

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Exercise Essentials w/Rosemund (AR) 1 11:00 Catholic Mass w/Kim (SF) 11:30 In the News Today w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 4:00 Matinee Movie w/ Misty (AR)	10:00 Morning Meditation w/ Kim (AR) 2 10:30 Go4Life Walking Club w/Anne (AR) 1:30 Exercise Therapy w/Naila (AR) 2:30 Labor Day Celebration in Front Lobby w/ Kim (SF) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosamund (AR) 4:00 Trivia Fun w/Rosamund (AR) 7:00 Evening Documentary (AR)	10:30 Exercise Essentials w/Joan (AR) 3 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 2:30 Poetry Workshop on 2nd Floor w/ Richard & Barbra (SF) 3:00 Afternoon Social (AR) 4:00 Finish the Phrase w/Marie (AR)	10:30 BUS TRIP: 9/11 Memorial w/ Kim (SF) 4 10:30 Morning Stretch w/Joan (AR) 11:00 Baking Club w/ Joan (RD) 11:30 Go4Life Walking Club w/Joan (RN) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 4:00 Bingo w/Rosemary (RD) 4:00 Meet me at MOMA w/Joan (AR)	10:30 Exercise Essentials w/Anne (AR) 5 11:00 Communion Service w/Kim (SF) 11:00 Life Skills w/Anne (AR) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 7:00 Meditation w/Marie (RL)	10:30 Morning Stretch w/Quenna (AR) 6 10:30 Baking Time w/Joan (RK) 11:00 Jewish Service w/ Rabbi Hirschel (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR)	10:00 DIY Crafts w/ Kim (RK) 7 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 Scenic Drive w/ Kim (SF) 2:00 Gardening Club w/Misty (AR) 2:30 Birth Day Party on 2nd Floor w/ Kim (SF) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/ Joan (AR) 4:00 Bingo w/Florendo (AR) 7:00 Evening Relaxation Circle w/Florendo (AR)
10:30 Exercise Essentials w/Rosemund (AR) 8 11:00 Catholic Mass w/Kim (SF) 11:30 In the News Today w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 3:30 Sunrise Players Perform on 2nd Floor (SF) 4:00 Matinee Movie w/ Misty (AR)	10:00 Morning Meditation w/ Kim (AR) 9 10:30 Go4Life Walking Club w/Anne (AR) 11:00 Bingo Boat Marathon w/ Kim (SF) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosamund (AR) 4:00 Trivia Fun w/Rosamund (AR) 7:00 Evening Documentary (AR)	10:30 Exercise Essentials w/Joan (AR) 10 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 2:30 Mindfulness Event w/ Kim in Front Lobby 3:00 Afternoon Social (AR) 4:00 Finish the Phrase w/Marie (AR)	10:30 Morning Stretch w/Joan (AR) 11 11:00 Baking Club w/ Joan (RD) 11:30 Go4Life Walking Club w/Joan (RN) 2:00 You be the Judge w/Kim (AR) 2:30 Sip & Patriotic Paint Event w/ Kim (SF) 3:00 Social w/Rosemary (AR) 4:00 Bingo w/Rosemary (RD) 4:00 Meet me at MOMA w/Joan (AR) 7:30 9/11 Remembrance Lecture w/ Paul White (SF)	10:30 Exercise Essentials w/Anne (AR) 12 11:00 Communion Service w/Kim (SF) 11:00 Life Skills w/Anne (AR) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Live with Melody Event in Lobby by Angelo (SF) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 7:00 Meditation w/Marie (RL)	10:30 Live with Action Party w/ Kim & Courtney (SF) 13 10:30 Morning Stretch w/Quenna (AR) 10:30 Baking Time w/Joan (RK) 11:00 Jewish Service w/ Rabbi Hirschel (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR)	10:00 DIY Crafts w/ Kim (RK) 14 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 Scenic Drive w/ Kim (SF) 2:00 Gardening Club w/Misty (AR) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/ Joan (AR) 4:00 Bingo w/Florendo (AR) 7:00 Evening Relaxation Circle w/Florendo (AR)
