





Traditions at Solana Calendar

March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>March Birthstone</i></p> <p>Aquamarine</p>  <p>A symbol of honesty, loyalty, and beauty. The aquamarine is supposed to offer protection from evil and is also said to bring love and affection back into a failing relationship.</p>	<p>March Birth Flower</p> <p>DAFFODIL</p>  <p>The Daffodil symbolizes affection, new beginning, optimism and sympathy. If you were born in March: You are outgoing and affectionate, You are creative and have a good sense of humor. You are a peacemaker and strive to resolve conflicts. You are a caring and loving person. You are kind and compassionate.</p>	<p>Notable March Birthdays</p> <p>Ron Howard – 3/1/1954</p> <p>Dr. Seuss – 3/2/1904</p> <p>Liza Minnelli – 3/12/1946</p> <p>Albert Einstein – 3/14/1879</p> <p>Fannie Farmer – 3/23/1857</p> <p>Sam Walton – 3/29/1918</p>	<p>Location Key:</p> <p>3F = 3rd Floor Activities Area</p> <p>FC = Fitness Center, 2nd Floor</p> <p>T = Theater, 1st Floor</p> <p>CH = Chapel, 3rd Floor</p> <p>ML = Main Lobby</p> <p>CR = Club Room, 1st Floor</p>		<p>1</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Coffee & Conversation (ML)</p> <p>1:00 Walking Club (ML)</p> <p>2:00 Knitting & Crochet Circle (3F)</p> <p>3:30 Happy Hour (CR)</p>	<p>2</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Saturday Craft (ML)</p> <p>1:00 PM Exercise (3F)</p> <p>2:00 Solana Cinema (T)</p> <p>3:00 Bingo (3F)</p>
<p>3</p> <p>10:00 AM Exercise (3F)</p> <p>11:00 Sunday Sermon on TV (T)</p> <p>12:30 Kitchen Creations (CR)</p> <p>2:30 Craft Corner (3F)</p>	<p>4</p> <p>10:00 AM Exercise (3F)</p> <p>11:00 Open Art (3F)</p> <p>1:00 HTS Cardio Strength (3F)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour: Rick Matillo (CR)</p>	<p>5</p> <p>Mardi Gras</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (3F)</p> <p>1:30 Make It/Take It Tuesday: King Cakes (CR)</p> <p>2:30 Watercolors with Elizabeth (3F)</p> <p>3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 1 (T)</p> <p>3:30 Bible Study (CH)</p>	<p>6</p> <p>Ash Wednesday</p> <p>National Oreo Day</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Shopping at Walmart (RSVP Required)</p> <p>1:00 Walking Club (ML)</p> <p>1:30 Solana Cinema (T)</p> <p>3:30 Happy Hour: Jerry Holcomb (CR)</p>	<p>7</p> <p>10:00 HTS Strength (3F)</p> <p>10:30 Forum for You: ClearCaptions(T)</p> <p>1:00 Ageless Grace (3F)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 2 (T)</p> <p>3:30 Volunteer Group (3F)</p>	<p>8</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Coffee & Conversation (ML)</p> <p>1:00 Walking Club (ML)</p> <p>2:00 Knitting & Crochet Circle (3F)</p> <p>3:30 Happy Hour (CR)</p>	<p>9</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Saturday Craft (ML)</p> <p>1:00 PM Exercise (3F)</p> <p>2:00 Solana Cinema (T)</p> <p>3:00 Bingo (3F)</p>
<p>10</p> <p>10:00 AM Exercise (3F)</p> <p>11:00 Sunday Sermon on TV (T)</p> <p>12:30 Kitchen Creations (CR)</p> <p>2:30 Craft Corner (3F)</p>	<p>11</p> <p>10:00 AM Exercise (3F)</p> <p>11:00 Open Art (3F)</p> <p>1:00 HTS Cardio Strength (3F)</p> <p>2:00 St. Pius (CH)</p> <p>3:30 Happy Hour: Dave Laskey (CR)</p>	<p>12</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Bingo (3F)</p> <p>1:00 PM Exercise (3F)</p> <p>1:30 Resident Council (CR)</p> <p>1:30 Make It/Take It Tuesday (3F)</p> <p>3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 3 (T)</p> <p>3:30 Bible Study (CH)</p>	<p>13</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Shopping at Hobby Lobby (RSVP Required)</p> <p>10:30 Music Means