY BLUCK BINGO WITH THE STUDENTS 4:00 Afternoon Stretches (TCP) 6:45 After Dinner Movie (TVR)
8:30 Trending News of the Day (Dining Room) 22 10:00 Catholic Communion Service (TCC) 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicures (GR) 2:30 Go4Life@ Walking Club (Ee) 3:00 Ice Cream Social (TCC) 3:30 Community Bingo in the Terrace Club Dining Room 5:00 Friends & Family Holiday Dinner 6:45 After Dinner Movie (TVR)	8:30 Trending News of the Day (Dining Room) 23 10:00 Music & Movement with Sara 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 2:30 Go4Life@ Walking Club (Ee) 3:00 SingFit@ with Maggie (TCC) 3:00 Margarita Mondays! 6:45 Chicken Soup for the Soul (GR)	8:30 Trending News of the Day (Dining Room) 24 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicure Hour 2:30 Go4Life@ Walking Club (Ee) 3:00 Root Beer Float Social 3:30 Bingo! 4:00 Exercise Essentials (Living Room) 6:45 Art Time! (GR)	8:30 Trending News of the Day (Dining Room) 25 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Fresh Out of the Oven (K) 11:00 Brain Blitz! "HANGMAN" (TVR) 2:30 Go4Life@ Walking Club (Ee) 3:00 Wine & Cheese Social (TCC) 3:30 Bingo! (GR) 6:45 Mid-Nite Meditation (GR)	8:30 Trending News of the Day (Dining Room) 26 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 2:00 Chabad Chanukah Party 2:30 Go4Life@ Walking Club (Ee) 3:00 Sorbet Social 3:30 Bingo! (GR) 6:30 After Dinner Movie	8:30 Trending News of the Day (Dining Room) 27 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Life Stories with Debra (GR) 2:00 Floral Club (TCC) 2:30 Go4Life@ Walking Club (Ee) 3:00 Fresh Fruit Friday Social 3:30 Monthly Cocktail Party! 6:30 Friday Night Documentary (TVR)	8:30 Trending News of the Day (Dining Room) 28 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 TRAVELS with JOSHUA 1:30 Neil Dorval at the Piano 2:30 Go4Life@ Walking Club (Ee) 3:00 Popsicle Social (TCC) 3:30 \$5 KELLY BLUCK BINGO WITH THE STUDENTS 4:00 Afternoon Stretches (TCP) 6:45 After Dinner Movie (TVR)
8:30 Trending News of the Day (Dining Room) 29 10:00 Go4Life@ Walking Club (Meet at elevator) 10:00 Catholic Communion Service (PLR) 10:15 Hydration Station (B) 10:30 Manicures (GR) 10:45 Chair Zumba with Jennette 2:30 Go4Life@ Walking Club (Ee) 3:00 Ice Cream Social (TCC) 3:30 NewsCurrents Sr. (TVR) 6:45 After Dinner Movie (TVR)	8:30 Trending News of the Day (Dining Room) 30 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 11:00 WORDS within a WORD (TVR) 2:30 Go4Life@ Walking Club (Ee) 3:00 SingFit@ with Maggie (TCC) 3:00 Margarita Mondays! 6:45 Chicken Soup for the Soul (GR)	8:30 Trending News of the Day (Dining Room) 31 10:00 Go4Life@ Walking Club (Meet at elevator) 10:15 Hydration Station (B) 10:30 Manicure Hour 2:30 Go4Life@ Walking Club (Ee) 3:30 New Year's Eve Music Social with Carla D. 3:30 Root Beer Float Social 4:00 Exercise Essentials (Living Room) 6:45 Art Time! (GR)	AR 2nd Floor Activity Room B Bistro Ele Elevator GLR 1st Floor Garden Living Room GR Game Room K Kitchen PLR Piano Living Room Rem Reminiscence TCC Terrace Club TCP Terrace Club Patio TVR TV Room			