

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Chair Yoga (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Catholic Communion Service 11:00 What's the Answer? (SLR) 11:30 Aromatherapy (SDR) 1:30 Sunday Church Service with Ed Irish 2:00 Meet me at MoMA (SLR) 2:00 Art Class with Pam! (SDR) 2:30 Sunday Sundaes Social (SLR) 2:30 Appetizers & Beverages (SDR) 3:00 Categories Word Game (SLR) 4:00 Walking Club (SLR) 4:30 Aromatherapy (SDR) 6:30 Reflection Club- Conversation Starters (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials: Noodles (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Word Hunt (SLR) 11:30 Aromatherapy (SDR) 2:00 Baker's Club: Gingerbread Cookies (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Who Am I? (SLR) 4:00 Manicure Monday 4:30 Aromatherapy (SDR) 6:30 Live with Meditation (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Tuesday Trivia 11:30 Aromatherapy (SDR) 2:00 Tuesday Treats: Ants On Banana A Log (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Gardening Club (PRC) 3:30 BINGO (SDR) 4:30 Aromatherapy (SDR) 6:30 Chicken Soup for the Soul (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Sing Along with Carmen (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Sing-Fit (SLR) 11:30 Aromatherapy (SDR) 2:00 Baker's Club: Apple Cinnamon Cake (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Name That Tune (SDR) 3:30 Flower Arranging Social (SDR) 4:00 Walking Club 4:30 Aromatherapy (SDR) 6:30 Family Feud (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise/Chair Yoga (SLR) 10:30 Hydration & Snack (SLR) 11:00 Brain Stimulating Activity: Rocket to the Moon (SDR) 11:30 Aromatherapy (SDR) 2:30 Appetizers & Beverages (SDR) 2:30 Matinee Idols w/Popcorn (SLR) 4:00 Walking Club (SLR) 4:30 Aromatherapy (SDR) 6:30 Evening Hand Massage (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:00 Go4Life@ Walking Club 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials: Noodles (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 10:45 Lunch-outing: Bono's 11:00 Name 10 (SDR) 11:30 Aromatherapy (SDR) 2:00 Smoothie (SDR) 2:30 Singfit (SDR) 2:30 Appetizers & Beverages (SDR) 3:30 Movie Madness (SLR) 4:30 Aromatherapy (SDR) 6:30 Chicken Soup for the Soul (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:00 Go4Life@ Walking Club 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials: Noodles (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 10:45 Lunch-outing: Five Guys 11:00 Stimulating Game: State Game (SDR) 11:30 Aromatherapy (SDR) 2:00 Smoothies and cookies (SDR) 2:30 Singfit (SDR) 2:30 stuffed meatballs and Yatzee! (SDR) 3:30 Movie Madness (SLR) 4:30 Aromatherapy (SDR) 6:00 Christmas Light Ride 6:30 Chicken Soup for the Soul (SLR)</p>
<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Chair Yoga (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 What's the Answer? (SLR) 11:30 Aromatherapy (SDR) 1:30 Sunday Church Service with Ed Irish 2:00 Meet me at MoMA (SLR) 2:30 Appetizers & Beverages (SDR) 3:00 Categories Word Game (SLR) 4:00 Walking Club (SLR) 4:30 Aromatherapy (SDR) 6:30 Reflection Club- Conversation Starters (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials: Noodles (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Word Hunt (SLR) 11:30 Aromatherapy (SDR) 2:00 Baker's Club: Snicker-doodles Cookies (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Who Am I? (SLR) 4:00 Manicure Monday with Nurse Nickki 4:30 Aromatherapy (SDR) 6:30 Live with Meditation (SLR)</p>	<p>9:00 BINGO 9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Church with Holy Family Catholic Church 11:00 Tuesday Trivia 11:30 Aromatherapy (SDR) 2:00 Tuesday Treats: Apple Cinnamon Yogurt (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Gardening Club (PRC) 3:30 BINGO (SDR) 4:30 Aromatherapy (SDR) 6:00 Christmas Light Ride 6:30 Chicken Soup for the Soul (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Sing Along with Carmen (SLR) 10:30 Word Games with Nicki (NLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 11:00 Sing-Fit (SLR) 11:30 Aromatherapy (SDR) 2:00 Baker's Club: Gingerbread (SDR) 2:30 Appetizers & Beverages (SDR) 3:00 Name That Tune (SDR) 3:30 Flower Arranging Social (SDR) 4:00 Walking Club 4:30 Aromatherapy (SDR) 6:30 Family Feud (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:30 Daily Chronicles (SLR) 10:00 Exercise/Chair Yoga (SLR) 10:30 Hydration & Snack (SLR) 11:00 Brain Stimulating Activity: Rocket to the Moon (SDR) 11:30 Aromatherapy (SDR) 2:30 Appetizers & Beverages (SDR) 2:30 Matinee Idols w/Popcorn (SLR) 4:00 Walking Club (SLR) 4:30 Aromatherapy (SDR) 6:30 Evening Hand Massage (SLR)</p>	<p>9:00 Daily News Jax (SLR) 9:00 Go4Life@ Walking Club 9:30 Daily Chronicles (SLR) 10:00 Exercise Essentials: Noodles (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 10:45 Lunch-outing: Five Guys 11:00 Stimulating Game: State Game (SDR) 11:30 Aromatherapy (SDR) 2:00 Smoothies and cookies (SDR) 2:30 Singfit (SDR) 2:30 stuffed meatballs and Yatzee! (SDR) 3:30 Movie Madness (SLR) 4:30 Aromatherapy (SDR) 6:00 Christmas Light Ride 6:30 Chicken Soup for the Soul (SLR)</p>	<p>Happy Birthday James Golden and Donald Monahan 9:00 Daily News Jax (SLR) 9:00 Go4Life@ Walking Club 9:30 Daily Chronicles (SLR) 10:00 Chair Yoga (SLR) 10:30 Thrift Quenchers/ Snack and Devotion (SLR) 10:30 Live with Generosity Cookie Sharing Ride (SLR) 11:00 Name 10 (SLR) 11:30 Aromatherapy (SDR) 2:30 Music Entertainment with Ron (NLR) 2:30 Therapeutic Coloring (SDR) 2:30 Appetizers & Beverages (SDR) 3:30 BINGO (SDR) 4:30 Aromatherapy (SDR) 6:30 Live with Meditation (SLR)</p>
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DECEMBER 2019
Reminiscence
Sunrise of Jacksonville
4870 Belfort Road, Jacksonville,
FL 32256; (904) 332-0774

LIVE WITH PURPOSE

 **SUNRISE SENIOR LIVING**