




# Traditions at Solana Calendar

# DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>December Birthstones</b> Blue Zircon · Tanzanite · Turquoise</p> <p>Since the Middle Ages, <b>Blue Zircon</b> has been believed to aid in spiritual growth and to promote wisdom. Those who wear blue zircon, it is said, will find beauty and peace.</p> <p>As a relatively new gemstone, <b>Tanzanite</b> does not have any mythical or mysterious powers associated with it. But what it lacks in history, it compensates with beauty in its deep blue and purple tones.</p> <p><b>Turquoise</b> attracts money, success and love. Its powers include protection, healing, courage, friendship, and luck. It relaxes the mind, and eases mental tension.</p>	<p><b>NARCISSUS</b> DECEMBER'S BIRTH FLOWER</p> 	<p><u>Famous Birthdays</u></p> <p>Walt Disney: Dec. 5, 1901</p> <p>Sammy Davis, Jr.: Dec. 8, 1925</p> <p>Emily Dickinson: Dec. 10, 1830</p> <p>Frank Sinatra: Dec. 12, 1915</p> <p>Jane Austen: Dec. 16, 1775</p>	<p><u>Notable December Days</u></p> <p>12/2 Hanukkah Begins</p> <p>12/7 Pearl Harbor Remembrance</p> <p>12/25 Christmas Day</p> <p>12/26 Kwanzaa Begins</p> <p>12/26 Boxing Day</p>	<p><b>NOTE: Please RSVP at the Reception Desk for all off-campus outings at least two days prior to the departure date.</b></p>		<p>10:00 Morning Exercise</p> <p>10:45 Reminiscence Group: Holiday Traditions (Main Lobby)</p> <p>1:00 Super Saturdays: Men's Basketball, Northwestern at IU (Theater)</p> <p>2:00 Depart for St. Luke's Christmas Concert</p> <p>3:00 Bingo (3rd floor)</p>
<p><b>2</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Morning Meditation (Chapel)</p> <p>1:00 Indianapolis Colts vs. Jacksonville Jaguars (Theater)</p> <p>2:30 Amazing Mazes: Turn your completed mazes in on Monday for a prize! (3<sup>rd</sup> floor)</p>	<p><b>3</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Card Players Organizational Meeting (3rd Floor)</p> <p>11:00 Trip to Library for ISO Music</p> <p>2:00 St. Pius Church (Chapel)</p> <p>3:30 Happy Hour: Rick Matillo</p> <p>4:00 Music Therapy Demo (Theater)</p>	<p><b>4</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Bingo (3rd floor)</p> <p>1:00 Afternoon Exercise</p> <p>2:30 Watercolors with Elizabeth (3rd Floor)</p> <p>3:30 Make it/Take it Tuesday: Decorate Salt Dough Ornaments (3rd Floor)</p>	<p><b>5</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Shopping at Walmart</p> <p>10:30 Ageless Grace with Kathy (3rd Floor)</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Solana Cinema: Holiday Inn</p> <p>3:30 Happy Hour: Jennifer Johnson</p>	<p><b>6</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: Susan Humphrey, Seasons Hospice (Theater)</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Bingo (3rd floor)</p> <p>2:00 Dan Robins in MC</p> <p>3:00 Manicures</p>	<p><b>7</b></p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's Church (Chapel)</p> <p>11:00 Trip to Hobby Lobby</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Connections: Gift Wrapping Challenge (3rd Floor)</p> <p>3:30 Happy Hour: Christmas Karaoke</p>	<p><b>8</b></p> <p>10:00 Morning Exercise</p> <p>10:45 Reminiscence Group: Winter Memories (Main Lobby)</p> <p>1:30 Super Saturdays: Panama Canal, Prized Possession (DVD) (Theater)</p> <p>3:00 Bingo (3rd floor)</p>
<p><b>9</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Morning Meditation (Chapel)</p> <p>1:00 Indianapolis Colts vs. Houston Texans (Theater)</p> <p>2:30 Craft Corner (3<sup>rd</sup> floor)</p> <p>4:00 Festival of Food</p>	<p><b>10</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Card Games Group (3rd Floor)</p> <p>11:00 Lunch &amp; Bingo (Club Room)</p> <p>1:00 Afternoon Exercise</p> <p>2:00 St. Pius Church (Chapel)</p> <p>3:30 Happy Hour: Holiday Trivia</p>	<p><b>11</b></p> <p>10:00 Tai Ji with Chris (Fitness Room)</p> <p>10:30 Bingo (3rd floor)</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Resident Council (Club Room)</p> <p>2:30 Make It/Take It Tuesday: Jewelry (3<sup>rd</sup> floor)</p> <p>3:30 Bible Study with Louann (Chapel)</p>	<p><b>12</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Shopping at Kroger</p> <p>10:30 Music Means Movement with Jo</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Solana Cinema: Elf</p> <p>3:30 Happy Hour: Steven Ray Robbins</p> <p>7:00 Christmas Lights at Indy 500 (Please RSVP at the Receptionist)</p>	<p><b>13</b></p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: Sara's Adventure to Cuba (Theater)</p> <p>1:00 Ageless Grace with Kathy (3rd Floor)</p> <p>2:00 St. Pius Kids Visit!</p> <p>3:00 Manicures (3<sup>rd</sup> floor)</p> <p>7:00 Christmas Lights at Indy 500 (Please RSVP at the Receptionist)</p>	<p><b>14</b></p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's Church (Chapel)</p> <p>1:00 Afternoon Exercise</p> <p>1:30 Connections: White Elephant Party (Bring a wrapped item from your home – nothing new! – for the gift exchange) (3<sup>rd</sup> floor)</p> <p>3:30 Happy Hour: Jerry Holcomb</p>	<p><b>15</b></p> <p>10:00 Morning Exercise</p> <p>10:45 Reminiscence Group: Best Christmas Presents Ever (Main Lobby)</p> <p>1:30 Super Saturdays: World Travels: First Contact, Lost Tribe of the Amazon (Theater)</p> <p>3:00 Bingo (3rd floor)</p>

