

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor) WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)	Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M. Lunch 12:00—1:00 P.M. Dinner 5:00—6:00 P.M. Hydration Times 10am, 4pm & 7pm Snacks & Hydration offered throughout each day!		All Activities (Date, Time, Place) Subject to Change More details will be given on weekly activities schedules	1 10:00 Coffee & Garden Talk CR 11:00 Brain Teasers CR 2:00 Matinee Movie T 2:00 Hangman Groups CR 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	2 10:00 Morning Painting Class B 11:00 Fun with Food B 2:00 Netflix and More T 3:00 Table Bowling B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	3 10:00 Cranium Crunches B 11:00 Sunrise Fitness Kick T 2:00 Can you Picture This? CR 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
4 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	5 10:00 Cardio Classic T 10:30 Devotion L 11:00 Arm Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night : T	6 10:30 Sunrise BINGO DR 11:30 Brain Exercise B 2:00 Hydration Corner DR 2:30 Seated Exercise w/ Santino T 3:30 Puzzle Time CR 5:00 Daily Chronicles B 6:15 Movie Night T	7 10:00 Its Yoga & Breathing T 11:00 Tony Washington Live Music. MCC 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B	8 10:00 Aromatherapy Game CR 11:00 5 Second Rule CR 2:00 Matinee Movie T 3:00 Wellness Center Seminar T 5:00 Daily Chronicles B 6:15 Bistro Card Games B	9 10:00 Coffee & Current Events B 11:00 Making Halloween Cookies B 2:00 Darts Competition B 3:00 Fun with Food B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	10 10:00 Gadgets and Gizmos B 11:00 Sunrise Fitness Kick T 2:00 Snack Crate B 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
11 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	12 Columbus DAY 10:00 Sit and Stretch w/ Tino T 10:30 Devotion L 11:00 Columbus Day Trivia and Puzzles CR 2:00 Columbus Day Doc T 3:00 BINGO DR 5:00 Daily Chronicles B	13 10:30 Sunrise BINGO DR 11:30 Wheel of Fortune B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Family Feud B 5:00 Daily Chronicles B 6:15 Movie Night T	14 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Cranium Crunches B 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Council B 5:00 Daily Chronicles B	15 10:00 Cards to Take CR 11:00 Resin Mold Madness CR 2:00 Matinee Movie T 2:30 Pictionary CR 3:30 Wellness center seminar T 5:00 Daily Chronicles B 6:15 Bistro Card Games B	16 10:00 Morning Painting Class B 11:00 Community Crossword B 2:00 Resin Mold Madness CR 3:00 Music with Tom Fisch MCC 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	17 10:00 Cranium Crunches B 11:00 Sunrise Fitness Kick T 2:00 Netflix Documentary T 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
18 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	19 10:00 Cardio Classic T 10:30 Devotion L 11:00 Netflix and More T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	20 10:30 Sunrise BINGO DR 11:30 Community Crossword B 2:00 Hydration Corner DR 2:30 Wellness Center Explore WC 3:30 Group WALK WD 5:00 Daily Chronicles B 6:15 Movie Night: T	21 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B	22 10:00 Hangman Group CR 11:00 Who What When? CR 2:00 Matinee Movie T 2:00 Door Decorating Contest B 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	23 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Halloween Figurine painting CR 3:00 Jewelry Making CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	24 10:00 Gadgets and Gizmos B 11:00 Sunrise Fitness Kick T 2:00 Grab Bag CR 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
25 9:30 Coffee/Muffins B 10:30 Church Service B 2:00 Crosswords B 3:00 Pampered Hands S 4:00 Daily Chronicles B	26 10:00 Sit and Stretch w/ Santino T 10:30 Devotion L 11:00 Arm Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	27 10:30 Sunrise BINGO DR 11:30 Brain Exercises B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Building WALK WD 5:00 Daily chronicles B 6:15 Movie Night: T	28 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Word Search and Brains CR 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Social B 5:00 Daily Chronicles B	29 10:00 Grab Bag CR 11:00 Who What When? CR 2:00 Matinee Movie T 2:00 Craft Time /Paint Time B 3:00 Halloween Costume Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	30 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Pumpkin Decorating B 3:00 Junk Drawer Detective B 4:00 Trunk or Treat FP 5:00 Daily Chronicles B 6:15 Movie Night: T	31 Halloween 10:00 Halloween Trivia & Ghoulish Candy B 11:00 Witches Brew Class/Dry ICE B 1:30 Pumpkin Carving B 3:30 BINGO DR 5:00 Movie Night Hocus Pocus T