



January 2019 Solstice Senior Living at Plano

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ★ Catholic Worship Service [Chp]</p> <p>10:30 Exercise - Stronger Seniors [Act]</p> <p>11:30 Joyful Noise [DR]</p> <p>12:00 Sit and Stretch [DR]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>3:00 Sports Night [Act]</p> <p>4:30 Billiards with Manager [ML]</p> <p>7:00 Movie & Popcorn - Resident's Choice [Th]</p>	<p>9:00 ★ Erands/Walmart: Please Sign Up [ML]</p> <p>9:00 Stretch & Strength - Act [Rm]</p> <p>10:30 Bible Study led by Jim Kemmler [Act]</p> <p>11:30 Sunshine Walkers [ML]</p> <p>12:00 Sit and Be fit [Act]</p> <p>2:00 Coin Bingo - Act Rm</p> <p>4:00 Categories [Act]</p> <p>6:30 Games and Things [GR]</p> <p>7:00 Dominoes - Act Rm</p>	<p>9:00 Dr. Appts - Please Sign up [ML]</p> <p>9:00 Fitness after Story-Act Rm [Act]</p> <p>10:00 Taste of another Culture [Act]</p> <p>11:30 Mental Exercises [Act]</p> <p>12:00 Oneday Video [ML]</p> <p>1:30 Sit and Stretch [DR]</p> <p>2:00 Sing-A-Long [ML]</p> <p>3:30 Let Sleeping Dogs Lie [Act]</p> <p>4:00 Pen Pal Group [Act]</p> <p>4:30 New Years Party [Act]</p> <p>7:00 Discover your Seniors [Act]</p> <p>7:00 Movie & Popcorn [Th]</p>	<p>9:00 Sit & Be Fit Exercise-Act Rm</p> <p>10:00 Chair Yoga [Act]</p> <p>10:30 Line Dancing [Act]</p> <p>11:00 Concentration Puzzles</p> <p>12:00 Sit and Stretch [DR]</p> <p>2:00 Coin Bingo [DR]</p> <p>3:00 Arts and Crafts [Act]</p> <p>6:30 Games and Things [GR]</p>	<p>9:00 Carter Eye Center (please sign up) [Act]</p> <p>9:15 Lynda's Movement Fun: Grace Health-Act Room</p> <p>10:00 Baking with Meme [Act]</p> <p>10:00 Trivia [Act]</p> <p>12:00 Sit and Stretch [DR]</p> <p>1:30 Will Go!ing League [ML]</p> <p>2:30 Active Meeting [Act]</p> <p>3:30 Merry Mentors Club</p> <p>4:30 Sunshine Walkers Club</p> <p>7:00 Movie & Popcorn TV [Th]</p>	<p>9:00 Lynda's Movement Fun [Act]</p> <p>11:30 Oneday Video [ML]</p> <p>12:00 Will Bowling League [Act]</p> <p>2:00 Sit and Stretch [DR]</p> <p>2:30 Catholic Resery [Chp]</p> <p>3:00 Technology Class [ML]</p> <p>3:30 Puzzle Time</p> <p>4:30 Grace Home Health Wine Social [Act]</p> <p>6:30 Fashion "Fogs" Through The Ages [DR]</p> <p>7:00 Games and Things [GR]</p> <p>7:00 Dominoes - Act Rm</p>	<p>9:00 Exercise can beat Arthritis [Act]</p> <p>10:00 Donut Social-Act Rm</p> <p>10:30 Hidden Picture (Brain Game) [Act]</p> <p>11:30 Writing Club [ML]</p> <p>12:00 Sit and Stretch [DR]</p> <p>2:00 Learn for Love Hat Making</p> <p>3:00 Candy Bingo-Act Rm</p> <p>3:30 Around the World Centrepieces [Act]</p> <p>4:30 Merry Mentors [Act]</p> <p>7:00 Arts n Crafts [Act]</p> <p>7:00 Movie & Popcorn Night-Resident Choice [Th]</p>
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Location Keys	Act	Th
Activity Room	Act	Th
Atium	Atr	Th
Chapel	Chp	Th
Dining Room	DR	Th
Game Room	GR	Th
Meet in Lobby	ML	Th
Theater Room	Thr	Th

Resident Birthdays	1/1	1/23	1/27	1/28	1/28	1/28
Mary P	1/1					
Goddie W.		1/23				
Joan T.			1/27			
Jacqueline C.				1/28		
Ermett M.					1/28	
Lee R.						1/28
Theima A.						1/31