


October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LOCATION Activity Room (AR) Centerview 3rd Floor Lounge (C3FL) Centerview Lounge (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Gazebo (G) Learning Center (LC) Library (L) Northridge 2nd FL lounge (N2FL) Oasis Parking lot (OPL) Pool (P) Prayer Garden (PG) Private Dining Room (PDR)	8:00am 🌱 Sunrise Strolls (PG) 1 9:00am 💧 Water Fitness (P) 10:00am ❤️ New! Music & Melodies (AR) 10:00am ☕ Coffee & Crosswords (GC) 11:00am 🌱 Fitness Challenge Prep (AR) 12:15pm 🎮 Wii Bowling (AR) 1:30pm 🎰 Pick A Prize Bingo (AR) 2:00pm ⛪ GriefShare (PDR) 3:00pm ⛪ Hope Looks Up Bible Study (AR) 6:00pm 🦶 Hand & Foot (AR)	8:00am 🌱 Sunrise Strolls (PG) 2 9:00am 🧘 Senior Fit Class (Balance Fitness) (AR) 10:00am ⛪ Bible Study (AR) 11:00am 🍞 Breaking Bread (AR) 11:00am 🌱 Gym Basics (FC) 11:30am 🛒 Shopping: Fry's 10% Off 1:00pm 🌱 Fresh Air Fitness (PG) 1:30pm 🏦 Bank Run 1:30pm 🛒 Shopping: Fry's 10% Off 2:30pm 💬 Activity Chat (AR) 6:00pm 🎲 Bunco (AR)	8:00am 🎯 Cornhole (AR) 3 8:00am 🌱 Sunrise Strolls (PG) 9:00am 💧 Water Fitness (P) 10:30am ❤️ Price is Right (AR) 11:00am 🗣️ FSU: I'm Feeling Blue Class (LC) 11:00am ⛪ Working Hands (C3FL) 11:30am 🌱 "Move to the Beat" Chair Exercise with Kelley (AR) 2:00pm 🗣️ FSU: Visit Pompeii & Herculaneum (AR) 2:00pm 🌱 Wellness Wisdom with Ben (L)	8:00am 🌱 Sunrise Strolls (PG) 4 9:00am 🧘 Senior Fit Class (Stretch 2 Relax) (AR) 9:00am 📬 Post Office 9:30am 🧘 Balance and Stretch (AR) 10:00am 🛒 Shopping: Safeway, Walgreens or CVS 12:30pm 🎲 LCR (AR) 1:30pm 🛒 Shopping: Dollar Tree 2:00pm 💃 Dancing Divas & Dudes (AR) 6:00pm 🌉 Bridge (AR)	9:00am 🗡️ Axe Throwing & Horse Shoes! (AR) 5 10:30am 🎰 Bingo (AR) 12:00pm 🎲 Rummikub (AR) 2:00pm 🎨 Colorful Creations with Katy! (L) 3:00pm 🎯 Cornhole (FC) 6:00pm 🎲 Game Night (GC)	
	⛪ Speaker- Pastor Len Fleming 3:00pm 🕊️ Worship Hour (AR) 6	8:00am 🌱 Sunrise Strolls (PG) 7 9:00am 🛒 Shopping: Fry's 9:00am 🧘 Senior Fit Class (Core Builders) (AR) 9:30am 🧘 Balance and Stretch (AR) 11:30am 🧘 Chair Yoga with Kelley (AR) 1:00pm 🎮 Farkle! (CL) 1:30pm 🛒 Shopping: Fry's 2:00pm ⛪ Catholic Communion Service (AR) 2:00pm 🕊️ Catholic Mass (AR) 2:30pm 🕊️ Rosary (AR) 6:00pm 🎰 Bingo (AR)	8:00am 🌱 Sunrise Strolls (PG) 8 9:00am 💧 Water Fitness (P) 10:00am ❤️ New! Music & Melodies (AR) 10:00am 💄 Mary K Cosmetics (GC) 11:00am 🌱 Fitness Challenge Prep (AR) 12:15pm 🎮 Wii Bowling (AR) 1:30pm 🎰 Pick A Prize Bingo (AR) 2:00pm ⛪ GriefShare (PDR) 3:00pm ⛪ Hope Looks Up Bible Study (AR) 6:00pm 🦶 Hand & Foot (AR)	7:30am 🍳 Men's Breakfast (DR) 9 8:00am 🌱 Sunrise Strolls (PG) 9:00am 🧘 Senior Fit Class (Balance Fitness) (AR) 10:00am ⛪ Bible Study (AR) 11:00am 🍞 Breaking Bread (AR) 11:00am 🌱 Gym Basics (FC) 1:00pm 🌱 Fresh Air Fitness (PG) 1:30pm 🏦 Bank Run 1:30pm 🛒 Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 2:30pm 🎬 Movie Matinee: Rudy (AR) 6:00pm 🎲 Bunco (AR)	8:00am 🌱 Sunrise Strolls (PG) 10 9:00am 💧 Water Fitness (P) 9:00am 🏥 COVID Clinic (L) 9:00am 👗 New Image Fashion Boutique (AR) 11:00am 🗣️ FSU: I'm Feeling Blue Class (LC) 11:00am ⛪ Working Hands (C3FL) 2:00pm 🌱 Wellness Wisdom with Ben (L) 6:00pm 🎭 Evening Entertainment: Sosco Duo (AR)	8:00am 🌱 Sunrise Strolls (PG) 11 9:00am 🧘 Senior Fit Class (Stretch 2 Relax) (AR) 9:30am 🧘 Balance and Stretch (AR) 10:00am 🛒 Shopping: Safeway, Walgreens or CVS 12:30pm 🎲 LCR (AR) 2:00pm 💃 Dancing Divas & Dudes (AR) 3:00pm 🍷 Happy Hour - Spicy Pear Martini!