Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room RDR Reminiscense-Dining Room RLR Reminiscense-Living Room ROC Reminscense Outside Community			Happy Birthday ! Arnold Doty Jackie Turner Lee Sheperdson Takiko Ziegler	1 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	2 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	3 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
4 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	5 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	6 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 1:00 Music and Sounds w/ Jen (RDR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	7 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:00 Music and Sounds w/ Jen (RDR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	8 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Finish the Phrase (RDR) 2:00 Entertainment w/ Bob Ryman (R) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	9 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	10 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 11:00 **Family Support Group (AR)** 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
11 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	12 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	13 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 1:00 Music and Sounds w/ Jen (RDR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	14 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:00 Music and Sounds w/ Jen (RDR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:00 Painting with meghan (RDR) 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	15 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	16 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	17 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
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AUGUST 2019

Reminiscence

Sunrise of Westlake Village
3101 Townsgate Rd, Westlake Village,
CA 91361; 805-557-1100

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING