Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Daily Chronicle 10:00 Sunday Service (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Paint & Brush Art Therapy (RLM) 1:30 SingFit 2:00 Bingo Hour (RLM) 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:00 Jazz band Social (RLM) 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**2** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:15 Lunch Outing 1:00 Family Feud Trivia (RLM) 1:30 Who or What am I? 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Country Of The Week Social (RLM) 3:30 Poetry & Story Reflections (RLM) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**3** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Person Place or Thing (RLM) 1:30 SingFit 2:15 Go 4Life Walk 3:00 Ice Cream Social 3:30 Ball Sports (RP) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**4** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Music Therapy (RLM) 1:00 Word Games 1:30 Dominoes Club (RLM) 2:15 Go 4Life Walk 3:00 Live Entertainment 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**5** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Garden Club-LEM 1:00 Remember When Stories 1:30 SingFit 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:30 Jazz up your nails 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**6** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Garden Club- LEM 1:30 Flower Arrangements (RLM) 2:15 Go 4Life Walk 3:00 Happy Hour (B) 4:00 Afternoon Poems 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**7** 9:30 Daily Chronicle 10:00 Sit and be Fit 10:30 Sweets and Treats Baking Club (RK) 11:00 Hair and Make up 1:00 Big Word Little Word 1:30 Singfit 2:15 Go 4Life Walk 3:00 Fresh Baked Social 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation
8 9:30 Daily Chronicle 10:00 Sunday Service (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Paint & Brush Art Therapy (RLM) 1:30 SingFit 2:00 Bingo Hour (RLM) 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:00 Jazz band Social (RLM) 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**9** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:15 Lunch Outing 1:00 Family Feud Trivia (RLM) 1:30 Who or What am I? 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Country Of The Week Social (RLM) 3:30 Poetry & Story Reflections (RLM) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**10** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Person Place or Thing (RLM) 1:30 SingFit 2:15 Go 4Life Walk 3:00 Name That Tune (RLM) 3:00 Ice Cream Social 3:30 Ball Sports (RP) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**11** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Music Therapy (RLM) 1:00 Word Games 1:30 Dominoes Club (RLM) 2:15 Go 4Life Walk 3:00 Live Entertainment 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**12** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Garden Club-LEM 1:00 Remember When Stories 1:30 SingFit 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:30 Jazz up your nails 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**13** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Garden Club- LEM 1:30 Flower Arrangements (RLM) 2:15 Go 4Life Walk 3:00 Happy Hour (B) 4:00 Afternoon Poems 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**14** 9:30 Daily Chronicle 10:00 Exercise with Alyson 10:30 Sweets and Treats Baking Club (RK) 11:00 Hair and Make up 1:00 Big Word Little Word 1:30 Singfit 2:00 Dominoes 2:15 Go 4Life Walk 3:00 Fresh Baked Social 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation
15 9:30 Daily Chronicle 10:00 Sunday Service (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Paint & Brush Art Therapy (RLM) 1:30 SingFit 2:00 Bingo Hour (RLM) 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:00 Jazz band Social (RLM) 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**16** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:15 Lunch Outing 1:00 Family Feud Trivia (RLM) 1:30 Who or What am I? 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Country Of The Week Social (RLM) 3:30 Poetry & Story Reflections (RLM) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**17** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Person Place or Thing (RLM) 1:30 SingFit 2:15 Go 4Life Walk 3:00 Ice Cream Social 3:30 Ball Sports (RP) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**18** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Music Therapy (RLM) 1:00 Word Games 1:30 Dominoes Club (RLM) 2:15 Go 4Life Walk 3:00 Live Entertainment 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**19** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Garden Club-LEM 1:00 Remember When Stories 1:30 SingFit 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:30 Jazz up your nails 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**20** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Garden Club- LEM 1:30 Flower Arrangements (RLM) 2:15 Go 4Life Walk 3:00 Happy Hour (B) 4:00 Afternoon Poems 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**21** 9:30 Daily Chronicle 10:00 Exercise with Alyson 10:30 Sweets and Treats Baking Club (RK) 11:00 Hair and Make up 1:00 Big Word Little Word 1:30 Singfit 2:15 Go 4Life Walk 3:00 Fresh Baked Social 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation
22 9:30 Daily Chronicle 10:00 Sunday Service (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Paint & Brush Art Therapy (RLM) 1:30 SingFit 2:00 Bingo Hour (RLM) 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:00 Jazz band Social (RLM) 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**23** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:15 Lunch Outing 1:00 Family Feud Trivia (RLM) 1:30 Who or What am I? 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Country Of The Week Social (RLM) 3:30 Poetry & Story Reflections (RLM) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**24** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Person Place or Thing (RLM) 1:30 SingFit 2:15 Go 4Life Walk 3:00 Name That Tune (RLM) 3:00 Ice Cream Social 3:30 Ball Sports (RP) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**25** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Music Therapy (RLM) 1:00 Word Games 1:30 Dominoes Club (RLM) 2:15 Go 4Life Walk 3:00 Live Entertainment 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**26** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:00 Garden Club-LEM 1:00 Remember When Stories 1:30 SingFit 2:00 Letters Home (RLM) 2:15 Go 4Life Walk 3:30 Jazz up your nails 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**27** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Garden Club- LEM 1:30 Flower Arrangements (RLM) 2:15 Go 4Life Walk 3:00 Happy Hour (B) 4:00 Afternoon Poems 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**28** 9:30 Daily Chronicle 10:00 Exercise with Alyson 10:30 Sweets and Treats Baking Club (RK) 11:00 Hair and Make up 1:00 Big Word Little Word 1:30 Singfit 2:00 Dominoes 2:15 Go 4Life Walk 3:00 Fresh Baked Social 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation
29 9:30 Daily Chronicle 10:00 Sunday Service (RLM) 10:30 Sweets and Treats Baking Club (RK) 1:00 Paint & Brush Art Therapy (RLM) 1:30 SingFit 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Jazz band Social (RLM) 3:00 Letters home 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	**30** 9:30 Morning Daily Chronicle (RLM) 10:00 Exercise and Hydration with Melanie (RLM) 10:30 Sweets and Treats Baking Club (RK) 11:15 Lunch Outing 1:00 Family Feud Trivia (RLM) 1:30 Who or What am I? 2:00 Bingo Hour (RLM) 2:15 Go 4Life Walk 3:00 Country Of The Week Social (RLM) 3:30 Poetry & Story Reflections (RLM) 6:00 Sunrise Theatre Pesents 7:30 Moodscapes Relaxation	B Bistro FP Fireplace P Patio PLR Parlor RK Reminiscence Kitchen RLM Reminiscence Living Room RP Reminiscence Patio RR Reflection Room SR Sun Room				

SEPTEMBER 2019

Reminiscence

Sunrise of Hermosa Beach
1837 Pacific Coast Highway, Hermosa Beach
CA 90254; 310-937-0959

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