


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 The new standard in excellence.	525 W Elk Ave. Glendale, CA 91204 (818) 245-6378	AE Artistic Expression CE Continuing Educations LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	9:45 PE Morning Stretch [MC] 1 11:00 LL Table Games [MC] 11:30 SS Devotional & Prayer [A] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	9:45 PE Morning Stretch [MC] 2 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	9:45 PE Morning Stretch [MC] 3 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:00 PE Saturday Stretch 4 10:30 Fur Friends Pet Visit [P] 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
9:45 PE Morning Stretch [MC] 5 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Table Games [MC] 2:00 LL Board Games & Cards [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	Labor Day Rosh Hashana begins at Sundown 9:45 PE Morning Stretch [MC] 11:00 Holiday Sing-A-Long w/Larry Evans 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 7 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 8 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	9:45 PE Morning Stretch [MC] 9 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	9:00 PE Morning Stretch [MC] 10 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:00 PE Saturday Stretch 11 10:30 AE Nostalgia TV 11:00 LL Table Games [MC] 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
9:00 PE Morning Stretch [MC] 12 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Table Games [MC] 2:00 LL Board Games & Cards [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:00 PE Morning Stretch [MC] 13 11:00 LL Table Games [MC] 2:00 AE Sing-A-Long [MC] 2:00 LL Sing-A-Long W/Judy Kjos 6:30 LL Movie & Popcorn	9:00 PE Morning Stretch [MC] 14 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 1:30 LL Taste & Tell [MC] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]	Yom Kippur Begins at Sunset 9:00 PE Morning Stretch [MC] 15 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	Yom Kippur Ends at Nightfall 9:00 PE Morning Stretch [MC] 16 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	9:00 PE Morning Stretch [MC] 17 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:00 PE Saturday Stretch 18 10:30 Fur Friends Pet Visit 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
9:00 PE Morning Stretch [MC] 19 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Table Games [MC] 2:00 LL Board Games & Cards [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:00 PE Morning Stretch [MC] 20 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:00 PE Morning Stretch [MC] 21 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]	9:00 PE Morning Stretch [MC] 22 11:00 LL Live Piano w/Larry Evans 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	9:00 PE Morning Stretch [MC] 23 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	9:00 PE Morning Stretch [MC] 24 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social W/Francesca Sola [B] 6:30 LL Games & Puzzles	9:00 PE Saturday Stretch 25 10:30 AE Nostalgia TV 11:00 LL Table Games [MC] 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
9:00 PE Morning Stretch [MC] 26 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Table Games [MC] 2:00 LL Board Games & Cards [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:00 PE Morning Stretch [MC] 27 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 1:30 LL Taste & Tell w/Chef Jonathan 2:00 AE Sing-A-Long [MC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:00 PE Morning Stretch [MC] 28 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]	9:00 PE Morning Stretch [MC] 29 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	9:00 PE Morning Stretch [MC] 30 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	<p style="text-align: center;">Location Keys</p> Activities Room, 1st Floor A Bistro, 1st Floor B Demo Kitchen, 5th Floor DK Fitness Center, 3rd Floor FC Memory Care, 2nd Floor MC Patio, 1st Floor P	

Healthy Snacks & Hydration offered throughout each day!