Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 Morning Reflection (AR) 9:30 Sunday Devotions (AR) 1:30 Bingo Bucks Bingo (AR) 2:00 Church Service (ILD) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Cookies & Conversation Social (B) 6:15 Jigsaw Puzzle (BP)	Happy Labor Day! 9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 11:00 Flower Arranging Club (B) 1:15 Movie Mania (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Variety Social (B) 6:15 Mix-N-Mingle (B)	/AD\	9:30 Exercise Essentials (AR) 10:00 Creative Corner (AR) 10:00 Daily Chronicle (AR) 11:00 Resident Council Meeting (AR) 11:30 Lunch Outing to Mooyah's (SU) 1:30 Bingo Bucks Bingo (AR) 2:45 Go4Life® Walking Oub with a Care Manager (Time may vary) (B) 3:00 Time With Friends Social 6:15 Jigsaw Ruzzle (BP)	9:30 Exercise Essentials (AR) 10:00 News Currents (AR) 1:30 Po*Ke*No (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Whole Home Social with Paul Anderson in Reminiscence (B) 4:15 Relaxation Circle (BP) 6:15 Mx-N-Mingle (B)	10:00 Daily Chronicle (AR) 11:00 Baking Club (AR) 2:00 Sunrise Serenaders (RAR)	10:00 Exercise Essentials (AR) 10:30 Shopping at the Neighborhood Walmart (SU) 10:30 Daily Chronicle (AR) 11:00 Pampered Nails (AR) 1:30 Jigsaw Puzzles (BP) 2:45 Go4Life® Walking Gub with a Care Manager (Time may vary) (B) 3:00 Social Hour with Richard Barry (B) 6:15 Movie Night (AR)
	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 SingFit® (AR) 11:00 Flower Arranging Club (B) 1:15 Movie Mania (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Variety Social (B) 6:15 Mix-N-Mingle (B)	9:30 Communion:Prince of Peace [Lorraine] (SU) 9:30 Exercise Essentials (AR) 10:00 Learn To Draw A (AR) 1:30 Mental Fitness (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 This & That Social (B) 4:15 Relaxation Circle (BP) 6:15 Movie Night (AR)	9:30 Exercise Essentials (AR) 10:00 Creative Corner (AR) 10:00 Daily Chronicle (AR) 1:30 Bingo Bucks Bingo (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Time With Friends Social 6:15 Jigsaw Puzzle (BP)	12:00 Pizza Take Out (SU)	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 Meet Me at MoMA (AR) 11:00 Baking Club (AR) 2:00 Sunrise Serenaders (RAR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Word Puzzles Social (B) 4:15 Relaxation Circle (BP) 6:15 Jigsaw Puzzle (BP)	10:00 Exercise Essentials (AR)  10:30 Shopping at the Neighborhood Walmart (SU)  10:30 Daily Chronicle (AR)  11:00 Pampered Nails (AR)  1:30 Jigsaw Puzzles (BP)  2:45 Go4Life® Walking Club wifth a Care Manager (Time may vary) (B)  3:00 Social Hour (B)  6:15 Movie Night (AR)
(AR) 1:30 Bingo Bucks Bingo (AR)	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 Art With Noah (AR) 11:00 Flower Arranging Club (B) 1:15 Movie Mania (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Variety Social (B) 6:15 Mix-N-Mingle (B)	9:30 Communion:Prince of Peace [Lorraine] (SU) 9:30 Exercise Essentials (AR) 10:00 Learn To Draw A (AR) 1:30 Mental Fitness (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 This & That Social (B) 4:15 Relaxation Circle (BP) 6:15 Movie Night (AR)	9:30 Exercise Essentials (AR) 10:00 Creative Corner (AR) 10:00 Daily Chronicle (AR) 1:30 Bingo Bucks Bingo (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Special Cocktail Social (B) 6:15 Jigsaw Puzzle (BP)	Happy Birthday Carl! 9:30 Exercise Essentials (AR) 10:00 News Currents (AR) 1:30 Po*Ke*No (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Whole Home Social with Michelle Priest (B) 4:15 Relaxation Circle (BP) 6:15 Mx-N-Mingle (B)	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 11:00 Baking Club (AR) 2:00 Sunrise Serenaders (RAR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Word Puzzles Social (B) 4:15 Relaxation Circle (BP) 6:15 Jigsaw Puzzle (BP)	10:00 Exercise Essentials (AR) 10:30 Shopping at the Neighborhood Walmart (SU) 10:30 Daily Chronicle (AR) 11:00 Pampered Nails (AR) 1:30 Jigsaw Puzzles (BP) 2:45 Go4Life® Walking Olub with a Care Manager (Time may vary) (B) 3:00 Social Hour with Duo Espresso (B) 6:15 Movie Night (AR)
	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 SingFit® (AR) 11:00 Flower Arranging Club (B) 1:15 Movie Mania (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Variety Social (B) 6:15 Mix-N-Mingle (B)	9:30 Communion:Prince of Peace (Lorraine) (SU) 9:30 Exercise Essentials (AR) 10:00 Learn To Draw A (AR) 1:15 Movie Mania (AR) 1:30 Mental Fitness (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 This & That Social (B) 4:15 Relaxation Circle (BP) 6:15 Movie Night (AR)	9:30 Exercise Essentials (AR) 10:00 Creative Corner (AR) 10:00 Daily Chronicle (AR) 1:30 Bingo Bucks Bingo (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Time With Friends Social 6:15 Jigsaw Puzzle (BP)	(AR)	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 Meet Me at MoMA (AR) 11:00 Baking Club (AR) 2:00 Sunrise Serenaders (RAR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Word Puzzles Social (B) 4:15 Relaxation Circle (BP) 6:15 Jigsaw Puzzle (BP)	10:00 Exercise Essentials (AR)  10:30 Shopping at the Neighborhood Walmart (SU)  10:30 Daily Chronicle (AR)  11:00 Pampered Nails (AR)  1:30 Jigsaw Puzzles (BP)  2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B)  3:00 Social Hour (B)  6:15 Movie Night (AR)
8:00 Morning Reflection (AR) 9:30 Sunday Devotions (AR) 1:30 Bingo Bucks Bingo (AR) 2:00 Church Service (ILD) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Cookies & Conversation Social (B) 6:15 Jigsaw Puzzle (BP)	9:30 Exercise Essentials (AR) 10:00 Daily Chronicle (AR) 10:30 SingFit® (AR) 11:00 Flower Arranging Club (B) 1:15 Movie Mania (AR) 2:45 Go4Life® Walking Club with a Care Manager (Time may vary) (B) 3:00 Variety Social (B) 6:15 Mix-N-Mingle (B)	AR Activity Room B Bistro BC Back Courtyard BP Back Parlor FP Front Parlor ILC Independent Living Craft Room ILD Independent Living Dining Room RAR Reminiscence Activity Room SU Sign up at the Concierge				
SEPTEMBER 2019 Assisted Living Sunrise of Plano  LIVE WITH PURPOSE  SUNRISE SENIOR LIVING						

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