<p><b>16</b></p> <p>10:00 Morning Exercise  10:30 Morning Meditation (Chapel)  1:00 Indianapolis Colts vs. Dallas Cowboys (Theater)  2:30 Craft Corner</p>	<p><b>17</b></p> <p>10:00 Morning Exercise  10:30 Card Games Group (3rd Floor)  1:00 Afternoon Exercise  2:00 Coloring &amp; Conversations (3rd Floor)  2:00 St. Pius Church (Chapel)  3:30 Happy Hour: Steve Elston</p>	<p><b>18</b></p> <p>10:00 Morning Exercise  10:30 Bingo (3rd floor)  1:00 Afternoon Exercise  1:30 Make It/Take It Tuesday (3rd floor)  3:30 Decorate Christmas Cookies (Club Room)</p>	<p><b>19</b></p> <p>10:00 Morning Exercise  10:30 Shopping at Marshall's  10:30 Watercolors with Elizabeth  1:00 Afternoon Exercise  1:30 Solana Cinema: It's a Wonderful Life  3:30 Happy Hour: Tim Wright</p>	<p><b>20</b></p> <p>10:00 Morning Exercise  10:30 Forum for You: TBD (Theater)  1:00 Afternoon Exercise  1:30 Bingo (3rd floor)  3:00 Manicures (3rd floor)  4:00 Connecting Group: Dementia 101 (3<sup>rd</sup> floor)</p>	<p><b>21</b></p> <p>10:00 Morning Exercise  10:30 St. Matthew's Church (Chapel)  1:00 Afternoon Exercise  1:30 Connections: The Price is Right!  3:30 Happy Hour: Tom Wright</p>	<p><b>22</b></p> <p>10:00 Morning Exercise  10:45 Reminiscence Group:  1:30 Super Saturdays: Christmas Songs – What's the next line? (Main Lobby)  3:00 Bingo (3rd floor)</p>
<p><b>23</b></p> <p>10:00 Morning Exercise  10:30 Morning Meditation (Chapel)  1:00 Indianapolis Colts vs. NY Giants (Theater)  2:30 Craft Corner</p>	<p><b>24</b></p> <p>10:00 Morning Exercise  10:30 Card Games Group (3rd Floor)  1:00 Tai Ji with Chris (Fitness Room)  2:00 St. Pius Church (Chapel)  2:30 January Activity Overview (Club Room)  3:00 Happy Hour: Denny Glander</p>	<p><b>25</b></p> <p><b>Merry Christmas!</b></p> <p>Activity Packets will be available in the Main Lobby.</p>	<p><b>26</b></p> <p>10:00 Morning Exercise  10:30 Lunch at Cracker Barrel  10:30 Music Means Movement with Jo  1:00 Afternoon Exercise  1:30 Solana Cinema: How the Grinch Stole Christmas  3:30 Happy Hour</p>	<p><b>27</b></p> <p>10:00 Morning Exercise  10:30 Forum for You: Hurricane Hunter (Theater)  1:00 Ageless Grace with Kathy (3rd floor)  2:00 Bingo (3rd floor)  3:00 Manicures</p>	<p><b>28</b></p> <p>10:00 Morning Exercise  10:30 St. Matthew's Church (Chapel)  10:30 Trip to Hobby Lobby  1:00 Afternoon Exercise  1:30 Connections:  3:30 Happy Hour</p>	<p><b>29</b></p> <p>10:00 Morning Exercise  10:45 Reminiscence Group: The Year in Review  1:30 Super Saturdays: Board Games Galore! (3<sup>rd</sup> Floor)  3:00 Bingo (3rd floor)</p>
<p><b>30</b></p> <p>10:00 Morning Exercise  10:30 Morning Meditation (Chapel)  1:00 Indianapolis Colts vs. Tennessee Titans (Theater)  2:30 Craft Corner</p>	<p><b>31</b></p> <p>10:00 Morning Exercise  10:30 Card Games Group (3rd Floor)  1:00 Afternoon Exercise  1:30 Local Interest Showcase (Theater)  2:00 <del>St. Pius Church (Chapel)</del>  3:00 Happy Hour: New Year's Eve Party</p>	<p><b>Happy Holidays!</b>  <b>May your New Year be Happy &amp; Bright!</b></p>				