

Traditions at Solana Calendar

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>January Birthstone</i></p> <p>• Garnet •</p>  <p>Most commonly known as red, Garnet comes in all colours except blue. They are known to stop hemorrhaging, cure inflammatory diseases and manage anger. Garnets symbolize fidelity, loyalty, sincerity, grace and faith.</p>	<p>Times, locations, and programming subject to change.</p> <p>RSVP required for all outings.</p>	<p>1</p> <p>10:00 AM Exercise (FC)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>3:00 Manicures (3F)</p> <p>4:30 Charity Group (3F)</p>	<p>2</p> <p>10:00 Sittercise (FC)</p> <p>10:30 Shopping at Walmart (RSVP Required)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour: Tim Wright (CR)</p>	<p>3</p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: Seasons Hospice (T)</p> <p>1:00 Sittercise (FC)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Manicures (3F)</p> <p>5:00 Relax & Restore (3F)</p>	<p>4</p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Lonesome Dove, Ep. 1 (T)</p> <p>1:00 Easy Yoga (FC)</p> <p>2:00 Makers Meet-up, Pt. 1 (3F)</p> <p>3:30 Happy Hour (CR)</p> <p>5:00 Gratitude & Mindfulness Group (CH)</p>	<p>5</p> <p>10:00 Sittercise (FC)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 Makers Meet-up, Pt. 2 (3F)</p> <p>3:15 Solana Cinema (T)</p> <p>3:30 Bingo (3F)</p>
<p>6</p> <p>10:00 Tai Chi with Amy (FC)</p> <p>10:45 Morning Meditation (CH)</p> <p>1:00 Fun Time with Amy! (3F)</p> <p>2:30 Craft Corner (3F)</p>	<p>7</p> <p>10:00 Morning Exercise</p> <p>10:30 Card Players (3F)</p> <p>11:00 Open Art (3F)</p> <p>11:00 Walking Club (ML)</p> <p>1:00 Shopping at Half-Priced Books (RSVP Required)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Kitchen Crafts (CR)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour: Dave Laskey (CR)</p>	<p>8</p> <p>10:00 Tai Chi with Chris (FC)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>2:30 Watercolors with Elizabeth (3F)</p> <p>3:00 Manicures (3F)</p> <p>3:30 Bible Study with Luann (CH)</p> <p>4:30 Charity Group (3F)</p>	<p>9</p> <p>10:00 Ageless Grace (3F)</p> <p>10:30 Shopping at Stein Mart (RSVP Required)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour (CR)</p>	<p>10</p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: (T)</p> <p>1:00 Sittercise (FC)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Manicures (3F)</p> <p>5:00 Relax & Restore (3F)</p>	<p>11</p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Lonesome Dove, Ep. 2 (T)</p> <p>1:00 Easy Yoga (FC)</p> <p>2:00 Makers Meet-up, Pt. 1 (3F)</p> <p>3:30 Happy Hour (CR)</p> <p>5:00 Gratitude & Mindfulness Group (CH)</p>	<p>12</p> <p>10:00 Sittercise (FC)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 Makers Meet-up, Pt. 2 (3F)</p> <p>3:15 Solana Cinema (T)</p> <p>3:30 Bingo (3F)</p>
<p>13</p> <p>10:00 Tai Chi with Amy (FC)</p> <p>10:45 Morning Meditation (CH)</p> <p>1:00 Fun Time with Amy! (3F)</p> <p>2:30 Craft Corner (3F)</p>	<p>14</p> <p>10:00 Morning Exercise</p> <p>10:30 Card Players (3F)</p> <p>11:00 Open Art (3F)</p> <p>11:00 Walking Club (ML)</p> <p>1:00 Monday Movie Outing (RSVP Required)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Poetry Corner (3F)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour (CR)</p>	<p>15</p> <p>10:00 AM Exercise (FC)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Resident Council (CR)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>3:00 Manicures (3F)</p> <p>4:30 Charity Group (3F)</p>	<p>16</p> <p>10:00 Sittercise (FC)</p> <p>10:30 Shopping at Kroger (RSVP Required)</p> <p>10:30 Watercolors with Elizabeth (3F)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour (CR)</p>	<p>17</p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: (T)</p> <p>1:00 Sittercise (FC)</p> <p>2:00 St. Pius Kids Visit!</p> <p>3:00 Manicures (3F)</p> <p>3:00 Resource Group: Hunter Elder Law Q&A (T)</p> <p>5:00 Relax & Restore (3F)</p>	<p>18</p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Lonesome Dove, Ep. 3 (T)</p> <p>1:00 Easy Yoga (FC)</p> <p>2:00 Makers Meet-up, Pt. 1 (3F)</p> <p>3:30 Happy Hour (CR)</p> <p>5:00 Gratitude & Mindfulness Group (CH)</p>	<p>19</p> <p>10:00 Sittercise (FC)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 Makers Meet-up, Pt. 2 (3F)</p> <p>2:00 NCAA: IU vs. Purdue (T)</p> <p>3:30 Bingo (3F)</p>

