

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 <b>Catholic Mass at Sunrise (Ar)</b> <b>1</b> 10:30 Singfit music & movement 11:00 News & Coffee Chat 1:00 Craft & Coloring Club 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social (B) 6:30 <b>Sunday Night At the Movies</b>	<b>Labor Day</b> <b>2</b> 10:00 SingFit Music & Movement (TR) 11:00 Mid-Morning Mingle & Word Games 1:30 Afternoon Movie Matinee 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:00 Evening Games & Crafts in Bistro (B)	10:00 SingFit Music & Movement (TR) <b>3</b> 11:00 Flower Arranging Club 1:30 Crafts & Coloring Club (G) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 <b>Christian Art Therapy with Carol (B)</b>	10:00 SingFit Music & Movement (TR) <b>4</b> 11:00 <i>Hand Massages with Jean (B)</i> 1:30 Picture Painting Corner (Ar) 2:30 Judy & Hobie the Golden Retriever Dog Visit (B) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Word Games 6:30 <b>Wednesday Night Bingo Club with Volunteers (B)</b>	<b>Happy Birthday Mary Lou W.</b> <b>5</b> 10:00 SingFit Music & Movement (TR) 10:30 <b>Christ the King Lutheran Church Service (Rem) Stitch &amp; Knit Club (Ar)</b> 1:00 Afternoon Movie Matinee (Ar) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 7:00 <b>Festival Of Flutes (B)</b>	10:00 SingFit Music & Movement (TR) <b>6</b> 11:00 <b>Rosary &amp; Communion (Ar)</b> 1:30 <i>Crafts &amp; Tea Party (Ar)</i> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 Coupon Cutting for a Cause (B)	10:00 SingFit Music & Movement (TR) <b>7</b> 11:00 <b>GPW Senior Day at Park</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>Saturday Bingo Club (B)</b> 2:30 Go4Life® Walking Club (G) 3:30 Sweet Saturday Social 4:00 Joe Performs on Piano 6:30 Evening Exercise & Stretch
<b>Happy Birthday Charmaine!</b> <b>8</b> 10:00 <b>Catholic Mass at Sunrise (Ar)</b> 10:30 Singfit music & movement 11:00 News & Coffee Chat 1:30 Crafts & Coloring Club 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Popcorn Social (B) 6:30 <b>Sunday Night At the Movies</b>	10:00 SingFit Music & Movement (TR) <b>9</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>News Currents SR. (Ar)</b> 2:30 Go4Life® Walking Club (G) 3:30 <b>Sheryl Plays the Harp</b> 3:30 Happy Hour Social & Sing Along 6:00 Evening Games & Crafts in Bistro (B)	<b>Happy Birthday Wilma &amp; Pauline M.!</b> <b>10</b> 10:00 SingFit Music & Movement (TR) 11:00 Flower Arranging Club 1:30 Crafts & Coloring Club (B) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 <b>Christian Art Therapy with Carol (B)</b>	10:00 SingFit Music & Movement (TR) <b>11</b> 11:00 <i>Hand Massages with Jean (B)</i> 2:30 <b>Music Makers Perform (B)</b> 2:30 Judy & Hobie the Golden Retriever Dog Visit (B) 3:00 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Word Games 6:30 <b>Wednesday Night Bingo Club with Volunteers (B)</b>	10:00 SingFit Music & Movement (TR) <b>12</b> 11:00 <i>Stitch &amp; Knit Club (Ar)</i> 1:00 Afternoon Movie Matinee (Ar) 1:30 <b>Ice Cream outing</b> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:30 Evening Games in Bistro	10:00 SingFit Music & Movement (TR) <b>13</b> 11:00 <b>Rosary &amp; Communion (Ar)</b> 1:30 <i>Baking Club &amp; Tea Social (Ar)</i> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 Coupon Cutting for a Cause (B)	10:00 SingFit Music & Movement (TR) <b>14</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>Saturday Bingo Club (B)</b> 2:30 Go4Life® Walking Club (G) 3:30 Sweet Saturday Social 6:30 Evening Exercise & Stretch
