


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
 <p>SOLSTICE SENIOR LIVING AT NORMANDY PARK</p>		<p>Location Keys</p> <p>Chapel CH Dining Room DR Library Exercise LE Lobby LB Mailbox Area M Multipurpose MR Vibrant Life Room VLR</p>		<p>Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well</p>		<p>9:00 ♡ New Word Games [M] 1 9:00 ♡ Stretch & Strengthen w/ Independence Rehab [LE] 10:00 🟡 Bridge [LE] 11:00 🟡 Your Senior Writing Circle with Wendy Meyers [LE] 12:30 🟡 Polka Dot Day! [DR] 2:30 🟡 52 Bingo with Michelle [VLR] 3:30 🟡 Social Hour: New Resident Social Hour! [MR] 6:45 History Movie Night [MR]</p>		<p>9:00 🟡 Let's Play Jenga! [LB] 2 10:00 🟡 Mexican Train Dominoes with Michelle [VLR] 11:00 ♡ Wii GAMES: Bowling Practice [MR] 12:30 🟡 Twins Day! Wear the same outfit as someone else [DR] 1:30 ♡ Meditation with Audrey [MR] 3:30 🟡 52 Bingo with Audrey [VLR] 5:30 🟡 Saturdays: Bring a family member or friend to dinner [DR]</p>					
<p>Daylight Saving Time Begins 3</p> <p>9:45 🟡 John Knox church services [LB] 9:45 🟡 St. Francis Assisi church services [LB] 11:00 🟡 Chapel [CH] 11:30 🟡 Sunday Stroll w/Jon Meer 12:00 🟡 Where in the World? [DR] 12:30 🟡 Sports Day! Wear your favorite sports attire! [DR] 1:45 🟡 Jon Meer's Bible Sing Along [CH] 3:00 🟡 Ice Cream Sundaes [LB] 3:30 🟡 52 Bingo [VLR] 6:15 🟡 Scrabble! [MR] 6:30 ♡ Listening corner book club!! [LE]</p>		<p>Election Day 4</p> <p>9:00 ♡ New Word Games [M] 9:30 🟡 Shop & Swap Gifting Table [VLR] 10:00 🟡 Cancelled until her return: Limber up with Vikki [LE] 12:30 🟡 sdrawkcaB Day! Wear your favorite outfit backwards [DR] 1:30 Board Game Bonanza! [MR] 2:00 🟡 Mexican Train Dominoes [VLR] 3:30 🟡 Bingo with Gordon [VLR] 4:30 🟡 Chess! [MR] 6:30 🟡 Pool game (up by Audrey's desk) [MR]</p>		<p>Election Day 5</p> <p>10:00 🟡 Piano Concert - Cameron Keller [DR] 11:00 ♡ Wii GAMES: Bowling practice [MR] 11:45 ♡ Beach Ball Volleyball [LE] 12:30 🟡 Wear Pink Day! [DR] 2:00 🟡 Team Trivia with Carla [VLR] 3:00 🟡 Tuesday Tea Party! [MR] 4:00 🟡 Bean Bag Baseball Practice [VLR] 4:30 ♡ Easy Tai Chi with Olan [LE] 6:45 🟡 Color Me Calm Meditative Drawing [MR]</p>		<p>Election Day 6</p> <p>9:00 ♡ New Word Games [M] 9:00 🟡 The Bob Ross Club: Pick a Pic [VLR] 10:00 🟡 BUS TRIP - \$29.95 Seattle Aquarium 11:00 ♡ Limber Up Exercises with Vikki -- Audrey Subbing [LE] 12:30 🟡 Hat Day! 1:30 🟡 Pokeno [LE] 2:00 🟡 Midweek Movie! [CH] 3:30 🟡 Bingo With Gordon [VLR]</p>		<p>Election Day 7</p> <p>10:00 🟡 Communion [CH] 10:30 🟡 BUS TRIP: Local library [LB] 11:30 🟡 Flower Hour [VLR] 12:30 🟡 Hawaiian Shirt Day! [DR] 2:00 🟡 Double Solitaire [MR] 2:00 🟡 Salvation Army [MR] 3:30 🟡 Bean Bag Baseball Practice [MR] 4:00 Sign Language classes for everyone with Audrey! [VLR] 7:00 🟡 Karate with Jess