Movement (3F)</p> <p>1:00 Walking Club (ML)</p> <p>1:30 Solana Cinema (T)</p> <p>2:00 HTS Outpatient Balance Workshop (2nd Floor, RSVP)</p> <p>3:30 Happy Hour: Dennis Glander (CR)</p>	<p>14</p> <p>10:00 HTS Strength (3F)</p> <p>10:30 Forum for You: Heart to Heart(T)</p> <p>1:00 PM Stretch (3F)</p> <p>2:00 Bingo (3F)</p> <p>3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 4 (T)</p> <p>3:30 Volunteer Group (3F)</p>	<p>15</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 St. Matthew's (CH)</p> <p>10:30 Coffee & Conversation (ML)</p> <p>1:00 Walking Club (ML)</p> <p>2:00 Knitting & Crochet Circle (3F)</p> <p>3:30 Happy Hour: Jerry Williamson (CR)</p>	<p>16</p> <p>10:00 AM Exercise (3F)</p> <p>10:30 Saturday Craft (ML)</p> <p>1:00 PM Exercise (3F)</p> <p>2:00 Solana Cinema (T)</p> <p>3:00 Bingo (3F)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St. Patrick's Day 17 10:00 AM Exercise (3F) 11:00 Sunday Sermon on TV (T) 12:30 St. Patrick's Day Party (CR) 2:30 Craft Corner (3F)	18 10:00 AM Exercise (3F) 11:00 Open Art (3F) 1:00 HTS Cardio Strength (3F) 2:00 St. Pius (CH) 3:30 Happy Hour: Steve Elston (CR)	19 10:00 AM Exercise (3F) 10:30 Bingo (3F) 12:30 Let's Play Cards! (ML) 1:00 PM Exercise (3F) 1:30 Make It/Take It Tuesday (3F) 3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 5 (T) 3:30 Bible Study (CH)	20 10:00 AM Exercise (3F) 10:30 Shopping at Walmart (RSVP Required) 10:30 Watercolors with Elizabeth (3F) 1:00 Walking Club (ML) 1:30 Solana Cinema (T) 3:30 Happy Hour: Steven Ray Robbins (CR)	21 10:00 HTS Stretch (3F) 10:30 Forum: Benefits of Therapy Animals (T) 1:00 Ageless Grace (3F) 2:00 St. Pius Kids Visit! 3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 6 (T) 4:00 Resource Group: Strides Balance Screen (CR)	22 10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 10:30 Coffee & Conversation (ML) 1:00 Walking Club (ML) 2:00 Knitting & Crochet Circle (3F) 3:30 Happy Hour (CR)	23 10:00 AM Exercise (3F) 10:30 Saturday Craft (ML) 1:00 PM Exercise (3F) 2:00 Solana Cinema (T) 3:00 Bingo (3F)
24 10:00 AM Exercise (3F) 11:00 Sunday Sermon on TV (T) 12:30 Kitchen Creations (CR) 2:30 Craft Corner (3F)	25 10:00 AM Exercise (3F) 11:00 Open Art (3F) 1:00 HTS Cardio Strength (3F) 2:00 St. Pius (CH) 3:00 April Activity Overview (CR) 3:30 Happy Hour: Orlando Hinojosa (CR)	26 10:00 AM Exercise (3F) 10:30 Bingo (3F) 12:30 Let's Play Cards! (ML) 1:00 PM Exercise (3F) 1:30 Make It/Take It Tuesday (3F) 3:00 Walk Through History: Ken Burns' "The Roosevelts" Episode 7 (T) 3:30 Bible Study (CH)	27 10:00 AM Exercise (3F) 10:30 Shopping at Dollar Tree (RSVP required) 10:30 Music Means Movement (3F) 1:00 Walking Club (ML) 1:30 Solana Cinema (T) 3:30 Happy Hour (CR)	28 10:00 HTS Stretch (3F) 10:30 Forum: TBA (T) 1:00 PM Exercise (3F) 2:00 Bingo (3F) 3:00 Walk Through History: Ken Burns' "The West" Episode 1 (T) 3:30 Volunteer Group (3F)	29 10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 10:30 Coffee & Conversation (ML) 1:00 Walking Club (ML) 2:00 Knitting & Crochet Circle (3F) 3:30 Happy Hour (CR)	30 10:00 AM Exercise (3F) 10:30 Saturday Craft (ML) 1:00 PM Exercise (3F) 2:00 Solana Cinema (T) 3:00 Bingo (3F)
31 10:00 AM Exercise (3F) 11:00 Sunday Sermon on TV (T) 12:30 Kitchen Creations (CR) 2:30 Craft Corner (3F)	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. Special Event: It's a special event!		<ul style="list-style-type: none"> • 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 necessary. 			Coming in April <ul style="list-style-type: none"> • NCAA Final Four • Palm Sunday • Easter • National Pretzel Day