AR Activities Room
B Bistro
FS Fitness Studio
LR Living Room
MT Movie Theatre
RK Kitchen
T Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Time to move 6:00 Movie Matinee 6:30 Documentary & Discuss (MT)	2 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:00 Go4Life® Walking Club 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Movie Matinee	3 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Games Club 2:00 Go4Life® Walking Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 6:00 Movie Matinee	4 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 Go4Life® Walking Club 2:00 SingFit® 3:00 Daily Social 3:30 Thankful Thursday Social (B) 4:00 Trivia Time 6:00 Movie Matinee	5 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 11:30 Reading Club 1:00 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Movie Matinee	6 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 SingFit® 6:00 Movie Matinee
7 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Name That Tune 6:00 Movie Matinee	8 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Time to move 6:00 Movie Matinee 6:30 Documentary & Discuss (MT)	9 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:00 Go4Life® Walking Club 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Movie Matinee	10 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 At the Piano w/ Dana 1:00 Games Club 2:00 Go4Life® Walking Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 6:00 Movie Matinee	11 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 Go4Life® Walking Club 2:00 SingFit® 3:00 Daily Social 3:30 Thankful Thursday Social (B) 4:00 Trivia Time 6:00 Movie Matinee	12 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 11:30 Reading Club 1:00 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Movie Matinee	13 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 SingFit® 6:00 Movie Matinee
14 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 12:00 Men's Club 1:00 Afternoon Meditation 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Name That Tune 6:00 Movie Matinee	15 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Go4Life® Walking Club 2:00 Bayada 3:00 Daily Social 4:00 Time to move 6:00 Movie Matinee 6:30 Documentary & Discuss (MT)	16 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:00 Go4Life® Walking Club 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Movie Matinee	17 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Games Club 2:00 Go4Life® Walking Club 3:00 Monthly Birthday Celebration 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 6:00 Movie Matinee	18 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 Bake & Take w/ Andrew (AR) 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 Go4Life® Walking Club 2:00 SingFit® 3:00 Daily Social 3:30 Thankful Thursday Social (B) 4:00 Trivia Time 6:00 Movie Matinee	19 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 11:30 Reading Club 1:00 News Currents Sr. 2:00 Go4Life® Walking Club 2:30 Chair Tai Chi with Nan 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Movie Matinee 7:00 Netflix & Chill	20 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 2:00 Go4Life® Walking Club 2:30 Chair Tai Chi with Nan 3:00 Daily Social 4:00 SingFit® 6:00 Movie Matinee
21 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Name That Tune 6:00 Movie Matinee	22 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Time to move 6:00 Movie Matinee 6:30 Documentary & Discuss (MT)	23 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:00 Go4Life® Walking Club 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Movie Matinee	24 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 At the Piano w/ Dana 1:00 Games Club 2:00 Go4Life® Walking Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 6:00 Movie Matinee	25 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Manicures w/ Care Team 2:00 Go4Life® Walking Club 2:00 SingFit® 3:00 Daily Social 3:30 Thankful Thursday Social (B) 4:00 Trivia Time 6:00 Movie Matinee	26 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:30 Communion Service 11:00 Baking Club 11:30 Reading Club 1:00 News Currents Sr. 2:00 Go4Life® Walking Club 3:00 Daily Social 3:30 Fabulous Friday Social (B) 4:00 Time to move 6:00 Movie Matinee	27 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 **Scenic Drive** 1:00 Short Story Club 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 SingFit® 6:00 Movie Matinee
28 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 10:45 Worship Time 11:00 Baking Club 1:00 Afternoon Meditation 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Name That Tune 6:00 Movie Matinee	29 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Coloring Creations 2:00 Go4Life® Walking Club 3:00 Daily Social 4:00 Time to move 6:00 Movie Matinee 6:30 Documentary & Discuss (MT)	30 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Craft Corner 2:00 Go4Life® Walking Club 2:30 Garden Club 3:00 Daily Social 4:00 History Club 6:00 Movie Matinee	31 9:30 Good Day Sunshine 10:00 Morning Workout 10:30 The Daily Chronicle (LR) 11:00 Baking Club 1:00 Games Club 2:00 Go4Life® Walking Club 3:00 High Tea 3:30 Word & Wine Social (B) 4:00 Time to move 6:00 Movie Matinee			

JULY 2019

3rd Floor Reminiscence

Sunrise of Chevy Chase
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