

	BE VIBRANT. BE YOU.				Solstice Senior Living at Santa Rosa	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOLSTICE SENIOR LIVING AT SANTA ROSA	3585 Round Barn Blvd Santa Rosa, CA 95403 707-578-8400	Location Keys Craft Room C Dining Room D The Commons Lounge CL	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Canada Day Trivia Packet 3:30 Happy Hour Cart 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Needlecraft 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 2:45 Refreshment Cart 3:45 Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 F Animal Kingdom 6:00 Evening Walk	Independence Day 9:00 Morning News 10:00 Morning Walk 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 2:30 Declaration Of Independence Trivia 3:45 Fire Cracker Radio BINGO 4:00 Independence Day History 6:00 Evening Walk
9:00 Morning News 10:00 Morning Walk 10:00 Sunday Devotional 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 3:00 Hidden Word Search 3:30 Meet your neighbors Penpal Letters 4:00 Resident Choice 6:00 Evening Walk	9:00 Morning News 9:00 Residents Council [CL] 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:00 Corner Store Open 1-3pm 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Poetry 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 10:30 Activities Meeting [C] 11:00 Activities Meeting [C] 11:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:45 Red, White & Blue Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Happy Hour Cart 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Needlecraft 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 2:45 Refreshment Cart 3:45 Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 F Animal Kingdom 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 10:30 Ukulele Class 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 2:30 Musical Memories 2:45 Refreshment Cart 3:45 Radio BINGO 4:00 Writer's Workshop 6:00 Evening Walk
9:00 Morning News 10:00 Morning Walk 10:00 Sunday Devotional 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 3:00 Hidden Word Search 3:30 Meet your neighbors Penpal Letters 4:00 Resident Choice 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:00 Corner Store Open 1-3pm 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Poetry 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Creative Expressions 1:30 Meet Chef Alexandria: Food for Thought Meeting [CL] 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:45 Hat Day Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk — Activities Meeting [C] 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Happy Hour Cart 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Needlecraft 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 2:45 Refreshment Cart 3:45 Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 F Animal Kingdom 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 2:30 Musical Memories 2:45 Refreshment Cart 3:45 Radio BINGO 4:00 Writer's Workshop 6:00 Evening Walk
9:00 Morning News 10:00 Morning Walk 10:00 Sunday Devotional 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 3:00 Hidden Word Search 3:30 Meet your neighbors Penpal Letters 4:00 Resident Choice 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:00 Corner Store Open 1-3pm 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Poetry 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Creative Expressions 1:30 Residents/Managers Meeting [CL] 1:45 Afternoon Walk 2:30 Activities Packet , Brain Teaser Puzzles 3:45 Tie - Dye Radio BINGO 6:00 Evening Walk	9:00 Morning News 22 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Happy Hour Cart 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Needlecraft 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 2:45 Refreshment Cart 3:45 Radio BINGO 6:00 Evening Walk	9:00 Morning News 24 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:00 Book Club 3:30 F Animal Kingdom 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 10:30 Ukulele Class 11:00 Stretch & Strength Morning Fitness 1:45 Afternoon Walk 2:30 Musical Memories 2:45 Refreshment Cart 3:45 Radio BINGO 4:00 Writer's Workshop 6:00 Evening Walk
9:00 ► Morning News 10:00 ➤ Morning Walk 10:00 ★ Sunday Devotional 11:00 ➤ Stretch & Strength Morning Fitness 1:45 ♠ Afternoon Walk 3:00 ► Hidden Word Search 3:30 ➤ Meet your neighbors Penpal Letters 4:00 ♠ Resident Choice 6:00 ➤ Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:00 Corner Store Open 1-3pm 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Poetry 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Creative Expressions 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:45 Dress to Impress Radio BINGO 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 Happy Hour Cart 5:00 Birthday Dinner [D] 6:00 Evening Walk	9:00 Morning News 10:00 Morning Walk 11:00 Needlecraft 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 2:45 Refreshment Cart 3:45 Radio BINGO 6:00 Evening Walk	9:00 Morning News 31 10:00 Morning Walk 11:00 Stay Fit Chair Exercise 1:45 Afternoon Walk 2:30 Activities Packet, Brain Teaser Puzzles 3:30 F Animal Kingdom 6:00 Evening Walk	Be Adventurous Be Challenged Be Connected Be Family ★ Be Inspired Be Social Be Well