

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2023

Wellness Center – Monday thru Friday (10 am to 4:00pm) Local Shopping – Tuesday at 1:30 pm
 Hair Salon Hours – Tuesday thru Saturday (details at Front Desk/ Ashley Brayman)
 **Outings will be announced weekly based on the transportation schedule

				9:00 Exercise/CH 1 9:30 Coffee & Conversation/ FR 11:00 Watercolor Painting / NAV 1:30 Local Shopping 1:30 Brain Games w/ Barbara/ NAV 3:00 Afternoon Movie Gifted Hands / FR	National Donut Day 2 9:00 Exercise/CH 9:30 Solheim Walking Club / BW 10:00 National Donut Day w/ Coffee & Conversation / FR 1:30 Bingo/NAV 3:00 Happy Hour/ Alcove 4:30 Downton Abbey / FR	9:00 Exercise Class/CH 3 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Top Gun / FR
10:00 Tile Rummy/SR 4 2:00 Sunday Worship/CH	9:00 Exercise/CH 5 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 12:00 Anne with an E Netflix Series/FR 1:30 Church Council / SR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	9:00 Exercise/CH 6 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Tile Rummy/SR 1:30 Spa Day at the Wellness Center / WC 4:00 Rick Steve's Travelogue /FR	9:00 Exercise/CH 7 9:30 Solheim Walking Club/BW 10:00 Coffee with Sam / RDR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 8 10:30 Catholic Mass w/ Father Frances / CH 11:30 Solheim's Needle Art Circle 12:30 June Birthday Lunch! 1:30 Hymn Sing w/ Sonia / CH 3:00 Root Beer Floats / Patio	9:00 Exercise/CH 9 10:30 Adventures w/ Doug Eagle Creek / NAV 1:30 Bingo/NAV 3:00 Happy Hour / Alcove 4:30 Downton Abbey / FR	9:00 Exercise / CH 10 10:00 American Songbook Series w/ Seth Becker / NAV 11:30 June Trivia 1:30 Saturday Matinee w/ Popcorn Wedding Season / FR
10:00 Tile Rummy/SR 11 2:00 Sunday Worship/CH	Happy Birthday Paul B. 12 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 12:00 Anne with an E Netflix Series/FR 1:30 Bingo / NAV 4:00 British Baking Show/ FR	9:00 Exercise/CH 13 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Organized Game Time / FR 3:00 Afternoon Entertainment w/ The Singing Cowboy / RDR 4:00 Rick Steve's Travelogue /FR	9:00 Exercise/CH 14 9:30 Solheim Walking Club/BW 10:00 Life Enrichment Chat w/ Ashley / FR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH Flag Day (US)	9:00 Exercise/CH 15 10:00 Resident Townhall / RDR 11:00 Watercolor Painting / NAV 1:30 Brain Games w/ Barbara/ NAV 3:00 Afternoon Margaritas	9:00 Exercise/CH 16 9:30 Solheim Walking Club / BW 11:00 Mobility Class w/ Barbara / CH 1:30 Bingo/NAV 3:00 Happy Hour / Alcove 4:30 Downton Abbey / FR	9:00 Exercise Class/CH 17 10:00 Morning Social with Tea & Coffee/ FR 10:30 Solheim Book Club Discussing The Inimitable Jeeves, by P.G. Wodehouse/ NAV 1:30 Saturday Matinee with Popcorn Love & Gelato / FR
Happy Birthday Rafael A. 18 10:00 Tile Rummy/SR 12:30 Father's Day Special Lunch / RDR 2:00 Sunday Worship/CH Father's Day	9:00 Exercise/CH 19 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 12:00 Anne with an E Netflix Series/FR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR Juneteenth	9:00 Exercise/CH 20 10:30 Superfood Chat w/ Briana / NAV 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Solheim Music Appreciation Society / CH 3:00 Smoothie Social / Patio 4:00 Rick Steve's Travelogue /FR	Wear Yellow Day! 21 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Super Bingo / NAV 11:00 Chair Yoga w/ Rosalie /CH 1:30 Swinging into Summer Party / W C 3:30 Prayer Service/CH Summer Begins	9:00 Exercise/CH 22 9:30 Coffee & Conversation/ FR 11:00 Life Stories & Mimosas 1:30 Hymn Sing w/ Sonia / CH 3:00 Cold Tofu Improv Performance / RDR	9:00 Exercise/CH 23 9:30 Solheim Walking Club / Rose Bowl 1:30 Bingo/NAV 6:30-7:30 Senior Prom Event / Patio	9:00 Exercise Class/CH 24 10:00 Morning Social with Tea & Coffee/BW 10:30 Canvas Painting /FR 1:30 Saturday Matinee with Popcorn Racing Stripes / FR
10:00 Tile Rummy/SR 25 2:00 Sunday Worship/CH	9:00 Exercise/CH 26 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 12:00 Anne with an E Netflix Series/FR 1:30 Bingo / NAV 4:00 British Baking Show/ FR	9:00 Exercise/CH 27 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Bible Trivia/FR 3:00 Ice Cream Social	Happy Birthday David K. 28 9:30 Solheim's Blood Drive Event 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Dining Chat w/ Gabby/RDR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 29 9:30 Coffee & Conversation/ FR 11:00 Watercolor Painting / NAV 1:30 Technology Q & A w/ Spenser / FR 3:00 Afternoon Classical Music / CH	9:00 Exercise/CH 30 9:30 Solheim Walking Club / Griffith Park 1:30 Bingo/NAV 3:00 New Resident Welcome Happy Hour/ Patio 4:30 Downton Abbey / FR	Location Guide: CH- Chapel SR- Sun room SP- Sensory Patio BW- Breezeway HCP-Health Center Patio NAV- Navigage Room FR-Fountain Room WC- Wellness Room Alcove is located in the RDR.