* (L) 6:00pm 🌉 Bridge (AR)	9:00am 🗡️ Axe Throwing & Horse Shoes! (AR) 12 10:30am 🎰 Bingo (AR) 12:00pm 🎲 Rummikub (AR) 2:00pm 🎨 Colorful Creations with Katy! (L) 2:30pm 🍷 Ice Cream Sandwich Social! * (GC) 3:00pm 🍷 Outing: Lake Pleasant Cruise \$35 3:00pm 🎯 Cornhole (FC) 6:00pm 🎲 Game Night (GC)
	⛪ Speaker-Chaplain Lee Spivey 3:00pm 🕊️ Worship Hour (AR) 13	8:00am 🌱 Sunrise Strolls (PG) 14 9:00am 🛒 Shopping: Fry's 9:00am 🧘 Senior Fit Class (Core Builders) (AR) 9:30am 🧘 Balance and Stretch (AR) 10:00am 🩺 Blood Pressure Clinic (CL) 11:00am 🍷 R.O.M.E.O. Club- Buffalo Wild Wings 11:30am 🧘 Chair Yoga with Kelley (AR) 1:00pm 🎮 Farkle! (CL) 1:30pm 🛒 Shopping: Fry's 2:00pm ⛪ Catholic Communion Service (AR) 2:30pm 🕊️ Rosary (AR) 6:00pm 🎰 Bingo (AR)	8:00am 🌱 Sunrise Strolls (PG) 15 9:00am 💧 Water Fitness (P) 10:00am ❤️ New! Music & Melodies (AR) 10:00am ☕ Coffee & Crosswords (GC) 11:00am 🌱 Fitness Challenge Prep (AR) 11:30am 🛍️ Avon (GC) 12:15pm 🎮 Wii Bowling (AR) 1:30pm 🎰 Pick A Prize Bingo (AR) 2:00pm ⛪ GriefShare (PDR) 3:00pm ⛪ Hope Looks Up Bible Study (AR) 6:00pm 🦶 Hand & Foot (AR)	8:00am 🌱 Sunrise Strolls (PG) 16 9:00am 🧘 Senior Fit Class (Balance Fitness) (AR) 10:00am ⛪ Bible Study (AR) 11:00am 🍞 Breaking Bread (AR) 11:00am 🌱 Gym Basics (FC) 11:00am 📖 Cholla Library (Metrocenter) 1:00pm 🌱 Fresh Air Fitness (PG) 1:00pm 🧵 Mending and Sewing Repair Pick-Up (AR) 1:30pm 🏦 Bank Run 2:30pm 🌱 Low Vision Group (N2FL) 6:00pm 🎲 Bunco (AR)	8:00am 🎯 Cornhole (AR) 17 8:00am 🌱 Sunrise Strolls (PG) 9:00am 💧 Water Fitness (P) 10:00am 🐾 Vet to Vet (AR) 11:00am 🏈 Tailgates & Touchdowns Party! (OPL) 11:00am 🗣️ FSU: I'm Feeling Blue Class (LC) 11:00am ⛪ Working Hands (C3FL) 11:30am 🌱 "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm 🌱 Medicare & ALTCS Informational Meeting (AR) 2:00pm 🌱 Wellness Wisdom with Ben (L) 3:00pm 🍷 Making Mason Jar Lanterns with Katy! (Limit 12)* (AR)	8:00am 🌱 Sunrise Strolls (PG) 18 9:00am 🧘 Senior Fit Class (Stretch 2 Relax) (AR) 9:00am 📬 Post Office 9:30am 🧘 Balance and Stretch (AR) 10:00am 🛒 Shopping: Safeway, Walgreens or CVS 11:00am 🎂 Birthday Luncheon (invite Only) (AR) 12:30pm 🎲 LCR (AR) 1:30pm 🛒 Shopping: Target or Sprouts 2:00pm 💃 Dancing Divas & Dudes (AR) 3:00pm 🧑 Caregiver Support Group (L) 6:00pm 🌉 Bridge (AR)	9:00am 🗡️ Axe Throwing & Horse Shoes! (AR) 19 10:30am 🎰 Bingo (AR) 12:00pm 🎲 Rummikub (AR) 2:00pm 🎨 Colorful Creations with Katy! (L) 2:30pm 🎬 Classic Cinema: Brian's Song (AR) 3:00pm 🎯 Cornhole (FC) 5:45pm 🍷 North Valley Symphony 6:00pm 🎲 Game Night (GC)