Dena [LE]</p>		<p>Election Day 8</p> <p>9:00 ♡ New Word Games [M] 9:00 ♡ Stretch & Strengthen w/ Independence Rehab [LE] 10:00 🟡 Bridge [LE] 12:30 🟡 Polka Dot Day! [DR] 2:00 🟡 Salvation Army Sing Along [MR] 2:30 🟡 52 Bingo with Michelle [VLR] 3:30 🟡 Social Hour! [MR] 6:45 History Movie Night [MR]</p>		<p>Election Day 9</p> <p>9:00 🟡 Let's Play Jenga! [LB] 10:00 🟡 Mexican Train Dominoes with Michelle [VLR] 11:00 ♡ Wii GAMES: Bowling Practice [MR] 12:30 🟡 Twins Day! Wear the same outfit as someone else [DR] 1:30 ♡ Healing Dance with Bella! [VLR] 2:30 ♡ Meditation with Audrey [MR] 3:30 🟡 52 Bingo with Audrey [VLR] 5:30 🟡 Saturdays: Bring a family member or friend to dinner [DR]</p>	
<p>Veterans Day 10</p> <p>9:45 🟡 John Knox church services [LB] 9:45 🟡 St. Francis Assisi church services [LB] 11:00 🟡 Chapel [CH] 12:00 🟡 Where in the World? [DR] 12:30 🟡 Sports Day! Wear your favorite sports attire! [DR] 1:30 🟡 Therapy Dogs [VLR] 1:45 🟡 Jon Meer's Bible Sing Along [CH] 2:30 🟡 Rein's Video Presentation [MR] 3:00 🟡 Ice Cream Sundaes [LB] 3:30 🟡 52 Bingo [VLR] 6:15 🟡 Scrabble! [MR] 6:30 ♡ Listening corner book club!! [LE]</p>		<p>Veterans Day 11</p> <p>9:00 ♡ New Word Games [M] 10:00 🟡 Cancelled until her return: Limber up with Vikki [LE] 11:30 🟡 Wii Golfing with Raul!! [MR] 12:30 🟡 sdrawkcaB Day! Wear your favorite outfit backwards [DR] 1:30 Board Game Bonanza! [MR] 2:00 🟡 Mexican Train Dominoes [VLR] 3:30 🟡 Bingo with Gordon [VLR] 4:30 🟡 Chess! [MR] 6:30 🟡 Pool game (up by Audrey's desk) [MR]</p>		<p>Veterans Day 12</p> <p>10:30 🟡 Coffee Chat with Renton Divine Home Care! [MR] 11:00 ♡ Wii GAMES: Bowling practice [MR] 11:45 ♡ Beach Ball Volleyball [LE] 12:30 🟡 Wear Pink Day! [DR] 2:00 🟡 Team Trivia with Carla [VLR] 3:00 🟡 Tuesday Tea Party! [MR] 4:00 🟡 Bean Bag Baseball Practice [VLR] 4:30 ♡ Easy Tai Chi with Olan [LE] 6:45 🟡 Color Me Calm Meditative Drawing [MR]</p>		<p>Veterans Day 13</p> <p>9:00 ♡ New Word Games [M] 9:00 🟡 The Bob Ross Club: Pick a Pic [VLR] 10:00 🟡 BUS TRIP \$21- Museum of Flight 10:45 🟡 Traveling Library Visit [VLR] 11:00 ♡ Limber Up Exercises with Vikki -- Audrey Subbing [LE] 12:30 🟡 Hat Day! 1:30 🟡 Pokeno [LE] 2:00 🟡 Midweek Movie! [CH] 3:30 🟡 Bingo With Gordon [VLR]</p>		<p>Veterans Day 14</p> <p>10:00 🟡 Communion [CH] 10:30 🟡 BUS TRIP: Local library [LB] 10:30 🟡 Culinary chat with Vic [VLR] 11:30 🟡 Flower Hour [VLR] 12:30 🟡 Hawaiian Shirt Day! [DR] 2:00 🟡 Double Solitaire [MR] 3:30 🟡 Bean Bag Baseball Practice [MR] 4:00 Sign Language classes for everyone with Audrey! [VLR] 7:00 🟡 Karate with Jess Dena [LE]</p>		<p>Veterans Day 15</p> <p>9:00 ♡ New Word Games [M] 9:00 ♡ Stretch & Strengthen w/ Independence Rehab [LE] 10:00 🟡 Bridge [LE] 11:00 🟡 Writing workshop with Sunder [LE] 12:30 🟡 