10:00 <b>Catholic Mass at Sunrise (Ar)</b> <b>15</b> 10:30 Singfit music & movement 11:00 News & Coffee Chat 1:30 Sunday Afternoon Drive 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social (B) 6:30 <b>Sunday Night At the Movies</b>	10:00 SingFit Music & Movement (TR) <b>16</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>News Currents SR. (Ar)</b> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:00 Evening Games & Crafts in Bistro (B)	10:00 SingFit Music & Movement (TR) <b>17</b> 11:00 Flower Arranging Club 12:45 <b>Food Committee (Dining room)</b> 1:30 Garden Games (G) 2:30 <b>Gary Pillow Performs (B)</b> 3:00 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 <b>Christian Art Therapy with Carol (B)</b>	10:00 SingFit Music & Movement (TR) <b>18</b> 11:00 <i>Hand Massages with Jean (B)</i> 1:30 Picture Painting Corner (Ar) 2:30 Judy & Hobie the Golden Retriever Dog Visit (B) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Word Games 6:30 <b>Wednesday Night Bingo Club with Volunteers (B)</b>	10:00 SingFit Music & Movement (TR) <b>19</b> 10:30 <b>Christ the King Lutheran Church Service (Rem) Stitch &amp; Knit Club (Ar)</b> 1:00 Hearing Health Day (B) 1:00 Afternoon Movie Matinee (Ar) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:30 Evening Games in Bistro	10:00 SingFit Music & Movement (TR) <b>20</b> 11:00 <b>Rosary &amp; Communion (Ar)</b> 1:30 <i>Crafts &amp; Tea Party (Ar)</i> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 6:30 Coupon Cutting for a Cause (B)	10:00 SingFit Music & Movement (TR) <b>21</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>Saturday Bingo Club (B)</b> 2:30 Go4Life® Walking Club (G) 3:30 Sweet Saturday Social 6:30 Evening Exercise & Stretch
10:00 <b>Catholic Mass at Sunrise (Ar)</b> <b>22</b> 10:30 Singfit music & movement 11:00 News & Coffee Chat 1:00 Craft & Coloring Club 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social (B) 6:30 <b>Sunday Night At the Movies</b>	10:00 SingFit Music & Movement (TR) <b>23</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>News Currents SR. (Ar)</b> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:00 Evening Games & Crafts in Bistro (B)	10:00 SingFit Music & Movement (TR) <b>24</b> 11:00 Flower Arranging Club 1:00 <b>Resident Council (B)</b> 1:30 Activities Meeting 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 3:30 <b>Joe Plays Piano</b> 6:30 <b>Christian Art Therapy with Carol (B)</b>	10:30 <b>Go4Life Relay &amp; Refreshments (out front)</b> <b>25</b> 11:00 <i>Hand Massages with Jean (B)</i> 1:30 Picture Painting Corner (Ar) 2:30 Judy & Hobie the Golden Retriever Dog Visit (B) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Word Games 6:30 <b>Wednesday Night Bingo Club with Volunteers (B)</b>	10:00 SingFit Music & Movement (TR) <b>26</b> 11:00 <i>Stitch &amp; Knit Club (Ar)</i> 11:30 Ladies Lunch Outing 1:00 Afternoon Movie Matinee (Ar) 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:30 Evening Games in Bistro	10:00 SingFit Music & Movement (TR) <b>27</b> 11:00 <b>Rosary &amp; Communion (Ar)</b> 1:30 <i>Baking Club &amp; Tea Social (Ar)</i> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Trivia 3:30 <b>Meet &amp; Greet Social For New Residents</b> 6:30 Coupon Cutting for a Cause (B)	<b>Happy Birthday Carolyn &amp; Mary Ann K.!</b> <b>28</b> 10:00 SingFit Music & Movement (TR) 11:00 Mid-Morning Mingle & Word Games 1:30 <b>Saturday Bingo Club (B)</b> 2:30 Go4Life® Walking Club (G) 3:30 Sweet Saturday Social 6:30 Evening Exercise & Stretch
10:00 <b>Catholic Mass at Sunrise (Ar)</b> <b>29</b> 10:30 Singfit music & movement 11:00 News & Coffee Chat 1:00 Craft & Coloring Club 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social (B) 6:30 <b>Sunday Night At the Movies</b>	10:00 SingFit Music & Movement (TR) <b>30</b> 11:00 Mid-Morning Mingle & Word Games 1:30 <b>News Currents SR. (Ar)</b> 2:30 Go4Life® Walking Club (G) 3:30 Happy Hour Social & Sing Along 6:30 <b>Kirsten Plays the Violin (B)</b>	Ar Activity room B Bistro FD front desk G Garden Rem Reminiscence TR TV Room				

## SEPTEMBER 2019

### Assisted Living

Sunrise of Grosse Pointe Woods

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LIVE WITH PURPOSE



SUNRISE SENIOR LIVING