

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Lorraine R! 1 10:00 Catholic Mass at Sunrise 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Afternoon Movie Matinee 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:30 Games on the Terrace 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 2 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 4:00 Sorting Lap Baskets 6:30 After Dinner Stretch & Exercise	10:15 Mid-Morning Mingle & Mind Games 3 11:00 SingFit Senior Fitness Fun 1:00 Flower Arranging Club 1:00 News Currents Sr. 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 4 11:00 Hand Massages with Jean (Rem) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 2:30 Hobie the Golden Retriever visits 6:30 Wednesday Night Bingo Club	10:15 Mid-Morning Mingle & Mind Games 5 10:30 Christ the King Lutheran Church Service 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 6:30 Evening Meditation Circle & Relaxation 7:00 Festival of Flutes	10:15 Mid-Morning Mingle & Mind Games 6 11:00 Rosary & Communion (AR) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Arts & Crafts Club 6:30 Coupon Cutting for a Cause	10:15 Mid-Morning Mingle & Mind Games 7 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Saturday Bingo Club 2:30 Afternoon Social & Music 3:00 Baker's Club Sweet Treats 6:30 Evening Meditation Circle & Relaxation
Happy Birthday Kay M.!! 8 10:00 Catholic Mass at Sunrise 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Afternoon Movie Matinee 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:00 Meet Me at MoVA 3:30 Games on the Terrace 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 9 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Therapy with Sheryl 4:00 Sorting Lap Baskets 6:30 After Dinner Stretch & Exercise	Happy Birthday Mary B.! 10 10:15 Mid-Morning Mingle & Mind Games 10:30 Timeless Talks 11:00 SingFit Senior Fitness Fun 1:00 Flower Arranging Club 1:00 News Currents Sr. 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 11 11:00 Hand Massages with Jean (Rem) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:30 Music Makers Perform 2:30 Afternoon Social & Music 2:30 Hobie the Golden Retriever visits 6:30 Wednesday Night Bingo Club	10:15 Mid-Morning Mingle & Mind Games 12 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 6:30 Evening Meditation Circle & Relaxation	10:15 Mid-Morning Mingle & Mind Games 13 11:00 Rosary & Communion (AR) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Arts & Crafts Club 6:30 Coupon Cutting for a Cause	10:15 Mid-Morning Mingle & Mind Games 14 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Saturday Bingo Club 2:30 Afternoon Social & Music 3:00 Baker's Club Sweet Treats 6:30 Evening Meditation Circle & Relaxation
10:00 Catholic Mass at Sunrise 15 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Afternoon Movie Matinee 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:30 Games on the Terrace 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 16 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 4:00 Sorting Lap Baskets 6:30 After Dinner Stretch & Exercise	Happy Birthday Kathleen M.! 17 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Flower Arranging Club 1:00 News Currents Sr. 1:30 Go4Life@ Walking Club (Rem) 2:30 Gary Pillows Performs (bistro) 2:30 Afternoon Social & Music 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 18 11:00 Hand Massages with Jean (Rem) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 2:30 Hobie the Golden Retriever visits 6:30 Wednesday Night Bingo Club	10:15 Mid-Morning Mingle & Mind Games 19 10:30 Christ the King Lutheran Church Service 11:00 SingFit Senior Fitness Fun 1:00 Hearing Health Day 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 6:30 Evening Meditation Circle & Relaxation	10:15 Mid-Morning Mingle & Mind Games 20 11:00 Rosary & Communion (AR) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Arts & Crafts Club 6:30 Coupon Cutting for a Cause	10:15 Mid-Morning Mingle & Mind Games 21 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Saturday Bingo Club 2:30 Afternoon Social & Music 3:00 Baker's Club Sweet Treats 6:30 Evening Meditation Circle & Relaxation
10:00 Catholic Mass at Sunrise 22 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Afternoon Movie Matinee 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:00 Meet Me at MoVA 3:30 Games on the Terrace 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 23 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 4:00 Sorting Lap Baskets 6:30 After Dinner Stretch & Exercise	10:15 Mid-Morning Mingle & Mind Games 24 11:00 SingFit Senior Fitness Fun 1:00 Flower Arranging Club 1:00 News Currents Sr. 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:00 Joe Plays Piano 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	10:15 Mid-Morning Mingle & Mind Games 25 10:30 Go4Life Relay & refreshments 11:00 Hand Massages with Jean (Rem) 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 2:30 Hobie the Golden Retriever visits 6:30 Wednesday Night Bingo Club	10:15 Mid-Morning Mingle & Mind Games 26 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 3:30 Daniel the one man band 6:30 Evening Meditation Circle & Relaxation	10:15 Mid-Morning Mingle & Mind Games 27 11:00 Rosary & Communion (AR) 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Arts & Crafts Club 6:30 Coupon Cutting for a Cause	10:15 Mid-Morning Mingle & Mind Games 28 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Saturday Bingo Club 2:30 Afternoon Social & Music 3:00 Baker's Club Sweet Treats 6:30 Evening Meditation Circle & Relaxation
10:00 Catholic Mass at Sunrise 29 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:00 Afternoon Movie Matinee 1:30 Go4Life@ Walking Club (Rem) 2:30 Afternoon Social & Music 3:30 Games on the Terrace 6:30 Bakers Club Sweet Treats 7:00 Evening Social & Snack	Happy Birthday Val ! 30 10:15 Mid-Morning Mingle & Mind Games 11:00 SingFit Senior Fitness Fun 1:30 Go4Life@ Walking Club (Rem) 2:00 Bakers Club Sweet Treats 2:30 Afternoon Social & Music 3:00 Music Instrumental Time 4:00 Sorting Lap Baskets 6:30 Kirsten plays the Violin 6:30 After Dinner Stretch & Exercise					