

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 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 Transportation schedule.

Happy Birthday Joaquin C3 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	Staff Holiday 9:00 Exercise/CH 1:30 Bingo / NAV 4:00 British Baking Show/ FR Labor Day	Happy Birthday Fred K. 9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/ NAV 1:30 Local Shopping 1:30 Church Council 1:30 Spa Day In the Wellness Center/ WC 4:00 Rick Steve's Travelogue /FR	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Mimosa's w/ Meg / RDR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	Happy Birthday Alice W. Happy Birthday Linda P. 9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 11:00 Mobility Class w/ Barbara / CH 1:30 Brain Games w/ Barbara/ NAV 3:00 Yahtzee! / SR	Happy Birthday Barbara R.1 9:00 Exercise/CH 10:30 Solheim Walking Club / Rose Bowl! 1:30 Bingo/NAV 3:00 Happy Hour 4:30 Downton Abbey / FR	9:00 Parachute Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Canvas Painting w/ Carmen / FR 1:30 Saturday Matinee with Popcorn Alice in Wonderland/ FR
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH Grandparents Day	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	9:00 Exercise/CH 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/NAV 1:30 Local Shopping 1:30 Corn Hole / Lawn Games / BW 3:00 Piano Concert w/ Carl Matthes 4:00 Rick Steve's Travelogue /FR	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	9:00 Exercise/CH 10:00 Resident Townhall / RDR 11:30 Catholic Mass w/ Father Frances / CH 12:00 September Birthday Lunch! 1:30 Hymn Sing w/ Sonia / CH 3:00 Smoothie Social / Patio	9:00 Exercise/CH 9:30 Solheim Walking Club / BW 1:30 Bingo/ PDR 1:30 GR2GR Session II (RSVP to Ashley) 3:00 Happy Hour / WC 6:30 SLC 100 th Anniversary Movie Night Showing "The Mission" Rosh Hashanah Begins	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/ FR 10:30 Crafter's Corner Making Hats 10:30 Solheim Book Club Discussing The Voyages of Dr. Dolittle, by Hugh Lofting / PD 1:30 Saturday Matinee with Popcorn The Zookeeper's Wife / FR Oktoberfest Begins
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	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	9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/NAV 1:30 Solheim Music Appreciation Society / CH 3:00 Afternoon Margaritas / Patio 4:00 Rick Steve's Travelogue /FR	Happy Birthday Edward J. 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	9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:30 Fall Wreaths / NAV 2:00 Party Time in the Wellness Center 3:30 Afternoon Movie & Popcorn Sabrina / FR	Happy Birthday Ruth N.2 9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Happy Hour w/ Live Music 4:30 Downton Abbey / FR	9:00 Parachute Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Jumanji / FR 5:00-9:00 Oktoberfest! Autumn Begins
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH Yom Kippur Begins	Happy Birthday Louis K. 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 Jean C. 9:00 Exercise/CH 10:00 Manicures w/ Divina 11:30 Music & Movement w/ Rachel/NAV 1:30 Local Shopping 1:30 Bible Trivia/FR 3:00 Classical Concert with Violin & Flute / CH	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 10:00 Coffee & The Daily Chronicle 10:30 Superfood Chat w/ Briana / NAV 1:30 Hymn Sing w/ Sonia/CH 2:30 Technology Chat w/ Spenser 3:00 Chair Volleyball / Patio	9:00 Exercise/CH 9:30 Solheim Walking Club / 10:30 Yahtzee! / SR 1:30 Bingo/NAV 3:00 Happy Hour/ WC 4:30 Downton Abbey / FR Sukkot Begins	9:00 Drum Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Watercolor Painting/ FR 1:30 Saturday Matinee with Popcorn Some Like it Hot/ FR