

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:00 Church Services 10:00 Church Outing Cinema Classics 2:00, 4:00 & 7:45 1:00 Activity Outing 7:45 Honoring traditions – religion discussion	2 9:00 - 3:00 Doctors Appt. 9:00 Blood Pressure Screening 1:00 Sittercise 12:30 Whee with Wii 2:00 Pan Club 7:00 Poker Night 7:45 Healthy Aging Seminar	3 9:00 - 3:00 Doctors Appt. 10:00 Cultures of The World Class 10:30 Fitness Matters 11:30 Non-fiction Writers Workshop 11:30 Activity Forum 2:00 Water Aerobics 2:00 Bridge Club 5:00 Music Appreciation Class	4 9:30 - 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 1:00 Extended Mall Trip 2:00 Red Hat Society Meeting 7:30 Mahjong	5 9:00 - 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Current Events Discussion 1:00 Cards & Poker 4:30 Musical Interlude 5:00 Scrabble - Card Rm	6 9:00 - 10:30 Local Shopping 10:00 Heart Health 11:30 Art History Appreciation Class 2:00 Bridge/Mahjong 3:00 Poolside Tai Chi 7:45 Friday Night Service 7:45 Cash Bingo	7 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 3:00 Book Club 8:00 Showtime!	
8 10:00 Church Services 10:00 Church Outing 1:00 E-mailing 101 Class 1:00 Activity Outing 1:30 Mixed Bridge & Cards 3:00 Billiards	9 9:00 - 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 Floral Demo 1:00 Sittercise 2:00 Pan Club 5:00 Conversational Spanish Class 7:00 Poker Game	10 9:00 - 3:00 Doctors Appt. 9:30 Watercolor Painting Workshop 10:30 Fitness Matters 2:00 Water Aerobics 2:00 Bridge Club 7:45 Cinema Feature 7:45 Bingo	11 9:30 - 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 12:30 Matinee 1:00 Extended Mall Trip 2:00 Veteran's Club Mtg. 3:00 Billiards 5:00 Farmer's Market Outing	12 9:00 - 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Chef Chat 2:30 Health Lecture 3:00 Town Hall 4:30 Musical Interlude	13 9:00 - 10:30 Local Shopping 11:00 Non-Fiction Writers Workshop 2:00 Bridge/Mahjong 5:00 Musical Interlude 4:30 Resident Social 7:45 Friday Night Service	14 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 3:00 Book Club 8:00 Showtime!	
15 10:00 Church Services 10:00 Church Outing Cinema Classics 2:00, 4:00 & 7:45 1:00 Activity Outing 7:45 Tango First Century at Performing Arts Center	16 9:00 - 3:00 Doctors Appt. 9:00 Blood Pressure Screening 1:00 Sittercise 2:00 Flower Craft 2:00 Pan Club 7:00 Poker Game 7:45 Pop Culture Current Events Class	17 9:00 - 3:00 Doctors Appt. 10:30 Fitness Matters 12:00 Birthday Luncheon 2:00 Water Aerobics 2:00 Bridge Club 5:00 Music Appreciation 7:45 Cinema Feature	18 9:30 - 11:00 Local Shopping 11:00 Water Aerobics 11:00 Computer Class 1:00 Library Outing 1:00 Extended Mall Trip 5:00 Farmer's Market Outing 6:45 Twilight Soiree	19 9:00 - 3:00 Doctors Appt. 9:15 Walking Club 10:30 Fitness Matters 11:30 Matinee 1:30 Talent Show Rehearsal 4:30 Musical Interlude 7:45 Current Events	20 9:00 - 10:30 Local Shopping 2:00 Bridge/Mahjong 3:00 Billiards 5:00 Wine, Wisdom and Wit Happy Hour 7:45 Friday Night Service 7:45 Cash Bingo	21 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:30 Matinee Movies 1:00 Activity Outing 2:00 Cards & Games 3:00 Book Club 6:00 Winter Sake Tasting Outing 8:00 Showtime!	
22 10:00 Church Services 10:00 Church Outing 1:00 Activity Outing 3:00 Billiards 4:00 Afternoon Tea 5:00 Scrabble - Card Rm	23 9:00 - 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 E-mailing 101 Class 1:00 Sittercise 2:00 Pan Club 2:30 Whee with Wii 7:00 Poker Night	24 9:00 - 3:00 Doctors Appt. 10:30 Fitness Matters 1:00 Outing to Mall 2:00 Water Aerobics 3:00 2010 Theater Forum 5:00 Music Appreciation 7:45 Cinema Feature	25 9:30 - 11:00 Local Shopping 10:00 Hospital Aux. Mtg. 11:00 Water Aerobics 11:00 Computer Class 12:30 Bridge/Mahjong 5:00 Farmer's Market Outing 7:45 Outing to Art Gallery	26 9:00 - 3:00 Doctors Appt. 9:30 IntegraCare Walking Club 10:30 Fitness Matters 11:30 Cards & Poker 1:30 Talent Show Rehearsal 4:30 Musical Interlude	27 9:00 - 10:30 Local Shopping 11:00 E-mailing 101 Class 2:00 Bridge/Mahjong 5:00 Musical Interlude 4:30 Resident Social 7:45 Friday Night Service	28 7:00 Sunrise Tai Chi 9:30 Temple Outing 1:00 Activity Outing 1:30 Matinee Movies 2:00 Cards & Games 2:00 Kosher Tour 3:00 Book Club 8:00 Showtime!	
29 10:00 Church Services 10:00 Church Outing 1:00 Activity Outing 1:30 Mixed Bridge & Cards Cinema Classics 2:00, 4:00 & 7:45 3:00 Billiards 5:00 Scrabble - Card Rm	30 9:00 - 3:00 Doctors Appt. 9:00 Blood Pressure Screening 11:00 Comparison of the News Media Class 1:00 Sittercise 2:00 Pan Club 2:30 Whee with Wii 7:00 Poker Night	31 9:00 - 3:00 Doctors Appt. 10:30 Fitness Matters 1:00 Outing to Mall 2:00 Water Aerobics 5:00 Tribute to Gershwin 7:45 Improv	Book of the Month "NOT ME: A NOVEL" By Michael Lavigne			TRANSPORTATION SCHEDULE Monday 9:00 a.m. - 3:00 p.m. - Physicians, Dentists and Health Care Providers Tuesday 9:00 a.m. - 3:00 p.m. - Physicians, Dentists and Health Care Providers 1:00 p.m. - Mall Wednesday 9:30 a.m. - 11:00 a.m. - Local Shopping 1:00 p.m. - Extended Mall Trip Thursday 9:00 a.m. - 3:00 p.m. - Physicians, Dentists and Health Care Providers Friday 9:00 a.m. - 10:30 a.m. - Local Shopping 1:00 p.m. - Activity Outing Saturday 9:30 a.m. - Temple 1:00 p.m. - Activity Outing Sunday 10:00 a.m. - Church 1:00 p.m. - Activity Outing	