Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:00 White Board Games 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	**2** 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:00 Music and Sounds w/ Jen (RDR) 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	**3** 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	**4** 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:00 Water color class with Megan (RDR) 2:00 White Board Games 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	**5** 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	**6** 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:00 White Board Games 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	**7** 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 1:30 Finish the phrase 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
8 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:00 White Board Games 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	**9** 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	**10** 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	**11** 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:00 Water color class with Megan (RDR) 2:00 White Board Games 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	**12** 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	**13** 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:00 White Board Games 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	**14** 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 11:00 **Family Support Group (AR)** 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 1:30 Finish the phrase 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
15 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:00 White Board Games 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	**16** 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	**17** 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	**18** 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:00 Water color class with Megan (RDR) 2:00 White Board Games 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	**19** 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	**20** 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:00 White Board Games 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	**21** 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 1:30 Finish the phrase 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
22 10:00 Exercise Essentials (RLR) 10:30 Sorting Lap Basket (RDR) 10:30 **Gardening Club (RLR)** 11:30 News Currents Sr. (RLR) 1:00 Meet me @ MoMA with Karen (RDR) 1:30 **Historical Club** 2:00 Crosswords and Puzzles 2:00 White Board Games 2:30 Sunday Sing a long (RDR) 2:30 Coupon clipping for the troops (RDR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:30 Musical Movie Night (RLR)	**23** 8:30 Coffee Conversations (RDR) 9:30 Go4Life® Walking Club (ROC) 10:00 Balloon Volleyball (RDR) 10:30 **Book Club w/ Karen (RDR)** 1:30 Arts and Craft club (RDR) 1:30 Sorting and Matching (RDR) 1:30 Trivia W/ Shari (RDR) 2:30 Jingo Bingo Social 3:30 **Cards for Kids (RDR)** 4:00 True or False Trivia (RDR) 4:30 Living with purpose: Table Setting (RDR) 5:30 Monday Meditation circle (RLR)	**24** 10:00 Exercise Essentials (RDR) 10:30 Living w/ Anticipation Lunch Outing (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 Baking with Flor (RDR) 1:00 Table Bowling (RLR) 2:00 Live entertainment (RLR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:30 Living with purpose: Table Setting (RDR) 5:00 Comedy Movie Night (RLR)	**25** 8:30 Coffee Conversations (RDR) 10:00 Go4Life® Walking Club (ROC) 10:00 Bean bag toss w/ Yolanda (RDR) 10:30 ***Heritage Conservatory Club*** 1:00 Reflection Room Experience (RLR) 1:30 Crafting for a Cause (RDR) 1:30 Sorting and Matching (RDR) 2:00 Water color class with Megan (RDR) 2:00 White Board Games 2:30 Hydration Social (RDR) 3:00 **Gardening Club (ROC)** 4:30 Living with purpose: Table Setting (RDR) 5:00 Classic Movie night (RLR)	**26** 9:30 Go4Life® Walking Club (ROC) 10:30 Sorting Lap Basket (RDR) 11:00 puzzles and coloring (RDR) 12:00 ***Red Hat Society (RLR)*** 1:30 Finish the Phrase (RDR) 2:00 Historical Club (RDR) 2:00 Live entertainment (RLR) 2:30 Snack Social (RDR) 3:00 Living w/ Anticipation Scenic Drive (ROC) 3:00 Dominoes, Chess and Cards 4:30 Living with purpose: Table Setting (RDR) 5:00 Romantic Movie Night (RLR)	**27** 8:30 Coffee Conversations (RDR) 9:15 SingFit® (RLR) 9:30 Flower arranging (RDR) 10:00 Exercise Essentials (RLR) 10:15 Crosswords and Coloring (RDR) 1:00 Painting W/ Bobbie (RDR) 2:00 White Board Games 2:30 TGIF Social (RDR) 2:30 Massages and Manicures (RLR) 3:30 Go4Life® Walking Club (ROC) 4:00 Parachute Fun with Olfat (RLR) 4:30 **Shabbat** 4:30 Living with purpose: Table Setting (RDR)	**28** 9:15 Exercise W/ Bobbie (ROC) 10:00 Go4Life® Walking Club (ROC) 10:30 Sorting and Folding 12:00 Patio Picnic (ROC) 1:00 Comedy hour (RLR) 1:30 Finish the phrase 2:00 Cranium crunches (RDR) 2:30 Snack and Hydration social (RDR) 3:00 Live Entertainment: 4:30 Living with purpose: Table Setting (RDR)
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SEPTEMBER 2019

Reminiscence

Sunrise of Westlake Village
3101 Townsgate Rd, Westlake Village, CA 91361; 805-557-1100

LIVE WITH PURPOSE

SUNRISE SENIOR LIVING