Polka Dot Day! [DR] 2:30 🟡 52 Bingo with Michelle [VLR] 3:30 🟡 Social Hour! [MR] 6:45 History Movie Night [MR]</p>		<p>Veterans Day 16</p> <p>9:00 🟡 Let's Play Jenga! [LB] 10:00 🟡 Mexican Train Dominoes with Michelle [VLR] 11:00 ♡ Wii GAMES: Bowling Practice [MR] 12:30 🟡 Twins Day! Wear the same outfit as someone else [DR] 1:30 ♡ Meditation with Audrey [MR] 3:30 🟡 52 Bingo with Audrey [VLR] 5:30 🟡 Saturdays: Bring a family member or friend to dinner [DR]</p>	
<p>Veterans Day 17</p> <p>9:45 🟡 John Knox church services [LB] 9:45 🟡 St. Francis Assisi church services [LB] 11:00 🟡 Chapel [CH] 11:30 🟡 Sunday Stroll w/Jon Meer 12:00 🟡 Where in the World? [DR] 12:30 🟡 Sports Day! Wear your favorite sports attire! [DR] 1:45 🟡 Jon Meer's Bible Sing Along [CH] 3:00 🟡 Ice Cream Sundaes [LB] 3:30 🟡 52 Bingo [VLR] 6:15 🟡 Scrabble! [MR] 6:30 ♡ Listening corner book club!! [LE]</p>		<p>Veterans Day 18</p> <p>9:00 ♡ New Word Games [M] 9:30 🟡 Shop & Swap Gifting Table [VLR] 10:00 🟡 Cancelled until her return: Limber up with Vikki [LE] 12:30 🟡 sdrawkcaB Day! Wear your favorite outfit backwards [DR] 1:30 Board Game Bonanza! [MR] 2:00 🟡 Mexican Train Dominoes [VLR] 3:30 🟡 Bingo with Gordon [VLR] 4:30 🟡 Chess! [MR] 6:30 🟡 Pool game (up by Audrey's desk) [MR]</p>		<p>Veterans Day 19</p> <p>11:00 ♡ Wii GAMES: Bowling practice [MR] 11:45 ♡ Beach Ball Volleyball [LE] 12:30 🟡 Wear Pink Day! [DR] 2:00 🟡 Team Trivia with Carla [VLR] 3:00 Entertainer: Randy Rogers with his acoustic guitar [MR] 3:00 🟡 Tuesday Tea Party! [MR] 4:00 🟡 Bean Bag Baseball Practice [MR] 4:30 ♡ Easy Tai Chi with Olan [LE] 6:45 🟡 Color Me Calm Meditative Drawing [MR]</p>		<p>Veterans Day 20</p> <p>9:00 ♡ New Word Games [M] 9:00 🟡 The Bob Ross Club: Pick a Pic [VLR] 11:00 ♡ Limber Up Exercises with Vikki -- Audrey Subbing [LE] 11:30 🟡 BUS TRIP: \$\$ Residents pick a restaurant 12:30 🟡 Hat Day! 1:30 🟡 Pokeno [LE] 2:00 🟡 Midweek Movie! [CH] 3:30 🟡 Bingo With Gordon [VLR]</p>		<p>Veterans Day 21</p> <p>10:00 🟡 Communion [CH] 10:30 🟡 BUS TRIP: Local library [LB] 11:30 🟡 Flower Hour [VLR] 12:30 🟡 Hawaiian Shirt Day! [DR] 2:00 🟡 Double Solitaire [MR] 2:00 🟡 Living the Dream Celebration! [DR] 3:30 🟡 Bean Bag Baseball Practice [MR] 4:00 Sign Language classes for everyone with Audrey! [VLR] 7:00 🟡 Karate with Jess Dena [LE]</p>		<p>Veterans Day 22</p> <p>9:00 ♡ New Word Games [M] 9:00 ♡ Stretch & Strengthen w/ Independence Rehab [LE] 10:00 🟡 Bridge [LE] 12:30 🟡 Polka Dot Day! [DR] 2:30 🟡 52 Bingo with Michelle [VLR] 3:30 🟡 Social Hour! [MR] 6:45 History Movie Night [MR]</p>		<p>Veterans Day 23</p> <p>9:00 🟡 Let's Play Jenga! [LB] 10:00 🟡 Mexican Train Dominoes with Michelle [VLR] 11:00 ♡ Wii GAMES: Bowling Practice [MR] 12:30 🟡 Twins Day! Wear the same outfit as someone else [DR] 1:30 ♡ Meditation with Audrey [MR] 3:30 🟡 52 Bingo with Audrey [VLR] 5:30 🟡 Saturdays: Bring a family member or friend to dinner [DR]</p>	
