Wibrant life

|  |   | BE VIBRANT. BE YOU.  |  |   | Solstice Senior Living at Renton  |  |
|--|---|--|--|---|---|--|
| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
| SOLSTICE<br>SENIOR LIVING<br>AT RENTON   | 1414 Monroe Ave NE<br>Renton, WA 98056<br>425-226-3312  | Location Keys  Atrium ATR Bus Trip BUS Dining Room DR Game Loft GL Library LIB Television Room TV Various Apts - see Donna V Vibrant Life Room VLR   | New Year's Day  9:30 Sit & Be Fit  [GL]  3:00 Herrore Racing [GL]  4:45 Herrore Ball [GL]  6:30 Herrore Canasta [LIB]  6:45 Herrore Bingo [VLR]  | 9:30 ♥ Sit & Be Fit [GL]  10:15 ★ Outing: Burke   | 10:45 W Men's Club [GL] 11:00 Pokeno [LIB]  | 10:00 linvestment & Money Talk with Eileen - includes donuts [VLR]  10:45 ✓ Zumba Gold [ATR]  2:00 Mile Bowling [GL]  3:15 Cookies & Hot Chocolate [ATR]  5:00 Piano Music with Rita [DR]  6:45 Mile Bingo [VLR]  6:45 Canasta [LIB] |
| 11:00 ★ Catholic Communion [TV]  11:00 ★ Church Service [DR] 2:00  Rummikub [VLR] 3:00 Movie Matinee [TV] 4:00 Decorate E.F. Bags [VLR] 6:30 Wheel of Fortune [VLR] 6:45 Mexican Train Dominoes [VLR]  | 9:30 Dr. Appointments [BUS] 9:30 Emergency Feeding Program [BUS] 9:30 Sit & Be Fit [GL] 2:00 Gentle Yoga with Hillary [GL] 3:30 Bean Bag Baseball [ATR] 4:45 Eight Ball [GL] 6:45 Mexican Train Dominoes [VLR] 6:45 Rummikub [VLR]                          | 9:30 ♥ Dr. Appointments [BUS] 9:30 ♥ Sit & Be Fit [GL] 10:00 ₱ Shuffleboard [GL] 11:00 ★ Catholic Mass [TV] 1:30 ● Funny Money Banking [VLR] 1:45 ♥ Scrabble [LIB] 2:00 ⑥ Shopping & Errands - QFC, Bartells, Post Office [BUS] 2:00 ₱ Wii Bowling [GL] 3:00 ● Ambassador Club [TV] 6:45 ₱ Six-Handed Pinochle [LIB] 6:45 ♥ Wheel of Fortune [VLR] | 9:30 Sit & Be Fit [GL] 10:45 Outing: Movies at the Landing [BUS] 12:30 Avon For Sale [ATR] 3:00 Horse Racing [GL] 4:45 Eight Ball [GL] 6:30 Canasta [LIB] 6:45 Bingo [VLR]                                   | 9:30 ♥ Sit & Be Fit [GL] 10:30 ★ Bible Study - the book of Acts [TV] 1:45 ► Shuffleboard [GL] 3:00 ➤ John Back Entertainment [ATR] 6:45 ♥ Wheel of Fortune [VLR] 6:45 ► Wii Bowling [GL]        | Happy Birthday Masi Miyake  9:30 ♥ Sit & Be Fit [GL]  10:00 ● Program Planning with Jeff [VLR]  11:00 P Pokeno [LIB]  11:30 ♥ Independence Rehab Training: "Fall Prevention" [TV]  12:30 ★ Color Me "Wear a Hat or Scarf!" [DR]  1:45 ● Country Store [TV]  1:45 P Texas Hold-Em Tournament [LIB]  3:30 ♥ Bean Bag Baseball [ATR]  6:45 P Mexican Train Dominoes [VLR]    | 10:45  |