<p>20</p> <p>10:00 Tai Chi with Amy (FC)</p> <p>10:45 Morning Meditation (CH)</p> <p>1:00 Fun Time with Amy! (3F)</p> <p>2:30 Craft Corner (3F)</p>	<p>21</p> <p>10:00 Morning Exercise</p> <p>10:30 Card Players (3F)</p> <p>10:30 Library & Lunch (RSVP Required)</p> <p>11:00 Open Art (3F)</p> <p>11:00 Walking Club (ML)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Kitchen Crafts (CR)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour (CR)</p>	<p>22</p> <p>10:00 AM Exercise (FC)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>3:00 Manicures (3F)</p> <p>3:30 Bible Study with Luann (CH)</p> <p>4:30 Charity Group (3F)</p>	<p>23</p> <p>10:00 Sittercise (FC)</p> <p>10:30 Shopping at Aldi's (RSVP Required)</p> <p>10:30 The Price is Right! (3F)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour (CR)</p>	<p>24</p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: Indiana Audubon Society (T)</p> <p>1:00 Ageless Grace (3F)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Manicures (3F)</p> <p>5:00 Relax & Restore (3F)</p>	<p>25</p> <p>10:00 Morning Exercise</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Lonesome Dove, Ep. 4 (T)</p> <p>1:00 Easy Yoga (FC)</p> <p>2:00 Makers Meet-up, Pt. 1 (3F)</p> <p>3:30 Happy Hour (CR)</p> <p>5:00 Gratitude & Mindfulness Group (CH)</p>	<p>26</p> <p>10:00 Sittercise (FC)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 Makers Meet-up, Pt. 2 (3F)</p> <p>3:15 Solana Cinema (T)</p> <p>3:30 Bingo (3F)</p>
<p>27</p> <p>10:00 Tai Chi with Amy (FC)</p> <p>10:45 Morning Meditation (CH)</p> <p>1:00 Fun Time with Amy! (3F)</p> <p>2:30 Craft Corner (3F)</p>	<p>28</p> <p>10:00 Morning Exercise</p> <p>10:30 Card Players (3F)</p> <p>11:00 Open Art (3F)</p> <p>11:00 Walking Club (ML)</p> <p>1:00 Tai Ji with Chris (FC)</p> <p>1:30 February Activity Overview (CR)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour (CR)</p>	<p>29</p> <p>10:00 AM Exercise (FC)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>3:00 Manicures (3F)</p> <p>4:30 Charity Group (3F)</p>	<p>30</p> <p>10:00 Sittercise (FC)</p> <p>10:30 Shopping</p> <p>10:30 Music Means Movement (3F)</p> <p>11:00 Easy Yoga (FC)</p> <p>1:00 PM Exercise (FC)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour (CR): Steve Elston</p>	<p>31</p> <p>10:00 Morning Exercise</p> <p>10:30 Forum for You: (T)</p> <p>1:00 Sittercise (FC)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Manicures (3F)</p> <p>5:00 Relax & Restore (3F)</p>	<p>Notable January Birthdays</p> <p>Jan. 1, 1735- Paul Revere</p> <p>Jan. 6, 1412- Joan of Arc</p> <p>Jan. 8, 1935- Elvis Presley</p> <p>Jan. 15th, 1929- Martin Luther King Jr.</p> <p>Jan. 17, 1706- Benjamin Franklin</p> <p>Jan. 31, 1947- Nolan Ryan</p>	<p><u>Coming in February:</u></p> <ul style="list-style-type: none"> • Heart Health Month • Wii Bowling Tournament • Sweetheart Dance • Homemade cards kits for Veterans

Calendar Legend:

Activities: Open to everyone, including family members and guests.

Exercise classes: Fitness-related activities, open to anyone unless otherwise indicated by a doctor.

Off-Campus outings: Limited seating available on the bus; RSVP required at the Reception desk.

Spiritual offering: Activities to enhance your spiritual well-being.

Location Key:

- 3F = 3rd Floor Activities Area
- FC = Fitness Center, 2nd Floor
- T = Theater, 1st Floor
- CH = Chapel, 3rd Floor
- ML = Main Lobby
- CR = Club Room, 1st Floor

- Times, locations, and programming subject to change due to unforeseen circumstances.
- Please refer to the Weekly Reminder bulletin and LifeShare for updates and detailed information on activities.
- Happy Hour entertainment will be updated & announced on Weekly Reminders & LifeShare as scheduling continues.