10:30 Exercise Essentials w/Rosemund (AR) 15 11:00 Catholic Mass w/Kim (SF) 11:30 In the News Today w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 2:30 Welcome Party in Lobby w/ Steven (SF) 3:00 Social w/ Misty (AR) 4:00 Matinee Movie w/ Misty (AR)	10:00 Morning Meditation w/ Kim (AR) 16 10:30 Go4Life Walking Club w/Anne (AR) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosamund (AR) 4:00 Trivia Fun w/Rosamund (AR) 7:00 Evening Documentary (AR)	10:30 Exercise Essentials w/Joan (AR) 17 10:30 Catholic Mass w/Mitchel (SF) 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 2:30 Painting w/ Stacey (SF) 3:00 Afternoon Social (AR) 4:00 Finish the Phrase w/Marie (AR)	10:30 BUS TRIP: Museum of Tibetan Art w/ Kim (SF) 18 10:30 Morning Stretch w/Joan (AR) 11:00 Baking Club w/ Joan (RD) 11:30 Go4Life Walking Club w/Joan (RN) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 4:00 Bingo w/Rosemary (RD) 4:00 Meet me at MOMA w/Joan (AR)	10:30 Exercise Essentials w/Anne (AR) 19 11:00 Communion Service w/Kim (SF) 11:00 Life Skills w/Anne (AR) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 7:00 Meditation w/Marie (RL)	10:30 Morning Stretch w/Quenna (AR) 20 10:30 Baking Time w/Joan (RK) 11:00 Jewish Service w/ Rabbi Hirschel (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR)	10:00 DIY Crafts w/ Kim (RK) 21 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 Scenic Drive w/ Kim (SF) 2:00 Gardening Club w/Misty (AR) 2:30 Water Festival in Lobby w/ Kim (SF) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/ Joan (AR) 4:00 Bingo w/Florendo (AR) 7:00 Evening Relaxation Circle w/Florendo (AR)
8:00 BUS TRIP: Walk to End Alzheimer's w/ Kim (SF) 22 10:30 Exercise Essentials w/Rosemund (AR) 11:00 Catholic Mass w/Kim (SF) 11:30 In the News Today w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 3:00 Social w/ Misty (AR) 4:00 Matinee Movie w/ Misty (AR)	10:00 Morning Meditation w/ Kim (AR) 23 10:30 Go4Life Walking Club w/Anne (AR) 1:30 Exercise Therapy w/Naila (AR) 2:30 Fall Ball in Lobby w/ Kim (SF) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosamund (AR) 4:00 Trivia Fun w/Rosamund (AR) 7:00 Evening Documentary (AR)	10:30 Exercise Essentials w/Joan (AR) 24 11:00 Hand Massage & Aromatherapy w/Joan (RL) 11:30 Poetry w/Joan (RL) 1:30 Hair Salon Spa Day w/Joan (SF) 2:00 Name Three of a Kind w/Joan (AR) 3:00 Afternoon Social (AR) 4:00 Finish the Phrase w/Marie (AR)	10:30 BUS TRIP: Marshalls w/ Kim (SF) 25 10:30 Morning Stretch w/Joan (AR) 11:00 Baking Club w/ Joan (RD) 11:30 Go4Life Walking Club w/Joan (RN) 2:00 You be the Judge w/Kim (AR) 3:00 Social w/Rosemary (AR) 4:00 Bingo w/Rosemary (RD) 4:00 Meet me at MOMA w/Joan (AR)	10:00 VENDOR Bonnie's Bags & Accessories in Lobby (SF) 26 10:30 Exercise Essentials w/Anne (AR) 11:00 Communion Service w/Kim (SF) 11:00 Life Skills w/Anne (AR) 2:00 Senory Stimulation Circle w/Anne (AR) 2:30 Active Games w/ Anne (AR) 3:00 Social w/Marie (AR) 7:00 Meditation w/Marie (RL)	10:30 Morning Stretch w/Quenna (AR) 27 10:30 Baking Time w/Joan (RK) 11:00 Jewish Service w/ Rabbi Hirschel (SF) 11:30 Go4Life Walking Club w/Quenna 2:00 Short Stories w/Quenna (AR) 3:15 Social w/Misty (AR) 3:30 Sing Fit w/Joan (AR)	10:00 DIY Crafts w/ Kim (RK) 28 10:30 Chair Exercise w/Misty (AR) 11:00 Morning News w/Misty (AR) 11:00 Scenic Drive w/ Kim (SF) 2:00 Gardening Club w/Misty (AR) 3:00 Social w/Florendo (AR) 3:30 Music Appreciation w/ Joan (AR) 4:00 Bingo w/Florendo (AR) 7:00 Evening Relaxation Circle w/Florendo (AR)
10:30 Exercise Essentials w/Rosemund (AR) 29 11:00 Catholic Mass w/Kim (SF) 11:30 In the News Today w/Rosemund (AR) 2:00 Word Games w/ Kim (AR) 2:30 Rosh Hashanah Celebration in Lobby (SF) 3:00 Social w/ Misty (AR) 4:00 Matinee Movie w/ Misty (AR)	10:00 Morning Meditation w/ Kim (AR) 30 10:30 Go4Life Walking Club w/Anne (AR) 1:30 Exercise Therapy w/Naila (AR) 2:30 Discuss & Recall w/ Anne (AR) 3:00 Social w/Rosamund (AR) 4:00 Trivia Fun w/Rosamund (AR) 7:00 Evening Documentary (AR)	AR Reminiscence Activity Room RD Reminiscence Dining Room RK Reminiscence Kitchen RL Reminiscence Emmons Lounge RN Reminiscence Neighborhood SF 2nd Floor Lounge				