

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Coffee and Conversation 10:00 <b>Catholic Eucharist Communion 1:1 (RR)</b> 10:00 Exercise Essentials: Pool Noodles 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Gardening Club 2:00 Meet Me at MoMA Painting Class (AR2) 2:15 Food for Thought Baking Club 3:00 Sundae Sunday Social 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>1</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Anticipation Club 11:15 Go4Life Walking Club 1:30 Puzzles and Word Games with Care Managers 2:15 Food for Thought Baking Club 3:00 Monday Manicure Social 4:00 Music Hour with Curt on the Piano (4th Floor) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>2</b></p>	<p>9:30 Coffee and Conversation 10:00 Move and Groove with Zumba (BI) 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Memories in the Making with Corbin (AR2) 2:15 Food for Thought Baking Club 3:00 Fresh Air Social on the Patio 3:30 SingFit and Music Circle 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>3</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Lunch Bunch: Morning Story 11:15 Go4Life Walking Club 1:30 Trivia Time 2:15 Food for Thought Baking Club 3:00 Wine Down Wednesday: Wine and Cheese Social (BI) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>4</b></p>	<p>9:30 Coffee and Conversation 10:00 Morning Yoga (AR2) 10:30 Hydration and Snack 11:15 Go4Life Walking Club 2:00 Music Therapy with Chris on the Piano 2:15 Food for Thought Baking Club 3:00 Bingo Social Hour 3:30 Matinee Documentary 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>5</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Exercise Balls 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Afternoon Book Club 2:15 Food for Thought Baking Club 3:00 <b>Social Hour with Live Music (BI)</b> 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>6</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Balloons 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:00 Bake Sale Fundraiser for the Alzheimer's Association 1:30 Flower Arranging with Fresh Flowers 2:15 Food for Thought Baking Club 3:00 <b>Prayer and Praise (BI)</b> 3:00 Smoothie Social 3:30 Compassion Club: Gift Baskets for Firehouse 19 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>7</b></p>
<p><b>Happy National Grandparent's Day!</b> 9:30 Coffee and Conversation 10:00 <b>Catholic Eucharist Communion 1:1 (RR)</b> 10:00 Exercise Essentials: Pool Noodles 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:00 Bake Sale Fundraiser for the Alzheimer's Association (BI) 2:00 Meet Me at MoMA Painting Class (AR2) 2:15 Food for Thought Baking Club 3:00 Sundae Sunday Social 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>8</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Anticipation Club 11:15 Go4Life Walking Club 1:30 Puzzles and Word Games with Care Managers 2:15 Food for Thought Baking Club 3:00 Monday Manicure Social 4:00 Music Hour with Curt on the Piano (4th Floor) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>9</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Theraputty 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Memories in the Making with Corbin (AR2) 2:00 <b>Kathleen Arnold Presents: The World's Fair</b> 3:00 Fresh Air Social on the Patio 3:30 SingFit and Music Circle 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>10</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Lunch Bunch: Old Chicago Pizza 11:15 Go4Life Walking Club 1:30 Trivia Time 2:15 Food for Thought Baking Club 3:00 Wine Down Wednesday: Wine and Cheese Social (BI) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>11</b></p>	<p>9:30 Coffee and Conversation 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Brain Fit with Bayada 2:15 Food for Thought Baking Club 3:00 Bingo Social Hour 3:30 Matinee Documentary 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>12</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Ray in the Bistro 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Afternoon Book Club 2:15 Food for Thought Baking Club 3:00 <b>Social Hour with Live Music (BI)</b> 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>13</b></p>	<p>7:00 WALK TO END ALZHEIMER'S IN CITY PARK 9:30 Coffee and Conversation 10:00 Exercise Essentials: Balloons 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Flower Arranging with Fresh Flowers 2:15 Food for Thought Baking Club 3:00 <b>Prayer and Praise (BI)</b> 3:00 Smoothie Social 3:30 Compassion Club: Gift Baskets for Firehouse 19 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>14</b></p>
