Vibrant life
BE VIBRANT. BE YOU.

February 2019
Solstice Senior Living at Auburn

SOLSTICE SENIOR LIVING AT AUBURN

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

Location Keys

Activity Room (1st Floor)	ACT
Atrium (1st Floor)	AR
BUS (Outside)	BUS
Chapel (2nd Floor)	CH
Dining Room (1st Floor)	DIN
Game Room (2nd Floor)	GR
Library (3rd Floor)	LIB
Outside	(OS)
TV Room (2nd Floor)	TV

Resident Birthdays

Audrey P.	2/5
Margaret C.	2/7
Art J.	2/8
Diane M.	2/12
Joyce W.	2/16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Blood Pressure Check [ACT] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/Cathleen [ACT] 11:30 **Ambassador Meeting [ACT]** 12:00 Hidden Word Search [AR] 1:45 Bridge [LIB] 3:30 Scrabble [ACT] 4:15 **Entertainment by Amy Franklin [AR]** 5:00 Puzzle Time [LIB] 6:45 Blackjack & Poker [GR] 6:45 Movie Night [TV]	**2** **Groundhog Day** 8:00 **Eat Ice Cream for Breakfast Day! [DIN]** 9:00 Hunt & Walk (Part 1) [AR] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/John [ACT] 11:15 **Ground Hog Day! (Scavenger Hunt) [AR]** 11:45 **George on the Piano [AR]** 12:00 Auction $$ Exchange [AR] 2:00 Beanbag Baseball [AR] 2:00 Bridge Lessons w/John [LIB] 3:30 **Ground Hog Day (Movie) [TV]** 4:45 Pool Challenge [GR] 6:45 Computer Bingo w/John [ACT] 6:45 Tripoley Card Game [LIB]
3 9:00 Hunt & Walk (Part 2) [AR] 9:30 Sit & Stretch Exercise [TV] 11:00 Bible Study w/friends [CH] 12:00 **Sudoku [AR]** 1:45 **Feed the Birds Day [(OS)]** 2:00 Tripoley [LIB] 3:00 **Super Bowl Gathering! [TV]** 3:30 Dominoes [ACT] 3:45 **Ice Cream Social [ACT]** 4:30 Checkers [ACT] 5:00 Cryptograms [AR] 6:45 Po-ke-no w/Barbie [ACT]	**4** 9:30 Sit & Stretch Exercise [TV] 10:00 **Lyrical Locals [AR]** 10:35 Rosary [CH] 11:00 *Communion [CH]* 11:30 **LRC (Left-Right-Center) Dice Game [ACT]** 11:45 **Thank a Mailman Day! [AR]** 12:00 Hidden Word Search [AR] 1:30 **Dog Companionship Day [AR]** 2:00 **Bunco w/Barbara** 3:30 **Coffee & Current Event [ACT]** 5:00 Hunt & Walk Conclusion [AR] 6:45 Movie Night [TV] 6:45 Poker [GR]	**5** ***Happy Birthday Audrey P.*** 9:30 Chair Yoga w/Nancy [TV] 10:30 Trivia Challenge [ACT] 11:15 *Bible Study w/Woody [CH]* 11:45 Coloring w/Friends [ACT] 12:30 **Chinese New Years [DIN]** 1:30 Country Store 2:00 **Bowling [AR]** 2:00 Pinochle [LIB] 3:15 **Adventure Travel (China) [TV]** 4:30 **Vibrant Life/Activity Meeting [ACT]** 4:45 **Puzzle Time [LIB]** 6:45 Bingo w/Kelly [ACT]	**6** 9:30 **Tai Chi w/Craig [TV]** 10:45 **Outing ~ Colfax Museum & Lunch @ Dine & Dash [BUS]** 11:00 ***Bible Study w/Chaplain Colbert (non-denominational) [CH]*** 12:00 Hidden Word Search [AR] 2:15 **Dog Park Social Time [(OS)]** 2:30 Yahtzee [GR] 4:00 Music & Dancing w/George [AR] 4:15 **Beer Social** 4:45 Card Playing [GR] 6:45 Bingo 10 Cards w/Zoey [ACT] 6:45 Poker [GR] 6:45 Tripoley Card Game [LIB]	**7** ***Happy Birthday Margaret C.