

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Exercise HasFit (TR)</p> <p>10:00 Daily Chronicles and News (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Bowling (CARE MANAGER) (TR)</p> <p>11:00 One-on-One (LEM) Cards to Home (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Gardening (OB)</p> <p>11:00 Cards Club (LT)</p> <p>11:00 Games & Puzzles (CARE MANAGER) (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 Walking Club</p> <p>3:00 One-on-One with LEM (LT)</p> <p>3:00 Social: (CARE MANAGER) (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Gardening (OB)</p> <p>11:00 Trivia (TR)</p> <p>1:00 Arts N Craft (CARE MANAGER) (DT)</p> <p>3:00 One-on-One with LEM (LT)</p> <p>3:00 Tea Party (PD)</p> <p>4:00 Burn Calories with Connie (TR)</p> <p>4:30 Word Scramble</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 South of the border with Connie: Quesadillas and Salsa (BC)</p> <p>10:30 Nail Care (DT)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>11:00 Bean Bag Toss (CARE MANAGER) (TR)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:30 Zumba (TR)</p> <p>3:00 Social and Games (CARE MANAGER)</p> <p>3:00 One-on-One (LEM) (LT)</p> <p>4:00 Total Brain Health (TR)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Gardening (OB)</p> <p>11:00 Sing Along (TR)</p> <p>1:15 Raja Yoga with Craig (TR)</p> <p>2:15 Walking Club (TR)</p> <p>3:00 LEM One on one (LT)</p> <p>3:00 Social: On This Day (TR)</p> <p>4:00 Reading and Reflections (CARE MANAGER) (OF)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Gardening</p> <p>11:00 Balloon Bap (TR)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>1:00 Arts n Craft (CARE MANAGER) (DT)</p> <p>2:00 Flower Arranging (DT)</p> <p>3:00 Happy Hour (TR)</p> <p>4:00 Catch Phrase (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>11:00 One-on-One with LEM (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 On This Day / Theme Social (TR)</p> <p>6:00 Classic Movie (TR)</p>
<p>9:30 Exercise HasFit (TR)</p> <p>10:00 Daily Chronicles and News (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Bowling (CARE MANAGER) (TR)</p> <p>11:00 One-on-One (LEM) Cards to Home (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get fit with HasFit (TR)</p> <p>10:00 Cooking in the Kitchen (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 cards (LT)</p> <p>11:00 Gardening (OB)</p> <p>11:00 Games & Puzzles (CARE MANAGER) (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>3:00 Social: (CARE MANAGER) (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>4:00 One-on-One with LEM (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:15 Baker's Choice (BC)</p> <p>10:30 Gardening (OB)</p> <p>11:00 Bowling (CARE MANAGER) (TR)</p> <p>1:00 Arts N Craft (CARE MANAGER) (DT)</p> <p>3:00 Tea Party (PD)</p> <p>4:00 Burn Calories with Carla (TR)</p> <p>4:00 One-on-One with LEM (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 South of the border with Connie: Quesadillas and Salsa (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Nail Care (DT)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>11:00 Bean Bag Toss (CARE MANAGER) (TR)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:30 Zumba (TR)</p> <p>3:00 Social and Games (CARE MANAGER)</p> <p>3:00 One-on-One (LEM) (LT)</p> <p>4:00 Total Brain Health (TR)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:15 Bowling (TR)</p> <p>10:30 Gardening (OB)</p> <p>11:00 SingFit® (TR)</p> <p>11:00 Board games (LT)</p> <p>1:30 Raja Yoga with Craig (TR)</p> <p>2:30 Zumba with Connie (TR)</p> <p>3:00 Themed Social (TR)</p> <p>3:00 Social: On This Day (TR)</p> <p>4:00 LEM One on one (LT)</p> <p>4:00 Reading and Reflections (CARE MANAGER) (OF)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Bean Bag Toss (CARE MANAGER) (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Balloon Bap (TR)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>1:00 Arts n Craft (CARE MANAGER) (DT)</p> <p>2:00 Flower Arranging (DT)</p> <p>3:00 Happy Hour (TR)</p> <p>4:00 Catch Phrase (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>11:00 One-on-One with LEM (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 On This Day / Theme Social (TR)</p> <p>6:00 Classic Movie (TR)</p>
<p>9:30 Exercise HasFit (TR)</p> <p>10:00 Daily Chronicles and News (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Bowling (CARE MANAGER) (TR)</p> <p>11:00 One-on-One (LEM) Cards to Home (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get fit with HasFit (TR)</p> <p>10:00 Cooking in the Kitchen (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 cards (LT)</p> <p>11:00 Gardening (OB)</p> <p>11:00 Games & Puzzles (CARE MANAGER) (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>3:00 Social: (CARE MANAGER) (TR)</p> <p>4:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>4:00 One-on-One with LEM (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:15 Baker's Choice (BC)</p> <p>10:30 Gardening (OB)</p> <p>11:00 Bowling (CARE MANAGER) (TR)</p> <p>1:00 Arts N Craft (CARE MANAGER) (DT)</p> <p>3:00 Tea Party (PD)</p> <p>4:00 Burn Calories with Carla (TR)</p> <p>4:00 One-on-One with LEM (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 South of the border with Connie: Quesadillas and Salsa (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Nail Care (DT)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>11:00 Bean Bag Toss (CARE MANAGER) (TR)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:30 Zumba (TR)</p> <p>3:00 Social and Games (CARE MANAGER)</p> <p>3:00 One-on-One (LEM) (LT)</p> <p>4:00 Total Brain Health (TR)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:15 Bowling (TR)</p> <p>10:30 Gardening (OB)</p> <p>11:00 Lunch Bunch (TR)</p> <p>11:00 Board games (LT)</p> <p>1:30 Raja Yoga with Craig (TR)</p> <p>2:30 Zumba with Connie (TR)</p> <p>3:00 Themed Social (TR)</p> <p>3:00 Social: On This Day (TR)</p> <p>4:00 LEM One on one (LT)</p> <p>4:00 Reading and Reflections (CARE MANAGER) (OF)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Hummingbird Project (TR)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>11:00 Balloon Bap (TR)</p> <p>11:00 One-on-One (LEM) (LT)</p> <p>1:00 Arts n Craft (CARE MANAGER) (DT)</p> <p>2:00 Flower Arranging (DT)</p> <p>3:00 Happy Hour (TR)</p> <p>4:00 Catch Phrase (CARE MANAGER) (TR)</p> <p>4:00 One-on-One (LEM) (LT)</p> <p>6:00 Movie Madness (TR)</p>	<p>9:30 Exercise: Get Fit with HasFit (TR)</p> <p>10:00 Snack Prep (BC)</p> <p>10:00 Meditation/Daily Chronicle</p> <p>10:30 Entertainment: Stephen Schwartz (DT)</p> <p>11:00 Balloon Bap (CARE MANAGER) (TR)</p> <p>11:00 One-on-One with LEM (LT)</p> <p>1:00 Arts N Crafts (CARE MANAGER) (DT)</p> <p>2:00 White Board Games (TR)</p> <p>3:00 Social: Theme Presentation (TR)</p> <p>4:00 On This Day / Theme Social (TR)</p> <p>6:00 Classic Movie (TR)</p>
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SEPTEMBER 2019
Terrace Club
 Sunrise of Carmichael
 5451 Fair Oaks Blvd, Carmichael,
 CA 95608; 916-485-4500

LIVE WITH PURPOSE

