

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:30 Good Morning Chat &amp; Updates <b>1</b></p> <p>10:00 Morning Workout</p> <p>10:00 Garden Club with Don</p> <p>11:00 Cookie Baking</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Motivational Monday Social</p> <p>6:00 Documentary &amp; Discuss</p>	<p>9:30 Good Morning Chat &amp; Updates <b>2</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:00 Lunch Bunch</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Bingo with Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Social of the Month</p> <p>3:30 Inspirational Moments</p> <p>6:00 Breathwork</p>	<p>9:30 Good Morning Chat &amp; Updates <b>3</b></p> <p>10:00 Morning Workout</p> <p>11:00 Cookie Baking</p> <p>1:00 Board Game &amp; Card Club</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>6:00 Snuggle Up Romance</p>	<p>9:30 Good Morning Chat &amp; Updates <b>4</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>2:00 Go4Life® Walking Club</p> <p>2:00 Move with Fun</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Scenic Drive</p> <p>3:00 Thankful Thursday Social</p> <p>6:00 Aromatherapy</p>	<p>9:30 Good Morning Chat &amp; Updates <b>5</b></p> <p>10:00 Morning Workout</p> <p>10:30 Put Your Brain to the Test!</p> <p>11:00 Cookie Baking</p> <p>11:00 Shabbat Service</p> <p>1:00 Manicures w/ Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 TGIF Social</p> <p>4:00 Word Play</p> <p>6:00 Netflix &amp; Chill</p>	<p>9:30 Good Morning Chat &amp; Updates <b>6</b></p> <p>10:00 Chair Tai Chi</p> <p>10:00 Emmanuel Service</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Scenic Drive</p> <p>2:00 Go4Life® Walking Club</p> <p>2:30 Craft Corner</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Surprise Me Social</p> <p>4:00 Bingo with Care Team</p> <p>6:00 Come Sing to Me</p>
<p>9:30 Good Morning Chat &amp; Updates <b>7</b></p> <p>10:30 Bread Baking</p> <p>10:45 Worship/Church Services</p> <p>11:00 Scripture Reading</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Name That Tune</p> <p>2:00 Family Support Group</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Sunday Funday Social</p> <p>3:30 Chair Yoga</p> <p>4:00 Game On!</p> <p>4:00 Let's Play Ball</p> <p>6:00 Guided Meditation</p>	<p>9:30 Good Morning Chat &amp; Updates <b>8</b></p> <p>10:00 Morning Workout</p> <p>10:00 Garden Club with Don</p> <p>11:00 Cookie Baking</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Motivational Monday Social</p> <p>6:00 Documentary &amp; Discuss</p>	<p>9:30 Good Morning Chat &amp; Updates <b>9</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:00 Lunch Bunch</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Bingo with Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Social of the Month</p> <p>3:30 Inspirational Moments</p> <p>6:00 Breathwork</p>	<p>9:30 Good Morning Chat &amp; Updates <b>10</b></p> <p>10:00 Morning Workout</p> <p>11:00 Cookie Baking</p> <p>1:00 Board Game &amp; Card Club</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>6:00 Snuggle Up Romance</p>	<p>9:30 Good Morning Chat &amp; Updates <b>11</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>2:00 Go4Life® Walking Club</p> <p>2:00 Move with Fun</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Scenic Drive</p> <p>3:00 Thankful Thursday Social</p> <p>6:00 Aromatherapy</p>	<p>9:30 Good Morning Chat &amp; Updates <b>12</b></p> <p>10:00 Morning Workout</p> <p>10:30 Put Your Brain to the Test!</p> <p>11:00 Cookie Baking</p> <p>11:00 Shabbat Service</p> <p>1:00 Manicures w/ Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 TGIF Social</p> <p>4:00 Word Play</p> <p>6:00 Netflix &amp; Chill</p>	<p>9:30 Good Morning Chat &amp; Updates <b>13</b></p> <p>10:00 Chair Tai Chi</p> <p>10:00 Emmanuel Service</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Scenic Drive</p> <p>2:00 Go4Life® Walking Club</p> <p>2:30 Craft Corner</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Surprise Me Social</p> <p>4:00 Bingo with Care Team</p> <p>6:00 Come Sing to Me</p>