*** 9:30 Sit & Stretch Video Exercise [TV] 10:30 Computer Pokeno [ACT] 11:00 **Bridge Players Visiting [TV]** 11:30 **Send a Card to a Friend Day! [ACT]** 12:30 Secret Word (Love) [DIN] 12:30 Wear Your Name Tag [DIN] 2:00 Pinochle [LIB] 2:15 **Craft Project w/Cathleen [ACT]** 3:00 Dominoes [ACT] 4:00 **Welcome & Meet New Residents [ACT]** 4:45 Rummy Card Game [GR] 6:45 Po-ke-no w/Barbie [ACT]	**8** ***Happy Birthday Art J.*** 9:00 Blood Pressure Check [ACT] 9:30 Sit & Stretch Exercise [TV] 10:30 **Bingo w/friends [ACT]** 12:00 Hidden Word Search [AR] 1:45 Bridge [LIB] 2:00 Skip-Bo [GR] 3:00 Checkers [ACT] 4:15 **Valentine's Tea Party! [ACT]** 4:45 **Knitting Hats or Scarfs for the Homeless [ACT]** 6:45 Blackjack [GR] 6:45 **Family Texas Holden Night w/Cathleen & Matt [GR]** 6:45 Movie Night [TV]	**9** 9:00 Hunt & Walk (Part 1) [AR] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/John [ACT] 11:45 **George on the Piano [AR]** 12:00 Auction $$ Exchange [AR] 12:00 **National Pizza Day! [ACT]** 2:00 Beanbag Baseball [AR] 2:00 Bridge Lessons w/John [LIB] 3:30 **Black History Month (Discussion) [ACT]** 4:00 Uno Card Game [ACT] 4:45 Walking Group [AR] 6:45 Computer Bingo w/John [ACT] 6:45 Tripoley Card Game [LIB]
10 9:00 Hunt & Walk (Part 2) [AR] 9:30 Sit & Stretch Exercise [TV] 11:00 Bible Study w/friends [CH] 12:00 **Sudoku [AR]** 2:00 Sunday Matinee [TV] 2:00 Tripoley [LIB] 3:00 **Sherbet Ice Cream w/staff [ACT]** 3:30 **Mini Golf [TV]** 4:00 **Classical Music (Wizard of Oz) [AR]** 4:45 Pool [GR] 5:00 Cryptograms [AR] 6:45 Po-ke-no w/Barbie [ACT]	**11** 9:30 Sit & Stretch Exercise [TV] 10:15 **Entertainment by Gold Country Senior Band [AR]** 11:45 11:45 Walking w/Friends [AR] 12:00 Hidden Word Search [AR] 12:15 **White T-Shirt Day (take a picture w/friends) [AR]** 12:30 **Make a Friend Day (sit somewhere new) [DIN]** 1:45 ***Church Service & Communion w/Pastor Paul [CH]*** 2:00 **Jeopardy w/Barbara [ACT]** 3:30 **Phase 10 Card Game [ACT]** 4:30 Uno Card Game [ACT] 5:00 Hunt & Walk Conclusion [AR] 6:45 Movie Night [TV] 6:45 Poker [GR]	**12** ***Happy Birthday Diane M.*** 9:30 Beach Ball Exercise [AR] 10:00 **Catholic Mass [CH]** 10:30 Trivia Challenge [ACT] 11:15 *Bible Study w/Woody [CH]* 11:45 Open Discussion w/Friends [AR] 1:30 Country Store 1:45 **Stamp Collection Fundraiser [ACT]** 2:00 Beanbag Baseball [AR] 2:00 Pinochle [LIB] 3:30 **Abraham Lincoln's Birthday (Movie) [TV]** 4:15 Left-Right-Center Dice Game [ACT] 4:45 **Puzzle Time [LIB]** 6:45 Bingo w/Kelly [ACT]	**13** 9:30 **Tai Chi w/Craig [TV]** 10:30 **Outing ~ Shopping & Olive Garden [BUS]** 11:00 ***Bible Study w/Chaplain Colbert (non-denominational) [CH]*** 12:00 Hidden Word Search [AR] 2:15 **Dog Park Social Time [(OS)]** 2:30 Yahtzee [GR] 4:00 Music & Dancing w/George [AR] 4:15 **Wine Social [AR]** 4:45 Card Playing [GR] 6:45 Bingo 10 Cards w/Zoey [ACT] 6:45 Poker [GR] 6:45 Tripoley Card Game [LIB]	**14** ***Happy Valentine's Day!