<p>Thanksgiving 24</p> <p>9:45 🟡 John Knox church services [LB] 9:45 🟡 St. Francis Assisi church services [LB] 11:00 🟡 Chapel [CH] 12:00 🟡 Where in the World? [DR] 12:30 🟡 Sports Day! Wear your favorite sports attire! [DR] 1:30 🟡 Therapy Dogs [VLR] 1:45 🟡 Jon Meer's Bible Sing Along [CH] 2:00 🟡 Create Thanksgiving decorations! [VLR] 3:00 🟡 Ice Cream Sundaes [LB] 3:30 🟡 52 Bingo [VLR] 6:15 🟡 Scrabble! [MR] 6:30 ♡ Listening corner book club!! [LE]</p>		<p>Thanksgiving 25</p> <p>9:00 ♡ New Word Games [M] 10:00 🟡 Cancelled until her return: Limber up with Vikki [LE] 11:30 🟡 Wii Golfing with Raul!! [MR] 12:30 🟡 sdrawkcaB Day! Wear your favorite outfit backwards [DR] 1:30 Board Game Bonanza! [MR] 2:00 🟡 Mexican Train Dominoes [VLR] 3:30 🟡 Bingo with Gordon [VLR] 4:30 🟡 Chess! [MR] 6:30 🟡 Pool game (up by Audrey's desk) [MR]</p>		<p>Thanksgiving 26</p> <p>10:00 ♡ David Kaynor presents: 10 Great geological features of WA! [VLR] 11:00 ♡ Wii GAMES: Bowling practice [MR] 11:45 ♡ Beach Ball Volleyball [LE] 12:30 🟡 Wear Pink Day! [DR] 2:00 🟡 Team Trivia with Carla [VLR] 3:00 🟡 Tuesday Tea Party! [MR] 4:00 🟡 Bean Bag Baseball Practice [MR] 4:30 ♡ Easy Tai Chi with Olan [LE] 6:45 🟡 Color Me Calm Meditative Drawing [MR]</p>		<p>Thanksgiving 27</p> <p>9:00 ♡ New Word Games [M] 9:00 🟡 The Bob Ross Club: Pick a Pic [VLR] 10:00 🟡 BUS TRIP: The Center for Wooden Boats - free 11:00 ♡ Limber Up Exercises with Vikki -- Audrey Subbing [LE] 12:30 🟡 Hat Day! 1:30 🟡 Pokeno [LE] 2:00 🟡 Midweek Movie! [CH] 3:30 🟡 Bingo With Gordon [VLR] 4:00 🟡 Carnival! Sponsored by Gold Key [DR]</p>		<p>Thanksgiving 28</p> <p>10:00 🟡 Communion [CH] 10:30 🟡 BUS TRIP: Local library [LB] 11:30 🟡 Flower Hour [VLR] 12:30 🟡 Hawaiian Shirt Day! [DR] 2:00 🟡 Double Solitaire [MR] 3:30 🟡 Bean Bag Baseball Practice [MR] 4:00 Sign Language classes for everyone with Audrey! [VLR] 7:00 🟡 Karate with Jess Dena [LE]</p>		<p>Thanksgiving 29</p> <p>9:00 ♡ New Word Games [M] 9:00 ♡ Stretch & Strengthen w/ Independence Rehab [LE] 10:00 🟡 Bridge [LE] 12:30 🟡 Polka Dot Day! [DR] 1:30 🟡 Ivan Albini on the Violin [MR] 2:30 🟡 52 Bingo with Michelle [VLR] 3:30 🟡 Social Hour! [MR] 4:30 ♡ Vibrant Life Activities meeting with Audrey and Ambassadors!! [MR] 6:45 History Movie Night [MR]</p>		<p>Thanksgiving 30</p> <p>9:00 🟡 Let's Play Jenga! [LB] 10:00 🟡 Mexican Train Dominoes with Michelle [VLR] 11:00 ♡ Wii GAMES: Bowling Practice [MR] 12:30 🟡 Twins Day! Wear the same outfit as someone else [DR] 1:30 ♡ Meditation with Audrey [MR] 3:30 🟡 52 Bingo with Audrey [VLR] 5:30 🟡 Saturdays: Bring a family member or friend to dinner [DR]</p>	