| Happy Birthday Jean Chase  11:00 ★ Catholic     Communion [TV]  11:00 ★ Church Service [DR]  2:00 ₱ Rummikub [VLR]  3:00 ★ Movie Matinee [TV]  4:00 ♠ Decorate E.F. Bags [VLR]  6:30 ❤ Wheel of Fortune [VLR]  6:45 ₱ Mexican Train Dominoes   [VLR] | 9:30 Dr. Appointments [BUS] 9:30 Sit & Be Fit [GL] 9:30 Traveling Library [ATR] 11:00 Bring Your Own Craft [VLR] 2:00 Gentle Yoga with Hillary [GL] 3:30 Bean Bag Baseball [ATR] 4:45 Eight Ball [GL] 6:45 Mexican Train Dominoes [VLR] 6:45 Rummikub [VLR] | Happy Birthday Carol Brame  9:00 ♥ Massages  9:30 ♥ Dr. Appointments [BUS]  9:30 ♥ Sit & Be Fit [GL]  10:00 ₱ Shuffleboard [GL]  1:45 ♥ Scrabble [LIB]  2:00 ⑤ Shopping & Errands - Renton Highlands [BUS]  2:00 ₱ Wii Bowling [GL]  6:45 ₱ Six-Handed Pinochle [LIB]  6:45 ♥ Wheel of Fortune [VLR]   | 9:30 Sit & Be Fit [GL] 9:45 Outing: Muckleshoot Casino Trip [BUS] 3:00 Horse Racing [GL] 4:45 Eight Ball [GL] 6:30 Canasta [LIB] 6:45 Bingo [VLR]  | 10:30 ★ Bible Study - the   | Happy Birthday Chris Miller  9:30 ♥ Sit & Be Fit [GL]  10:30 ♠ Calendar Review for Next Month with Jeff [VLR]  11:00 ♠ Pokeno [LIB]  12:30 ♠ Color Me "Wear a Hat or Scarf!" [DR]  1:45 ♠ Country Store [TV]  2:00 ❤ Surprise Craft [VLR]  3:30 ♥ Bean Bag Baseball [ATR]  6:45 ♠ Mexican Train Dominoes [VLR]  | 10:00 linvestment & Money Talk with Eileen - includes donuts [VLR]  10:45 ✓ Zumba Gold [ATR] 2:00 ✓ Wii Bowling [GL] 3:15 ❤ Cookies & Hot Chocolate [ATR] 5:00 ♠ Piano Music with Rita [DR] 6:45 ✓ Bingo [VLR] 6:45 ✓ Canasta [LIB]  |
| 11:00 ★ Catholic Communion [TV]  11:00 ★ Church Service [DR]  2:00 ► Rummikub [VLR]  3:00 ★ Movie Matinee [TV]  4:00 ► Decorate E.F. Bags [VLR]  6:30 ❤ Wheel of Fortune [VLR]  6:45 ► Mexican Train Dominoes [VLR]                                  | Martin Luther King, Jr. Day 9:30 ♥ Dr. Appointments [BUS] 9:30 ♥ Sit & Be Fit [GL] 2:00 ★ Gentle Yoga with Hillary [GL] 3:30 ♥ Bean Bag Baseball [ATR] 4:45 ★ Eight Ball [GL] 6:45 ★ Mexican Train Dominoes [VLR] 6:45 ★ Rummikub [VLR]                     | 9:30 Dr. Appointments [BUS] 9:30 Sit & Be Fit [GL] 10:00 Shuffleboard [GL] 1:30 Funny Money Banking [VLR] 1:45 Scrabble [LIB] 2:00 Shopping & Errands - Albertsons, Big Lots [BUS] 2:00 Mi Bowling [GL] 3:00 Ambassador Club [TV] 6:45 Six-Handed Pinochle [LIB] 6:45 Wheel of Fortune [VLR]   | 9:30 Sit & Be Fit [GL]  10:15 Outing: Bean Bag Baseball Tournament at