*** 9:30 Noodle Balloon Volley [AR] 10:30 Computer Pokeno [ACT] 11:30 **Resident/Manager Meeting [ACT]** 12:30 Secret Word (Valentines) [DIN] 12:30 Wear Your Name Tag [DIN] 1:45 **Poetry & Singing w/Adana & Audrey [AR]** 2:00 Pinochle [LIB] 3:15 **Paint by # [ACT]** 3:30 **Share your love story! [ACT]** 4:30 Dominoes [ACT] 5:00 **Photo's with your sweetheart! [AR]** 6:45 **Valentine's Day Celebration by Rhonda Lynn Trio [AR]**	**15** 9:00 Blood Pressure Check [ACT] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/Cathleen [ACT] 11:30 **Rummikub [ACT]** 12:00 Hidden Word Search [AR] 1:45 Bridge [LIB] 1:45 **Let's Talk Senior (Safe in Home) [ACT]** 3:00 **Cooking w/Cathleen [ACT]** 3:30 Scrabble [ACT] 4:15 **Cell Phone & Tablet Class w/Bianca [ACT]** 6:45 Blackjack & Poker [GR] 6:45 Movie Night [TV]	**16** ***Happy Birthday Joyce W.*** 9:00 Hunt & Walk (Part 1) [AR] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/John [ACT] 11:30 **Reminiscing w/Cathleen [ACT]** 11:45 **George on the Piano [AR]** 12:00 Auction $$ Exchange [AR] 2:00 Beanbag Baseball [AR] 2:00 Bridge Lessons w/John [LIB] 4:00 **Bocce Ball [AR]** 4:45 Left-Right-Center Dice Game [ACT] 6:45 Computer Bingo w/John [ACT] 6:45 Tripoley Card Game [LIB]
17 9:00 Hunt & Walk (Part 2) [AR] 9:30 Sit & Stretch Exercise [TV] 11:00 Bible Study w/friends [CH] 12:00 **Sudoku [AR]** 2:00 Sunday Matinee [TV] 2:00 Tripoley [LIB] 2:30 **Random Acts of Kindness Day! [AR]** 3:00 Dominoes [ACT] 3:45 **Sunday Sundaes [ACT]** 4:00 **Classical Music (Pomp & Circumstance) [AR]** 4:30 Checkers [ACT] 5:00 Cryptograms [AR] 6:45 **Chit Chat w/Lamar & Jessica [ACT]**	**18** **Presidents' Day** 9:30 Sit & Stretch Exercise [TV] 10:30 Pokeno w/Bev [ACT] 11:00 **Bridge Group Visiting [TV]** 11:30 **LRC (Left-Right-Center) Dice Game [ACT]** 12:00 Hidden Word Search [AR] 1:30 **Dog Companionship Day [AR]** 2:00 **Rummikub w/Jackie** 2:30 Mexican Train Dominoes [GR] 3:15 **Name That President! [ACT]** 4:00 Skip-Bo [GR] 5:00 Hunt & Walk Conclusion [AR] 6:45 Movie Night [TV] 6:45 Poker [GR]	**19** **Happy Anniversary Al & Brenda Anderson (1965)** 9:30 Chair Yoga w/Nancy [TV] 10:30 Trivia Challenge [ACT] 10:35 Rosary [CH] 11:00 *Communion [CH]* 11:15 *Bible Study w/Woody [CH]* 11:45 Coloring w/Friends [ACT] 1:30 Country Store 1:45 **Let's Talk Seniors (Heart Health) [ACT]** 2:00 Pinochle [LIB] 2:30 Beanbag Baseball [AR] 2:45 **National Chocolate Mint Day! [AR]** 4:00 Wii Bowling [ACT] 4:45 **Puzzle Time [LIB]** 6:45 Bingo w/Kelly [ACT]	**20** 9:30 **Tai Chi w/Craig [TV]** 10:30 **Love Your Pet Day! (photo's with your pets) [AR]** 11:00 ***Bible Study w/Chaplain Colbert (non-denominational) [CH]*** 12:00 Hidden Word Search [AR] 2:15 **Dog Park Social Time [(OS)]** 2:30 Yahtzee [GR] 3:00 Ladder Ball [AR] 3:00 **Regal Theater & Dinner Out [BUS]** 4:00 Music & Dancing w/George [AR] 4:15 **Cherry Pie Day! [AR]** 4:45 Card Playing [GR] 6:45 Bingo 10 Cards w/Zoey [ACT] 6:45 Poker [GR] 6:45 Tripoley Card Game [LIB]	**21** 9:30 Sit & Stretch Video Exercise [TV] 10:30 Computer Pokeno [ACT] 11:15 **Decorate for Birthday Celebration [ACT]** 12:30 **Birthday Celebration [DIN]** 12:30 Secret Word (Balloons) [DIN] 12:30 Wear Your Name Tag [DIN] 1:45 **Entertainment by Linda Herring [AR]** 2:00 Pinochle [LIB] 3:00 Thursday Afternoon Movie [TV] 3:30 **Community Engagement & Outreach [ACT]** 4:00 **Chess [ACT]** 4:30 Dominoes [ACT] 4:45 **Coffee & Cookies ~ Chat Time [AR]** 6:45 Po-ke-no [ACT]	**22** **Be Humble Day!