

# November 2019 Sunrise View Retirement Villa / Assisted Living Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Who Am I? Contest</b> See details on the "Who Am I?" sheet, which is located at the Leisure Service Office every Sunday	Please check the daily activity schedules for changes.	<u>Activity Locations</u> C = Convalescent Center D = Dining Room G = Gazebo L = Lobby V = View Lounge (3rd floor) S = Sunrise Lounge (room 304) <u>Underlined Activities Require Reservations</u>	<b>Bus Service Reminder</b> Please empty out your baskets/carriers before using the Bus Service	<u>Massage Therapy Available</u> \$13 for 15min \$25 for 1/2hr Contact Kimberly for Appt. 425-356-2127	<b>1 Crack the Code</b> <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:30 Dear Abby -S 2:45 Wii Bowling -D 3:00 Happy Hour-L Blue Friday	<b>2 Boggle Board</b> 9:30 Bingo-D 10:45 Health Insurance Symposium-D 1:30 "31" Card Game-V 2:15 Sing Along-C 3:00 Wii Bowling-D
<b>3 Who Am I</b> 9:30 Bingo-D 1:05 Seahawks vs TB 2:30 Spiritual Music CD-C 3:00 Church Service w/ Steve-C 6:15 Netflix Movie-V Daylight Savings Ends	<b>4 Maze Craze</b> <u>8:45 Bus Service-North</u> 9:00 Sit & Be Fit-D 10:30 Piano music w/ Anita-D 1:00 Fact or Fiction-S 3:30 Uno-S	<b>5 Election Day</b> 9:30 Bingo-D 10:30 Sunrise Store-3rd Floor 11:00 Tai Chi w/Carol-D 1:30 Wii Bowling-V 2:30 Country Music-D 6:15 Dominoes-V	<b>6</b> <u>8:45 Bus Service N&amp;S</u> 9:00 Mending-V 9:00 Sit & Be Fit-D 10:20-1:00 Massages 1:30 Ante Up Game-V 3:00 Pumpkin Latte-L	<b>7</b> 9:00 Sit & Be Fit -D 9:30 Hidden Picture-D 10:00 Project Linus-D 2:00 Blood Press. & Wt. 2:00 Music w/ Sandra-C 2:00 Wii Bowling-V 3:30 Pet Visits W/Abby & Benson	<b>8 Crack the Code</b> <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:30 Dear Abby -S 2:45 Wii Bowling -D 3:00 Happy Hour -L	<b>9 Boggle Board</b> 9:30 Bingo-D 10:45 Coffee Klatch-D 1:30 "31" Card Game-S 2:15 Spiritual Songs & Fellowship-C 2:45 Wii Bowling-D
<b>10 Who Am I</b> 9:30 Bingo -D 2:30 Spiritual Music CD-C 3:00 Church Service with First Baptist -C 6:15 Netflix Movie -V	<b>11 Veterans Day</b> Maze Craze <u>8:45 Bus Service-North</u> 9:00 Sit & Be Fit-D 10:30 Piano Music w/ Karen-D 1:30 Fact or Fiction-S 2:45 Uno-S 5:15 Seahawks vs SF	<b>12</b> 9:30 Sit & Be Fit-D 10:00 Carol Presents her African Safari Trip-D 2:00 Bingo-D 3:15 Wii Bowling-V 6:15 Dominoes-V	<b>13</b> <u>8:45 Bus Service N&amp;S</u> 9:00 Sit & Be Fit-D 2:30 Music w/ Michael-D 3:45 Pumpkin Latte-L Bingo Fundraiser	<b>14</b> 9:00 Sit & Be Fit-D 9:30 Hidden Picture-D 10:00 Taste of Sunrise-D 2:00 Blood Press. & Wt. 2:15 Wii Bowling-D 3:30 Pet Visits with Abby & Benson-L	<b>15 Crack the Code</b> <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:30 Dear Abby -S 2:45 Wii Bowling -D 3:00 Happy Hour -L	<b>16 Boggle Board</b> 9:30 Bingo-D 10:45 Coffee Klatch-D 1:30 "31" Card Game-V 2:15 Sing Along-C 3:00 Wii Bowling-D
<b>17 Who Am I</b> 9:30 Bingo -D 2:30 Spiritual Music CD -C 3:00 Church Service w/ Mildred & Audrey -C 6:15 Netflix Movie -V	<b>18 Maze Craze</b> <u>8:45 Bus Service-North</u> 9:00 Sit & Be Fit-D 10:30 Piano music w/ Anita-D 1:30 Fact or Fiction-S 2:45 Uno-S	<b>19</b> 10:30 "31" Card Game-D 11:00 Tai Chi w/Carol-D 2:00 Bingo-D 3:15 Wii Bowling-D 3:30 Apples to Apples-V 6:15 Dominoes-V	<b>20</b> <u>8:45 Bus Service -N&amp;S</u> 9:00 Sit & Be Fit-D 10:20-1:00 Massages 3:00 Sally & The Boys Dogs Show-D	<b>21</b> 9:00 Sit & Be Fit-D 9:30 Hidden Picture-D 10:00 Project Linus-D 11-1:30 Paparazzi Jewelry-L 2:00 Blood Press. & Wt. 2:00 Music w/ Sandra-D 2:15 Wii Bowling-V 3:30 Pet Visits W/Abby & Benson	<b>22 Crack the Code</b> <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:30 Dear Abby -S 2:45 Wii Bowling -D 3:00 Happy Hour -L Blue Friday	<b>23 Boggle Board</b> 9:30 Bingo-D 10:45 Aroma Therapy w/ Fatou-D 1:30 "31" Card Game-S 2:45 Sing Along-C 2:45 Wii Bowling-D
<b>24 Who Am I</b> 9:30 Bingo -D 2:30 Spiritual Music CD-C 3:00 Church Service w/ Tom-C 5:20 Seahawks vs PHI 6:15 Netflix Movie -V	<b>25 Maze Craze</b> <u>8:45 Bus Service-North</u> 9:00 Sit & Be Fit-D 10:30 Piano Music with Karen-D 1:30 Fact or Fiction-S 2:45 Uno-S	<b>26 9-4 Homemade Quilts, Tree Skirts, Pillows +more sale</b> 10:00 Book Club-D 11:00 Tai Chi w/Carol-D 2:00 Bingo-D 3:15 Wii Bowling-D 3:30 Apples to Apples-V 6:15 Dominoes-V	<b>27</b> <u>8:45 Bus Service -N&amp;S</u> 9:00 Sit & Be Fit-D 2:30 Music w/ Jon-D 3:45 Pumpkin Latte-L	<b>28</b> Thanksgiving	<b>29 Crack the Code</b> <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:30 Dear Abby -S 2:45 Wii Bowling -D 3:00 Happy Hour -L Blue Friday Apple Cup 1:00pm	<b>30 Boggle Board</b> 9:30 Bingo-D 10:45 Coffee Klatch-D 1:30 "31" Card Game-S 2:15 Sing Along-C 2:45 Wii Bowling-D