Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Chapel Service in AL 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Sing-A-Long 1:30 VolleyBalloon 3:00 Bingo 3:00 Sundae Sunday Social 3:30 Go4Life® Walking Club 4:00 Current Events 4:00 Lifeskills 6:00 Guided Meditation 7:30 Let's Chat with a Night Cap	**2** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 2:30 Bingo/Would You Rather? 3:00 Milkshake Monday! 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation 6:30 Evening Movie 7:30 Let's Chat with a Night Cap	**3** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:30 Live with Generosity Project 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Class 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Flower Arranging 2:30 Bingo/Would You Rather? 3:00 Total Brain Health Activity 3:30 Scenic Drive 3:30 Smoothie Tuesdays! 4:00 Pictionary 6:00 Guided Meditation 6:30 Bible Study with John and Mary at TC 7:30 Let's Chat with a Night Cap	**4** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Total Brain Health Activity 11:15 Silver Sneakers Fitness 1:30 SingFit® 3:00 **Live Entertainment & Munchies Social** 3:30 Go4Life® Walking Club 4:00 Getting to Know You 6:00 Guided Meditation 7:30 Let's Chat with a Night Cap	**5** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 3:00 Board Game Social 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation 7:30 Let's Chat with a Night Cap	**6** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:45 Catholic Communion 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Activity 11:15 Silver Sneakers Fitness 2:00 Word Games 3:00 Paint Club 3:00 Margarita Social! 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation 6:30 Evening Movie 7:30 Let's Chat with a Night Cap	**7** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Shopping Adventures 11:00 Ladder Golf 11:30 Silver Sneakers Fitness 2:30 Scenic Drive 3:00 Board Games 3:00 Nutrition Class 3:30 Go4Life® Walking Club 3:30 Tea and Trivia Social 6:00 Evening Movie 7:30 Let's Chat with a Night Cap
8 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Chapel Service in AL 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Sing-A-Long 1:30 VolleyBalloon 3:00 Bingo 3:00 Sundae Sunday Social 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation	**9** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 2:30 Bingo/Would You Rather? 3:00 Milkshake Monday! 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation 6:30 Evening Movie	**10** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:30 Live with Generosity Project 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Class 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Flower Arranging 2:30 Bingo/Would You Rather? 3:00 Total Brain Health Activity 3:30 Scenic Drive 3:30 Smoothie Tuesdays! 4:00 Pictionary 6:00 Guided Meditation 6:30 Bible Study with John and Mary at TC	**11** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Total Brain Health Activity 11:15 Silver Sneakers Fitness 1:30 SingFit® 3:00 **Live Entertainment & Munchies Social** 3:30 Go4Life® Walking Club 4:00 Getting to Know You 6:00 Guided Meditation	**12** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 **Hummingbird Outing: Newport Duffy Boat Ride and Lunch** 10:30 Total Brain Health Activity 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 3:00 Board Game Social 3:30 **Wine and Cheese Social with Jerome (AL)** 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation	**13** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:45 Catholic Communion 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Activity 10:30 **Monarch Outing: Christ Cathedral Sistine Chapel Exhibition and Lunch** 11:15 Silver Sneakers Fitness 2:00 Word Games 3:00 Paint Club 3:00 Margarita Social! 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation 6:30 Evening Movie	**14** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Shopping Adventures 11:00 Ladder Golf 11:30 Silver Sneakers Fitness 2:30 Scenic Drive 3:00 Board Games 3:00 Nutrition Class 3:30 Go4Life® Walking Club 3:30 Tea and Trivia Social 6:00 Evening Movie 6:00 Guided Meditation
15 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Chapel Service in AL 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Sing-A-Long 1:30 VolleyBalloon 3:00 Bingo 3:00 Sundae Sunday Social 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation	**16** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 2:30 Bingo/Would You Rather? 3:00 Milkshake Monday! 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation 6:30 Evening Movie	**17** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:30 Live with Generosity Project 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Class 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Flower Arranging 2:30 Bingo/Would You Rather? 3:00 Total Brain Health Activity 3:30 Scenic Drive 3:30 Smoothie Tuesdays! 4:00 Pictionary 6:00 Guided Meditation 6:30 Bible Study with John and Mary at TC	**18** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Total Brain Health Activity 11:15 Silver Sneakers Fitness 1:30 SingFit® 3:00 **Live Entertainment & Munchies Social** 3:30 Go4Life® Walking Club 4:00 Getting to Know You 6:00 Guided Meditation	**19** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 11:15 Silver Sneakers Fitness 12:00 **Pizza and Beer with The Guys** 1:30 Afternoon Matinee 3:00 Board Game Social 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation	**20** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:45 Catholic Communion 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Activity 10:00 Brain Games 11:15 Silver Sneakers Fitness 2:00 Word Games 3:00 Paint Club 3:00 Margarita Social! 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation 6:30 Evening Movie	**21** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Shopping Adventures 11:00 Ladder Golf 11:30 Silver Sneakers Fitness 2:30 Scenic Drive 3:00 Board Games 3:00 Nutrition Class 3:30 Go4Life® Walking Club 3:30 Tea and Trivia Social 6:00 Evening Movie
22 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Chapel Service in AL 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Sing-A-Long 1:00 Bus Tour: Seal Beach Pier 1:30 VolleyBalloon 3:00 Bingo 3:00 Sundae Sunday Social 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation	**23** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 2:30 Bingo/Would You Rather? 3:00 Milkshake Monday! 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation 6:30 Evening Movie	**24** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:30 Live with Generosity Project 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Class 10:30 SingFit® 11:15 Silver Sneakers Fitness 1:30 Flower Arranging 2:30 Bingo/Would You Rather? 3:00 Total Brain Health Activity 3:30 Scenic Drive 3:30 Smoothie Tuesdays! 4:00 Pictionary 6:00 Guided Meditation 6:30 Bible Study with John and Mary at TC	**25** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Total Brain Health Activity 11:15 Silver Sneakers Fitness 1:30 SingFit® 3:00 **Live Entertainment & Munchies Social** 3:30 Go4Life® Walking Club 4:00 Getting to Know You 6:00 Guided Meditation	**26** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 11:15 Silver Sneakers Fitness 1:30 Afternoon Matinee 3:00 Board Game Social 3:30 Go4Life® Walking Club 4:00 Sing-A-Long 6:00 Guided Meditation	**27** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 9:45 Catholic Communion 10:00 Lifeskills/Salad Prep 10:00 Total Brain Health Activity 11:15 Silver Sneakers Fitness 2:00 Word Games 3:00 Paint Club 3:00 Margarita Social! 3:30 Go4Life® Walking Club 4:00 Current Events 6:00 Guided Meditation 6:30 Evening Movie	**28** 7:30 Coffee and the Newspaper 9:00 Daily Chronicles & Community Events 9:30 Go4Life: Walking Club 9:30 Morning Stretch 10:00 Lifeskills/Salad Prep 10:00 Brain Games 10:30 Shopping Adventures 11:00 Ladder Golf 11:30 Silver Sneakers Fitness 2:30 Scenic Drive 3:00 Board Games 3:00 Nutrition Class 3:30 Go4Life® Walking Club 3:30 Tea and Trivia Social 6:00 Evening Movie
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SEPTEMBER 2019

Terrace Club

Sunrise of Huntington Beach
7401 Yorktown Ave., Huntington Beach, CA 92648; 714-536-3032

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