<p>9:30 Coffee and Conversation 10:00 <b>Catholic Eucharist Communion 1:1 (RR)</b> 10:00 Exercise Essentials: Pool Noodles 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Gardening Club 2:00 Meet Me at MoMA Painting Class (AR2) 2:15 Food for Thought Baking Club 3:00 Sundae Sunday Social 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>15</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Anticipation Club 11:15 Go4Life Walking Club 1:30 Puzzles and Word Games with Care Managers 2:15 Food for Thought Baking Club 3:00 Monday Manicure Social 4:00 <b>Nick from Colorado Symphony plays the oboe (4th Floor)</b> 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>16</b></p>	<p>9:30 Coffee and Conversation 10:00 Move and Groove with Zumba (BI) 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Brain Fit with Bayada (AR2) 1:30 Memories in the Making with Corbin (AR2) 2:15 Food for Thought Baking Club 3:00 Fresh Air Social on the Patio 3:30 Piano performance from volunteer Curt (4th Floor) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>17</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:00 Turtle Odyssey on IMAX at the Denver Nature and Science Museum 2:15 Food for Thought Baking Club 3:00 Wine Down Wednesday: Wine and Cheese Social (BI) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>18</b></p>	<p>9:30 Coffee and Conversation 10:00 Morning Yoga 10:30 Hydration and Snack 11:15 Go4Life Walking Club 2:00 Music Therapy with Chris on the Piano 2:15 Food for Thought Baking Club 3:00 Bingo Social Hour 3:30 Matinee Documentary 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>19</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Exercise Balls 10:30 Waldorf School 2nd Graders Put on a Play in the Bistro 11:15 Go4Life Walking Club 1:30 Afternoon Book Club 2:15 Food for Thought Baking Club 3:00 <b>Social Hour with Live Music (BI)</b> 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>20</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Balloons 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Flower Arranging with Fresh Flowers 2:15 Food for Thought Baking Club 3:00 <b>Prayer and Praise (BI)</b> 3:00 Smoothie Social 3:30 Compassion Club: Gift Baskets for Firehouse 19 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>21</b></p>
<p>9:30 Coffee and Conversation 10:00 <b>Catholic Eucharist Communion 1:1 (RR)</b> 10:00 Exercise Essentials: Pool Noodles 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Gardening Club 2:00 Meet Me at MoMA Painting Class (AR2) 2:15 Food for Thought Baking Club 3:00 Sundae Sunday Social 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>22</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Anticipation Club 11:15 Go4Life Walking Club 1:30 Puzzles and Word Games with Care Managers 2:00 MoMa: Unforgettable Art Presentation (AR2) 2:15 Food for Thought Baking Club 3:00 Monday Manicure Social 4:00 Music Hour with Curt on the Piano (4th Floor) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>23</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Theraputty 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Brain Fit with Bayada (AR2) 1:30 Memories in the Making with Corbin (AR2) 2:15 Food for Thought Baking Club 3:00 Fresh Air Social on the Patio 3:30 SingFit and Music Circle 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>24</b></p>	<p>9:30 Coffee and Conversation 10:30 A Visit from the Denver Zoo 11:15 Go4Life Walking Club 1:30 Trivia Time 2:15 Food for Thought Baking Club 3:00 Wine Down Wednesday: Wine and Cheese Social (BI) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>25</b></p>	<p>9:30 Coffee and Conversation 10:00 Go4Life Morning Yoga (AR2) 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Brain Fit with Bayada 2:15 Food for Thought Baking Club 3:00 Bingo Social Hour 3:30 Matinee Documentary 4:00 What's Cookin' Good Lookin'? Cooking Group with Richard and Maria 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>26</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Exercise Balls 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Afternoon Book Club 2:15 Food for Thought Baking Club 3:00 <b>Social Hour with Live Music (BI)</b> 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>27</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise Essentials: Balloons 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Flower Arranging with Fresh Flowers 2:15 Food for Thought Baking Club 3:00 <b>Prayer and Praise (BI)</b> 3:00 Smoothie Social 3:30 Compassion Club: Gift Baskets for Firehouse 19 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>28</b></p>
<p>9:30 Coffee and Conversation 10:00 <b>Catholic Eucharist Communion 1:1 (RR)</b> 10:00 Exercise Essentials: Pool Noodles 10:30 Hydration and Snack 11:15 Go4Life Walking Club 1:30 Gardening Club 2:00 Meet Me at MoMA Painting Class (AR2) 2:15 Food for Thought Baking Club 3:00 Sundae Sunday Social 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>29</b></p>	<p>9:30 Coffee and Conversation 10:00 Exercise with Dianne in the Bistro (BI) 10:30 Hydration and Snack 11:00 Anticipation Club 11:15 Go4Life Walking Club 1:30 Puzzles and Word Games with Care Managers 2:15 Food for Thought Baking Club 3:00 Monday Manicure Social 4:00 Music Hour with Curt on the Piano (4th Floor) 6:00 Jeopardy 6:30 Evening Wind Down: Stretch and Relaxation Circle</p> <p><b>30</b></p>	<p>AR2 Activities Room BI Bistro/Sports Bar 1st Floor DR Dining Room HO Homestead LB Lobby/Front Entrance LR Living Room P3 3rd Floor Patio RR Reflection Room SP Sportstman</p>				

**SEPTEMBER 2019**  
**Reminiscence**  
 Sunrise at Cherry Creek  
 251 South Colorado Boulevard, Denver,  
 CO 80246; 303-333-1166

**LIVE WITH PURPOSE**



**SUNRISE SENIOR LIVING**