<p>9:30 Good Morning Chat &amp; Updates <b>14</b></p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>10:45 Worship/Church Services</p> <p>11:00 Scripture Reading</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Musical Cups</p> <p>2:00 Family Support Group</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Sunday Funday Social</p> <p>3:30 Chair Yoga</p> <p>4:00 Game On!</p> <p>4:00 Let's Play Ball</p> <p>6:00 Guided Meditation</p>	<p>9:30 Good Morning Chat &amp; Updates <b>15</b></p> <p>10:00 Morning Workout</p> <p>10:00 Garden Club with Don</p> <p>11:00 Cookie Baking</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Motivational Monday Social</p> <p>6:00 Documentary &amp; Discuss</p>	<p>9:30 Good Morning Chat &amp; Updates <b>16</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:00 Lunch Bunch</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Bingo with Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Social of the Month</p> <p>3:30 Inspirational Moments</p> <p>6:00 Breathwork</p>	<p>9:30 Good Morning Chat &amp; Updates <b>17</b></p> <p>10:00 Morning Workout</p> <p>11:00 Cookie Baking</p> <p>1:00 Board Game &amp; Card Club</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>6:00 Snuggle Up Romance</p>	<p>9:30 Good Morning Chat &amp; Updates <b>18</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>2:00 Go4Life® Walking Club</p> <p>2:00 Move with Fun</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Scenic Drive</p> <p>3:00 Thankful Thursday Social</p> <p>6:00 Aromatherapy</p>	<p>9:30 Good Morning Chat &amp; Updates <b>19</b></p> <p>10:00 Morning Workout</p> <p>10:30 Put Your Brain to the Test!</p> <p>11:00 Cookie Baking</p> <p>11:00 Shabbat Service</p> <p>1:00 Manicures w/ Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 TGIF Social</p> <p>4:00 Word Play</p> <p>6:00 Netflix &amp; Chill</p>	<p>9:30 Good Morning Chat &amp; Updates <b>20</b></p> <p>10:00 Chair Tai Chi</p> <p>10:00 Emmanuel Service</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Scenic Drive</p> <p>2:00 Go4Life® Walking Club</p> <p>2:30 Craft Corner</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Surprise Me Social</p> <p>4:00 Bingo with Care Team</p> <p>6:00 Come Sing to Me</p>
<p>9:30 Good Morning Chat &amp; Updates <b>21</b></p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>10:45 Worship/Church Services</p> <p>11:00 Scripture Reading</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Name That Tune</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Sunday Funday Social</p> <p>3:30 Chair Yoga</p> <p>4:00 Game On!</p> <p>4:00 Let's Play Ball</p> <p>6:00 Guided Meditation</p>	<p>9:30 Good Morning Chat &amp; Updates <b>22</b></p> <p>10:00 Morning Workout</p> <p>10:00 Garden Club with Don</p> <p>11:00 Cookie Baking</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Motivational Monday Social</p> <p>6:00 Documentary &amp; Discuss</p>	<p>9:30 Good Morning Chat &amp; Updates <b>23</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:00 Lunch Bunch</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Bingo with Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Social of the Month</p> <p>3:30 Inspirational Moments</p> <p>6:00 Breathwork</p>	<p>9:30 Good Morning Chat &amp; Updates <b>24</b></p> <p>10:00 Morning Workout</p> <p>11:00 Cookie Baking</p> <p>1:00 Board Game &amp; Card Club</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>6:00 Snuggle Up Romance</p>	<p>9:30 Good Morning Chat &amp; Updates <b>25</b></p> <p>10:00 Exercise Essentials</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>2:00 Go4Life® Walking Club</p> <p>2:00 Move with Fun</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Scenic Drive</p> <p>3:00 Thankful Thursday Social</p> <p>6:00 Aromatherapy</p>	<p>9:30 Good Morning Chat &amp; Updates <b>26</b></p> <p>10:00 Morning Workout</p> <p>10:30 Put Your Brain to the Test!</p> <p>11:00 Cookie Baking</p> <p>11:00 Shabbat Service</p> <p>1:00 Manicures w/ Care Team</p> <p>2:00 Go4Life® Walking Club</p> <p>3:00 The Daily Chronicle</p> <p>3:00 TGIF Social</p> <p>4:00 Word Play</p> <p>6:00 Netflix &amp; Chill</p>	<p>9:30 Good Morning Chat &amp; Updates <b>27</b></p> <p>10:00 Chair Tai Chi</p> <p>10:00 Emmanuel Service</p> <p>10:30 Bread Baking</p> <p>10:30 Bread Baking</p> <p>11:30 Word Play</p> <p>11:30 Word Play</p> <p>1:00 Scenic Drive</p> <p>2:00 Go4Life® Walking Club</p> <p>2:30 Craft Corner</p> <p>3:00 The Daily Chronicle</p> <p>3:00 Surprise Me Social</p> <p>4:00 Bingo with Care Team</p> <p>6:00 Come Sing to Me</p>
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**JULY 2019**  
**5th Floor Reminiscence**  
 Sunrise of Chevy Chase  
 2201 Colston Dr., Silver Spring,  
 MD 20910; (301) 588-0484

LIVE WITH PURPOSE

