

September 2019

Sunrise View Retirement Villa / Assisted Living Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Bingo -D 2:30 Spiritual Music CD -C 3:00 Church Service with Steve -C 6:15 Netflix Movie -V	2 Labor Day Maze Craze 10:30 Labor Day Bingo-C 1:30 Wii Bowling (D) 3:30 Root Beer Floats (C)	3 9:00 Sit & Be Fit -D 9:45 Bingo -D <u>1:30 Wii Bowling -V</u> 2:30 Old Time Country Music -D 6:15 Dominoes -V	4 <u>8:45 Bus Service N&S</u> 9:00 Sit & Be Fit -D 10:30 "31" Game -D 1:30 Ante Up Game-V 3:00 Caramel Popcorn-L	5 9:00 Sit & Be Fit -D 9:30 Hidden Picture -D 10:00 Project Linus -S 2:00 Blood Press. & Wt. 2:00 Music w/ Sandra -D <u>2:15 Wii Bowling -V</u> 3:30 Pet Visits	6 Crack the Code <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:15 Bocce Ball -D 11:15 Bible Study -C 1:00 Dear Abby -S 3:30 Happy Hour-L Blue Friday	7 Boggle Board 9:30 Bingo -D 1:45 Wii Bowling -D 2:15 Sing Along -C
8 Grandparent Day 9:30 Bingo -D 1:05 Seahawks vs CIN 2:30 Spiritual Music CD-C 3:00 Church Service with First Baptist -C 6:15 Netflix Movie -V <i>National Assisted Living Week</i>	9 Maze Craze <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 Create a Seahawks	10 10:30 Sunrise Store - 3rd Floor 11:00 Tai Chi w/Carol-D 2:00 Bingo -D <u>3:15 Wii Bowling -D</u> 6:30 Community Campfire w/Bob & Bruce-G	11 Patriot Day Resident Artist Show-L <u>8:45 Bus Service N&S</u> 9:00 Sit & Be Fit -D <u>10-12 Seated Massage-V</u> 10:30 "31" Game -D 2:30 Music w/ Lee-D 3:45 Caramel Popcorn-L Bingo Fundraiser	12 9:00 Sit & Be Fit -D 9:30 Hidden Picture -D 10:00 Project Linus -S 2:00 Blood Press. & Wt. <u>2:15 Wii Bowling -D</u> 3:30 Pet Visits with Abby & Benson -L	13 Crack the Code <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 9:15 Visits w/ Sadie Miniature Horse-L 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	14 Boggle Board 9:30 Bingo -D 10:45 Coffee Klatch -D <u>1:30 Scenic Drive</u> 2:15 Spiritual Songs & Fellowship -C 2:45 Wii Bowling -D
15 9:30 Bingo -D 10:00 Seahawks vs PIT 2:30 Spiritual Music CD -C 3:00 Church Service w/ Mildred & Audrey -C 6:15 Netflix Movie -V	16 Maze Craze <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 1:30 Fact or Fiction -S 2:45 Dirty Bingo-S	17 9:45 Bingo-D 11:00 Tai Chi w/Carol-D 2:30 Stilly Singers-D <u>3:15 Wii Bowling-V</u> 6:15 Dominoes-V	18 <u>8:45 Bus Service N&S</u> 9:00 Sit & Be Fit -D 10:30 "31" Card Game -D 2:00 Book Club-D 3:00 Caramel Popcorn-L	19 9:00 Sit & Be Fit -D 9:30 Hidden Picture -D 10:00 Project Linus -S 2:00 Blood Press. & Wt. 2:00 Music w/ Sandra -D <u>2:15 Wii Bowling -V</u> 3:30 Pet Visits with	20 Crack the Code <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	21 Boggle Board 9:30 Bingo -D 10:45 Coffee Klatch -D <u>1:30 Scenic Drive</u> 2:15 Sing Along -C 3:00 Wii Bowling -D
22 9:30 Bingo -D 1:25 Seahawks vs NO 2:30 Spiritual Music CD-C 3:00 Church Service with Tom -C 6:15 Netflix Movie -V	23 Autumn Begins Maze Craze <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 10:30 Piano Music with Karen-D	24 11:00 Tai Chi w/Carol-D 2:00 Bingo -D <u>3:15 Wii Bowling -D</u> 3:30 Apples to Apples-S 6:15 Dominoes -V	25 <u>8:45 Bus Service -N&S</u> 9:00 Sit & Be Fit -D <u>10:20-1 Seated Massage-V</u> 10:30 "31" Card Game-D 2:30 Music w/ Dean-D 3:45 Caramel Popcorn-L	26 9:00 Sit & Be Fit -D 9:30 Hidden Picture -D 10:00 Project Linus -S 2:00 Blood Press. & Wt. <u>2:15 Wii Bowling -V</u> 3:30 Pet Visits with Abby & Benson -L	27 Crack the Code <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	28 Boggle Board 9:30 Bingo -D 10:45 Coffee Klatch -D 1:30 "31" Card Game -S 2:30 Sing Along -C 2:45 Wii Bowling -D
29 9:30 Bingo -D 1:05 Seahawks vs AZ 2:30 Spiritual Music CD -C 3:00 Church Service with Steve -C 6:15 Netflix Movie -V	30 Maze Craze <u>8:45 Bus Service -North</u> 9:00 Sit & Be Fit -D 1:30 Fact or Fiction -S 2:45 Uno-S	<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>	Please check the daily activity schedules for changes.	CELL PHONES Please do not talk on phones and remember to turn ringer down while attending group activities.	Bus Service Reminder 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