Normandy Park [BUS]  3:00 Horse Racing [GL]  3:30 On-Site Dermatology [TV]  4:45 Eight Ball [GL]  6:30 Canasta [LIB]  6:45 Bingo [VLR] | 9:30 ♥ Sit & Be Fit [GL] 23 10:30 ★ Bible Study - the book of Acts [TV] 2:00 ♠ Resident Monthly Meeting [ATR] 6:30 ♠ Gospel Singers [ATR] 6:45 ♥ Wheel of Fortune [VLR] 6:45 ₱ Wii Bowling [GL] | *** Special "Themed Day"  *** Culinary "Tour de France"  9:30  Sit & Be Fit [GL]  10:30  Globetrotters: Look at France! [GL]  11:00  Healing Support Group [TV]  11:00  Pokeno [LIB]  12:30  Color Me "Wear a Hat or Scarf!" [DR]  1:45  Country Store [TV]  2:00  Globetrotters: Look at France! [GL]  3:30  Bean Bag Baseball [ATR]  6:45  Mexican Train Dominoes [VLR] | 10:45 ♥ Zumba Gold [ATR]  2:00 ₱ Wii Bowling [GL]  3:15 ♥ Cookies & Hot Chocolate [ATR]  5:00 ★ Piano Music with Rita [DR]  6:45 ₱ Bingo [VLR]  6:45 ₱ Canasta [LIB]   |
| 11:00 ★ Catholic Communion [TV]  11:00 ★ Church Service [DR]  2:00 ► Rummikub [VLR]  3:00 ★ Movie Matinee [TV]  4:00 ► Decorate E.F. Bags [VLR]  6:30 ❤ Wheel of Fortune [VLR]  6:45 ► Mexican Train Dominoes [VLR]                                  | 9:30 Dr. Appointments [BUS] 9:30 Sit & Be Fit [GL] 11:00 Know Your Neighbor [V] 2:00 Gentle Yoga with Hillary [GL] 3:30 Bean Bag Baseball [ATR] 4:45 Fight Ball [GL] 6:45 Mexican Train Dominoes [VLR] 6:45 Rummikub [VLR]                                  | 9:30 Dr. Appointments [BUS] 9:30 Sit & Be Fit [GL] 10:00 Shuffleboard [GL] 1:45 Scrabble [LIB] 2:00 Shopping & Errands - Walmart [BUS] 2:00 Wii Bowling [GL] 3:00 Happy Hour Entertainment - "The Sounds of Sinatra" [ATR] 6:45 Six-Handed Pinochle [LIB] 6:45 Wheel of Fortune [VLR]  | 9:00 Give and Get Table [VLR] 9:30 Sit & Be Fit [GL] 10:00 Outing: Boeing Museum of Flight! [BUS] 3:00 Horse Racing [GL] 4:45 Eight Ball [GL] 6:30 Canasta [LIB] 6:45 Bingo [VLR]                            | 9:30 ♥ Sit & Be Fit [GL] 30 10:30 ★ Bible Study - the book of Acts [TV] 1:45 ► Shuffleboard [GL] 3:00 ★ Birthday Party [VLR] 6:45 ♥ Wheel of Fortune [VLR] 6:45 ► Wii Bowling [GL]              | Happy Birthday Ron Nelson 9:30 ♥ Sit & Be Fit [GL] 10:30 ♥ Coffee and Donuts with Pam and/or Jeff [VLR] 11:00 ₱ Pokeno [LIB] 12:30 ★ Color Me "Wear a Hat or Scarf!" [DR] 1:45 ● Country Store [TV] 1:45 ₱ Texas Hold-Em Tournament [LIB] 3:30 ♥ Bean Bag Baseball [ATR] 6:45 ₱ Mexican Train Dominoes [VLR]  | Be Adventurous  Be Challenged  Be Connected  Be Inspired  Be Social  Be Well   |