

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023

July 2023										9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Stand by Me / FR 3:00 Fried Music Performance (USC Music Program) / RDR Canada Day	1		
10:00 Tile Rummy/SR 4:15 Sunday Worship/CH	2	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 11:30 Church Council / SR 12:00 Anne with an E Netflix Series/FR 1:30 Bingo / NAV 3:00 Piano Concert w/ Gustavo / RDR	3	9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Tile Rummy/SR 3:30 Patriotic Music w/ Bob Brandzel's Band/RDR Independence Day (US)	4	9:00 Exercise/CH 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	5	9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:00 Spa Day at the Wellness Center / WC 1:30 Local Shopping 1:30 Brain Games w/ Barbara/ NAV 3:00 Afternoon Movie & Popcorn Footloose / FR	6	Happy Birthday Jeanne M. 9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Happy Hour/ WC 4:30 Downton Abbey / FR	7	9:00 Exercise / CH 10:00 American Songbook Series w/ Seth Becker / NAV 11:30 July Trivia 1:30 Saturday Matinee w/ Popcorn Summer Stock / FR	8
10:00 Tile Rummy/SR 4:15 Sunday Worship/CH	9	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 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	10	9:00 Exercise/CH 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30-3:00 Solheim Community Ice Cream Social 4:00 Rick Steve's Travelogue /FR	11	Happy Birthday Lowell E. 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Life Enrichment Chat w/ Ashley 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	12	9:00 Exercise/CH 10:00 Resident Townhall / RDR 11:30 Catholic Mass w/ Father Frances / CH 12:30 July Birthday Lunch! 1:30 Hymn Sing w/ Sonia / CH 3:00 Root Beer Floats / Patio	13	9:00 Exercise/CH 10:30 Adventures w/ Doug Cape Arago / NAV 1:30 Bingo/NAV 3:00 Happy Hour w/ Live Music 4:30 Downton Abbey / FR	14	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/ FR 10:30 Solheim Book Club Discussing Emily of New Moon, by L.M Montgomery / NAV 1:30 Saturday Matinee with Popcorn A League of their Own / FR	15
10:00 Tile Rummy/SR 4:15 Sunday Worship/CH	16	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 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	17	9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Solheim Music Appreciation Society / CH 6:30 Evening Music Concert / Patio	18	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	19	9:00 Exercise/CH 10:00 Coffee & Categories 11:00 Watercolor Painting / NAV 1:30 Party Time in the Wellness Center! 3:00 Afternoon Movie & Popcorn	20	9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Happy Hour/ Patio 4:30 Downton Abbey / FR	21	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/BW 10:30 Canvas Painting /FR 1:30 Saturday Matinee with Popcorn Steel Magnolias / FR	22
10:00 Tile Rummy/SR 4:15 Sunday Worship/CH	23	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 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	24	9:00 Exercise/CH 10:30 Superfood Chat w/ Briana / NAV 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Bible Trivia/FR 3:00 Afternoon Margaritas / Patio!	25	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	26	9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 11:00 Solheim's Needle Art Club 1:30 Brain Games w/ Barbara/ NAV 3:00 Tea Party / BW	27	9:00 Exercise/CH 9:30 Solheim Walking Club / BW 11:00 Mobility Class w/ Barbara / CH 1:30 Bingo/NAV 3:00 New Resident Happy Hour! 4:30 Downton Abbey / FR	28	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Captain Phillips/ FR	29
10:00 Tile Rummy/SR 4:15 Sunday Worship/CH	30	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 3:00 Hand & Foot/ Canasta / SR	31	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 in the RDR. 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 Transportation schedule.									