** 9:00 Blood Pressure Check [ACT] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/Cathleen [ACT] 12:00 Hidden Word Search [AR] 1:45 Bridge [LIB] 2:00 **Community Outreach (Stand Up Placer) [ACT]** 3:00 Checkers [ACT] 3:30 **George Washington Day! (trivia challenge) [ACT]** 4:30 **National Margarita Day! (social time w/friends) [ACT]** 4:45 **Knitting Hats or Scarfs for the Homeless [ACT]** 6:45 Blackjack & Poker [GR] 6:45 Movie Night [TV]	**23** 9:00 Hunt & Walk (Part 1) [AR] 9:30 Sit & Stretch Exercise [TV] 10:30 Bingo w/John [ACT] 11:15 **Walking w/Cathleen [AR]** 11:45 **George on the Piano [AR]** 12:00 Auction $$ Exchange [AR] 2:00 Beanbag Baseball [AR] 2:00 Bridge Lessons w/John [LIB] 3:00 Creative Coloring with Friends [AR] 4:15 **Root-beer Floats w/Barbara [ACT]** 4:45 Pool Challenge [GR] 6:45 Computer Bingo w/John [ACT] 6:45 Tripoley Card Game [LIB]
24 9:00 Hunt & Walk (Part 2) [AR] 9:30 Sit & Stretch Exercise [TV] 11:00 Bible Study w/friends [CH] 12:00 **Sudoku [AR]** 2:00 Sunday Matinee [TV] 2:00 Tripoley [LIB] 3:30 **National Tortilla Chip Day! [ACT]** 4:00 **Classic Music (Jersey Boys) [AR]** 4:45 Pool [GR] 5:00 Cryptograms [AR] 6:30 **Oscar Night! [TV]** 6:45 Po-ke-no w/Barbie [ACT]	**25** 9:30 Sit & Stretch Exercise [TV] 10:30 Pokeno w/Bev [ACT] 11:45 11:45 Walking w/Friends [AR] 12:00 Hidden Word Search [AR] 2:00 **Name 5 (Challenge Game w/Barbara) [ACT]** 3:15 **Sunshine Program w/Barbara [ACT]** 4:00 **Walking group w/Barbara [AR]** 4:30 Uno Card Game [ACT] 5:00 Hunt & Walk Conclusion [AR] 6:45 Movie Night [TV] 6:45 Poker [GR]	**26** 9:30 Beach Ball Exercise [AR] 10:30 Trivia Challenge [ACT] 10:35 Rosary [CH] 11:00 *Communion [CH]* 11:15 *Bible Study w/Woody [CH]* 11:45 Open Discussion w/Friends [AR] 1:30 Country Store 2:00 Beanbag Baseball [AR] 2:00 Pinochle [LIB] 3:45 **Who, What, When & Where [ACT]** 4:30 **National Pistachio Day! [ACT]** 4:45 **Puzzle Time [LIB]** 6:45 Bingo w/Kelly [ACT]	**27** 9:30 **Tai Chi w/Craig [TV]** 10:30 **Froggy Ceramics [BUS]** 11:00 ***Bible Study w/Chaplain Colbert (non-denominational) [CH]*** 12:00 Hidden Word Search [AR] 2:00 **Outing ~ Consignment Store Shopping [BUS]** 2:15 **Dog Park Social Time [(OS)]** 2:30 Yahtzee [GR] 3:00 **Polar Bear Day! (Movie) [TV]** 4:00 Music & Dancing w/George [AR] 4:15 **Social Hour [AR]** 4:45 Card Playing [GR] 6:45 Bingo 10 Cards w/Zoey [ACT] 6:45 Poker [GR] 6:45 Tripoley Card Game [LIB]	**28** 9:30 Noodle Balloon Volley [AR] 10:30 Computer Pokeno [ACT] 11:45 **Duck Drop [CH]** 12:30 Secret Word (Floral) [DIN] 12:30 Wear Your Name Tag [DIN] 1:45 **Come meet Pixie the Lamb [AR]** 2:00 Pinochle [LIB] 3:00 **Floral Design Day! [ACT]** 3:30 Scrabble [ACT] 4:15 **Horse Races [ACT]** 5:30 **Gold Key Dinner [DIN]** 6:45 Po-ke-no w/Barbie [ACT]	