

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2023		Happy Birthday Theresa G. 1 9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Tile Rummy/SR 3:00 Root Beer Floats for Theresa Gerzack's Birthday (Sponsored by Family) 5:30-8:00 National Night Out at Eagle Rock Church!	2 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	3 9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:30 Popcorn with Adam Discussing HIPAA 1:30 Brain Games w/ Barbara/ NAV 3:00 Afternoon Movie & Popcorn Casablanca / FR	4 9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Happy Hour 4:30 Downton Abbey / FR	5 9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Beading Bracelets / FR 1:30 Saturday Matinee with Popcorn Westside Story / FR
6 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	7 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 NO Bible Study / CH 11:00 Word Games / FR 12:00 Anne with an E Netflix Series/FR 1:30 Bingo / NAV 1:30 Church Council / SR 3:00 How to Learn Hand & Foot/ SR	8 9:00 Exercise/CH 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Spa Day in the Wellness Center / WC 4:00 Rick Steve's Travelogue /FR	9 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 NO Prayer Service/CH 3:30 Corn Hole / BW	10 9:00 Exercise/CH 10:00 Resident Townhall / RDR 11:30 Catholic Mass w/ Father Frances / CH 12:00 August Birthday Lunch! 1:30 Hymn Sing w/ Sonia / CH 3:00 Yahtzee / SR	11 9:00 Exercise/CH 10:30 Adventures w/ Doug Yosemite Falls / NAV 1:30 Bingo/NAV 3:00 Happy Hour 4:30 Downton Abbey / FR	12 9:00 Exercise / CH 10:00 American Songbook Series w/ Seth Becker / NAV 11:30 Trivia on the Patio 1:30 Eagle Scouts Painting Project! / NAV 3:00 Saturday Matinee w/ Popcorn Jurassic Park / FR
13 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	14 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 NO 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	15 9:00 Exercise/CH 10:15 Classical Piano Concert w/ Beth Sussman (Julliard Trained Pianist) 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Solheim Music Appreciation Society / CH 3:00 Afternoon Margaritas / Patio	16 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 NO Prayer Service/CH 3:30 Bocce Ball / BW	Happy Birthday Ann B. 17 9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:00 Watercolor Painting / FR 1:30 Brain Games w/ Barbara/ NAV 3:00 Summertime Party in the Wellness Center	18 9:00 Exercise/CH 9:30 Solheim Walking Club / BW 11:00 Mobility Class w/ Barbara / CH 1:30 Bingo/NAV 3:00 Happy Hour w/ Live Music Rich Cohen 4:30 Downton Abbey / FR	19 9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/ FR 10:30 Solheim Book Club Discussing The Murder on the Links, by Agatha Christie / PD 1:30 Saturday Matinee with Popcorn North by Northwest / FR
20 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	21 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	Happy Birthday Loretta H22 9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/FR 1:30 Local Shopping 1:30 Ice Cream Social / Patio 6:30 Summer Concert Series w/ Marty Hillman's Band	23 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	24 9:00 Exercise/CH 10:00 Coffee & The Daily Chronicle 11:00 Manicures w/ Divina 1:30 Hymn Sing w/ Sonia/CH 3:00 Chair Volleyball / Patio	25 9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Happy Hour/ WC 4:30 Downton Abbey / FR	26 9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Wizard of Oz/ FR
27 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH 6:00-8:00 Summer Concert in the Park Outing	28 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	29 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 Skip Bo / SR	30 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	31 9:00 Exercise/CH 10:00 Coffee & Categories 11:00 Watercolor Painting / NAV 1:30 Technology Q & A w/ Spenser / FR 3:00 Afternoon Movie & Popcorn A Man Called Otto / FR	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. Location Guide: CH- Chapel SR- Sun room SP- Sensory Patio BW- Breezeway WC- Wellness Room Alcove is in the RDR. HCP-Health Center Patio NAV- Navigage Room FR-Fountain Room	