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> Speaker- 20 Chaplain Tom Haney 3:00pm Worship Hour (AR)</p>	<p>8:00am Sunrise 21 Strolls (PG) 9:00am Shopping: Fry's 9:00am Senior Fit Class (Core Builders) (AR) 9:30am Balance and Stretch (AR) 10:18am New Neighbors Meet 'n Greet (GC) 11:30am Chair Yoga with Kelley (AR) 1:00pm Farkle! (CL) 1:30pm Shopping: Fry's 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 3:00pm Book Club Meeting (L) 6:00pm Bingo (AR)</p>	<p>8:00am Sunrise 22 Strolls (PG) 9:00am Water Fitness (P) 10:00am New! Music & Melodies (AR) 11:00am Fitness Challenge Prep (AR) 12:15pm Wii Bowling (AR) 1:30pm Pick A Prize Bingo (AR) 2:00pm GriefShare (PDR) 3:00pm Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)</p>	<p>8:00am Sunrise 23 Strolls (PG) 9:00am Senior Fit Class (Balance Fitness) (AR) 10:00am Bible Study (AR) 11:00am Breaking Bread (AR) 11:00am Gym Basics (FC) 1:00pm Fresh Air Fitness (PG) 1:30pm Bank Run 1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 2:00pm My Trash, Your Treasure (AR) 6:00pm Bunco (AR)</p>	<p>8:00am Cornhole (AR) 24 8:00am Sunrise Strolls (PG) 9:00am Water Fitness (P) 10:00am Horse Races (AR) 11:00am FSU: I'm Feeling Blue Class (LC) 11:00am Working Hands (C3FL) 11:30am New Resident's Luncheon (DR) 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 2:00pm Wellness Wisdom with Ben (L) 2:00pm Crafts with Teresa! (Limit 10)* (AR) 3:30pm Dinner Out: Black Angus</p>	<p>8:00am Sunrise 25 Strolls (PG) 9:00am Senior Fit Class (Stretch 2 Relax) (AR) 9:30am Balance and Stretch (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm LCR (AR) 2:00pm Dancing Divas & Dudes (AR) 6:00pm Homecoming Dance with Sam & Josh Stefanski (DR) 6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing & Horse Shoes! (AR) 26 10:30am Bingo (AR) 12:00pm Rummikub (AR) 2:00pm Colorful Creations with Katy! (L) 2:30pm Ice Cream Sandwich Social! * (GC) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)</p>
<p> Speaker- 27 Doug Prudhomme 3:00pm Worship Hour (AR)</p>	<p>8:00am Sunrise 28 Strolls (PG) 9:00am Shopping: Fry's 9:00am Senior Fit Class (Core Builders) (AR) 9:30am Balance and Stretch (AR) 11:00am Lunch Outing- Skewers Mediterranean Grill 11:30am Chair Yoga with Kelley (AR) 1:00pm Farkle! (CL) 1:30pm Shopping: Fry's 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)</p>	<p>8:00am Sunrise 29 Strolls (PG) 9:00am Water Fitness (P) 9:30am Paparazzi Jewelry Everything \$5 (GC) 10:00am New! Music & Melodies (AR) 10:00am Coffee & Crosswords (GC) 11:00am Fitness Challenge Prep (AR) 12:15pm Wii Bowling (AR) 1:30pm Pick A Prize Bingo (AR) 2:00pm GriefShare (PDR) 3:00pm Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)</p>	<p>8:00am Sunrise 30 Strolls (PG) 9:00am Senior Fit Class (Balance Fitness) (AR) 10:00am Bible Study (AR) 11:00am Breaking Bread (AR) 11:00am Gym Basics (FC) 1:00pm Fresh Air Fitness (PG) 1:30pm Bank Run 2:30pm HalloWine Wednesday!* (G) 6:00pm Bunco (AR)</p>	<p>8:00am Cornhole (AR) 31 8:00am Sunrise Strolls (PG) 9:00am Water Fitness (P) 10:00am FSU Class: The Game of Football with Griff (AR) 11:00am FSU: I'm Feeling Blue Class (LC) 11:00am Working Hands (C3FL) 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 2:00pm Wellness Wisdom with Ben (L) 2:30pm Spooktacular Halloween Bash!* (AR)</p>	<p>ACTIVITY LEGEND Heart Body Mind Spirit</p>	