

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1TV TV Area 1st Floor 3FI 3rd Floor Act Activity room B Bistro CA Common Area 2nd Floor Fp Fireplace 1st Floor							
9:30 Exercise Essentials (B) 10:00 Catholic Mass (Act) 10:00 Piano & Poetry (3FI) 10:15 Coffee & Good Newscast with Laura (B) 11:00 Bingo (B) 1:15 News Currents Sr. (Act) 1:15 Clipping Coupons for Charity (B) 2:00 Sunday Movie Matinee: The Philadelphia Story Grant Tinker & Stewart (Act) 2:15 Horseshoes (B) 3:00 Golf Putting in the Backyard (Backyard) 4:15 Meditation (Act) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Movie or Programs of your choice (Act)	4 9:30 Exercise Essentials (B) 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (B) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	5 9:30 Exercise Essentials to Music with Mary (B) 11:00 Van outing to Lake Cochituate State Park (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 1:30 Music Therapy with Angela (3FI) 2:00 Art through the Ages (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	6 9:30 Exercise Essentials to Music with Mary (B) 11:00 Resident Council Meeting (B) 12:00 Back Yard BBQ Wednesdays (Backyard) 1:15 Corn Hole Toss 2:00 Go4Life® Walking Club to see the birds (B) 3:30 Bocce Ball Social (Act) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	7 9:30 Exercise Essentials to Music with Mary (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 "22 Skadoo Social" (B) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	8 9:30 Exercise Essentials to Music with Mary (B) 11:00 Van outing to Kohl's (B) 11:00 Relaxing Art Therapy (B) 1:30 Scrabble, Backgammon & Board Games (B) 2:30 Pool Game Competition (CA) 3:30 Wendee Gluck "Love Letters From The Front (B) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	9 10:00 Rosary & Communion (Act) 11:00 Hand Massage & Nails (B) 11:15 Reminiscence the music of your life with Mary (Rem) 1:00 Refreshing the Dining Room Flowers (B) 1:15 Hearing Loss Lecture with Zelia (Act) 2:15 Resident Pool Game Competition (CA) 3:30 Dean Martin Variety Cocktail Hour Social with Mary (B) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	10 10:15 Exercise Essentials to Music with Mary (Act) 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game Social (B) 2:00 Saturday Movie Matinee: Anchors Aweigh Sinatra, Kelly, Grayson (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Movie or Programs of your choice (Act)
9:30 Exercise Essentials (B) 10:00 Catholic Mass (Act) 10:00 Piano & Poetry (3FI) 10:15 Coffee & Good Newscast with Laura (B) 11:00 Bingo (B) 1:15 News Currents Sr. (Act) 1:15 Clipping Coupons for Charity (B) 2:00 Sunday Movie Matinee: Full Circle Danielle Steele (Act) 2:15 Horseshoes (B) 3:00 Golf Putting in the Backyard (Backyard) 4:15 Meditation (Act) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Movie or Programs of your choice (Act)	11 9:30 Exercise Essentials (B) 10:15 Darts (B) 11:00 Hand Massage & Nails (B) 11:15 GO4LIFE WALK (Backyard) 1:15 Wheel of Fortune (B) 1:30 Painting & Jewelry (Act) 2:00 Dart Competition with Katie (CA) 2:15 Read aloud (B) 3:15 Trivia (B) 4:00 Poetry for All Reasons & Seasons (Act) 4:00 Sing Fit (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	12 9:30 Exercise Essentials to Music with Mary (B) 11:00 Van outing Horn Pond Picnic (B) 11:00 Relaxing Art Therapy (B) 1:15 Poker Bridge and Card Games (B) 2:00 Meet Me At MOMA (Act) 3:00 Bible Study (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	13 9:30 Exercise Essentials to Music with Mary (B) 11:15 Cooking your favorite recipes with Mary (Act) 12:00 Back Yard BBQ Wednesdays (Backyard) 1:15 Corn Hole Toss 2:00 Go4Life® Walking Club to see the birds (B) 3:30 Middle Eastern Feast Social (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	14 9:30 Exercise Essentials to Music with Mary (B) 11:00 Postponed until Friday at the same time/only Lunch Outing (B) 11:00 Table Tennis with Mary (B) 11:30 Catholic Mass for Holy Day (B) 1:30 Scrabble, and Poker Games (B) 2:30 Pool Game Competition (CA) 3:30 Sing-Along with Jerry Dallal (3FI) 3:30 SingFit® (Act) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	15 10:15 Exercise Essentials to Music with Mary (B) 11:00 Roman Catholic Mass with Fr. Robert 1:00 Refreshing the Dining Room Flowers (B) 2:15 Resident Pool Game Competition (CA) 3:30 Karaoke Cocktail Hour Social with Mary (B) 6:00 World & Local News (1TV) 6:30 Catholic TV Programming (Act) 7:00 Wheel of Fortune & Jeopardy Club (1TV) 7:00 Movie or Programs of your choice (Act)	16 10:15 Exercise Essentials to Music with Mary (Act) 11:00 Yoga with Rhoney & Sonoko 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Concert in The Courtyard "Happy Together" 60's & 70's Music Big Smile Entertainment (Backyard) 3:00 Saturday Movie Matinee: Little Caesar Edward G. Robinson (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Movie or Programs of your choice (Act)	17 10:15 Exercise Essentials to Music with Mary (Act) 11:00 Yoga with Rhoney & Sonoko 11:00 Experiencing Hubble: Understanding the Greatest Images of the Universe (Act) 1:15 Sunrise Monopoly Game 2:00 Concert in The Courtyard "Happy Together" 60's & 70's Music Big Smile Entertainment (Backyard) 3:00 Saturday Movie Matinee: Little Caesar Edward G. Robinson (Act) 3:15 Van outing to Catholic Mass (B) 6:00 World & Local News (1TV) 6:30 Bingo in the Bistro (B) 6:30 Catholic TV Programming (Act) 7:00 Movie or Programs of your choice (Act)
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AUGUST 2019
Assisted Living
Sunrise of Arlington
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 MA 02476; 718-643-2100

LIVE WITH PURPOSE

