

Traditions at Solana Calendar

July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key: 3F = 3 rd Floor Activities Area FC = Fitness Center, 2 nd Floor T = Theater, 1 st Floor CH = Chapel, 3 rd Floor ML = Main Lobby CR = Club Room, 1 st Floor BS = Beauty Salon, 2 nd Floor PDR = Private Dining Room L = Library, 2 nd Floor	1	2	3	4	5	6
	10:00 AM Exercise (3F) 10:30 Solana Store (3F) 2:00 St. Pius (CH) 3:30 Happy Hour: (CR) Dave Laskey 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Bingo (3F) 2:30 Watercolors with Elizabeth (3F) 3:00 Walk Through History: (T) 3:30 Bible Study (CH) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Shopping at (RSVP Required) 1:00 Walking Club (ML) 1:30 Solana Cinema: (T) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:30 Kitchen Creations (CR) 1:00 Ageless Grace (3F) 2:00 Bingo (CR) 3:00 Walk Through History: (T) 3:30 Happy Hour 4 th of July Celebration!! 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 11:00 (CR) 1:00 Walking Club (ML) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Saturday Morning Classic Movie (T) 1:00 Mexican Train Dominoes (CR) 3:00 Bingo (3F)
7	8	9	10	11	12	13
10:00 AM Exercise (3F) 11:00 Walk Through Scripture (CH) 1:00 Sunday Stroll (ML) 3:00 Book Club (3F) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Solana Store (3F) 2:00 St. Pius (CH) 3:30 Happy Hour: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Bingo (3F) 1:00-3:30 Grief Support Series (3F) 1:30 Resident Council (CR) 2:00 Food Chat (CR) 3:00 Walk Through History: (T) 3:30 Bible Study (CH) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Shopping at (RSVP Required) 10:30 Music Means Movement (3F) 1:00 Walking Club (ML) 1:30 Solana Cinema: (T) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Kitchen Creations (CR) 2:00 Men's Club (CR) 2:00 Bingo (3F) NOTE LOCATION 3:00 Walk Through History: (T) 4:00 Volunteer Group: (3F) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 1:00 Walking Club (ML) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Saturday Morning Classic Movie (T) 1:00 Mexican Train Dominoes (CR) 3:00 Bingo (3F)
14	15	16	17	18	19	20
10:00 AM Exercise (3F) 11:00 Walk Through Scripture (CH) 1:00 Sunday Stroll (ML) 3:00 Book Club (3F) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Solana Store (3F) 2:00 St. Pius (CH) 3:30 Happy Hour: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Bingo (3F) 1:00-3:30 Grief Support Series (3F) 1:30 Make It/Take It Tuesday: (CR) 3:00 Walk Through History: (T) 3:30 Bible Study (CH) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Shopping at (RSVP Required) 10:30 Watercolors with Elizabeth (3F) 1:00 Walking Club (ML) 1:30 Solana Cinema: (T) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Forum: (T) 1:00 Ageless Grace (3F) 2:00 Men's Club (CR) 2:00 Bingo (3F) 3:00 Walk Through History: (T) 4:00 Resource Group: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 1:00 Walking Club (ML) 3:30 Happy Hour: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Saturday Morning Classic Movie (T) 1:00 Mexican Train Dominoes (CR) 3:00 Bingo (3F)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
10:00 AM Exercise (3F) 11:00 Walk Through Scripture (CH) 1:00 Sunday Stroll (ML) 3:00 Book Club (3F) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Solana Store (3F) 2:00 St. Pius (CH) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Bingo (3F) 1:00-3:30 Grief Support Series (3F) 1:30 Community Meeting (CR) 3:00 Walk Through History: (T) 3:30 Bible Study (CH) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Shopping at (RSVP Required) 10:30 Music Means Movement (3F) 1:00 Walking Club (ML) 1:30 Solana Cinema: W. (T) 3:30 Happy Hour: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Kitchen Creations (CR) 2:00 Bingo (CR) 3:00 Walk Through History: (T) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 St. Matthew's (CH) 1:00 Walking Club (ML) 3:30 Happy Hour (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Saturday Morning Classic Movie (T) 1:00 Mexican Train Dominoes (CR) 3:00 Bingo (3F)
28	29	30				
10:00 AM Exercise (3F) 11:00 Walk Through Scripture (CH) 1:00 Sunday Stroll (ML) 3:00 Book Club (3F) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Solana Store (3F) 2:00 St. Pius (CH) 3:30 Happy Hour: (CR) 5:30 Movie (T)	10:00 AM Exercise (3F) 10:30 Bingo (3F) 1:00-3:30 Grief Support Series (3F) 1:30 Make It/Take It Tuesday (3F) 3:00 Walk Through History: (T) 3:30 Bible Study (CH) 5:30 Movie (T)				
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 Daily Activities bulletin and LifeShare for updates and detailed information on activities. • Happy Hour entertainment will be updated & announced on Weekly Reminders & LifeShare as necessary. 	<p>A four-week Grief Support Series presented to you by Premier Hospice</p> <p>Please join us as we support one another through conversation and activities that aim to educate on the grief journey and to promote healing in a safe space of community.</p> <p>Every Tuesday @ 1pm till 3:30 on 3rd Floor</p>	<p>Notable Birthdays:</p> <p>JULY 18, 1918: NELSON MANDELA</p> <p>JULY 24, 1897: AMELIA EARHART</p> <p>JULY 6, 1907: FRIDA KAHLO</p> <p>JULY 11, 1889: E. B. WHITE</p>	<p>Coming in</p> <ul style="list-style-type: none"> • Happy Hour 4th of July Celebration!! 		