

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Group Exercise:Ball Toss (AR) 1 10:30 Walking Club (CA) 11:00 Church Choir (BR) 2:00 Afternoon Movie and Popcorn (CA) 2:00 Afternoon Movie and Popcorn (BR) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)	10:00 Group Exercise 2 11:00 Puzzles and Word Games (AR) 2:00 Sing along with Dorothy (CA) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)	9:45 PFit (CA) 3 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 welcoming new students (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)	9:30 Physio Exercise (TF) 4 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Restaurant outing (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)	10:15 Fundance (CA) 5 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Beauty Corner (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)	9:30 Physio Exercise (TF) 6 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)	10:00 Yoga Circle (CA) 7 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)
10:00 Group Exercise:Ball Toss (AR) 8 10:30 Walking Club (CA) 11:00 Annual BBQ event 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)	9:30 Physio Exercise (TF) 9 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Dance performance (CA) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)	9:45 PFit (CA) 10 10:45 News Currents Club (AR) 1:30 Tan Jay Clothing (CA) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)	9:30 Physio Exercise (TF) 11 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Coffee Shop Outing (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)	10:15 Fundance (CA) 12 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Fall Craft (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)	9:30 Physio Exercise (TF) 13 10:00 Kajama Tall Ship 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)	10:00 Yoga Circle (CA) 14 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)
10:00 Group Exercise:Ball Toss (AR) 15 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)	9:30 Physio Exercise (TF) 16 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Meet me at MOMA 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)	9:45 PFit (CA) 17 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)	9:30 Physio Exercise (TF) 18 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Farm Trip (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)	10:15 Fundance (CA) 19 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Beauty Corner (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)	9:30 Physio Exercise (TF) 20 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)	10:00 Yoga Circle (CA) 21 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)
10:00 Group Exercise:Ball Toss (AR) 22 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)	9:30 Physio Exercise (TF) 23 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Clothing Vendor in house 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)	9:45 PFit (CA) 24 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)	9:30 Physio Exercise (TF) 25 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Movie trip (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)	10:15 Fundance (CA) 26 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Resident Council Meeting (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)	9:30 Physio Exercise (TF) 27 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Live Entertainment by Ken (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)	10:00 Yoga Circle (CA) 28 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)
10:00 Group Exercise:Ball Toss (AR) 29 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)	9:30 Physio Exercise (TF) 30 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Meet me at MOMA 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)	4th floor AR Activity Room BR Bistro CA Common Area TF Third Floor				

SEPTEMBER 2019
Assisted Living
Sunrise of Richmond Hill
9800 Yonge St, Richmond Hill,
ON L4C 0P5; 1 905-883-6963

LIVE WITH PURPOSE

 **SUNRISE SENIOR LIVING**