


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>444 Prescott Ave El Cajon, CA 92020 619-444-9470</p>		<p><b>Doctor Visit Day 9:00am - 2:00pm</b> <b>1</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 3:15 🟡 Tuesday Afternoon Bingo [T] 7:00 ♥ Work on Puzzles [L]</p>	<p><b>2</b></p> <p>9:00 ☆ Catholic Communion [G] 9:15 ♥ Solstice Block Walk 10:00 🟡 Educational "This Week in History" with Bob [G] 11:00 ♥ <b>Live Life Joyfully - Discussion Group w/ Kathy [G]</b> 12:00 ☆ Lunch Sing-A-Long [D] 1:45 🦋 Farkle Dice Game [T] 3:00 🏠 Wii Bowling [G] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Errand Day 9:00am - 2:00pm</b> <b>3</b></p> <p>9:15 ♥ Solstice Block Walk 11:00 🏠 Bean Bag Baseball [S] 12:00 ☆ Lunch Sing-A-Long [D] 2:30 🟡 Thursday Afternoon Bingo [T] 4:00 🏠 Wii Bowling [G] 7:00 🦋 Left Right Center [T]</p>	<p><b>Wear Your Name Tag &amp; Great Call Device</b> <b>4</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Games [G] 11:00 📺 Moments in Time - One Day App [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 2:30 ♥ Strength Training w/ Robert [G] 3:00 🏠 Wii Bowling [G] 6:45 ☆ Religious Services w/ Pastor Jim [S]</p>	<p><b>5</b></p> <p>9:15 ♥ Solstice Block Walk 10:00 🏠 Bocce Ball [C] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🏠 UNO [T] 3:00 🏠 Farkle Dice Game [T] 4:00 🦋 Work on Puzzles [L] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	
	<p><b>6</b></p> <p>9:15 ☆ Outings to Local Churches [B] 9:15 ♥ Solstice Block Walk 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Bus: Sunday Outings - To Be Announced [B] 3:00 🏠 Work on Puzzles [L] 4:00 🦋 UNO [T] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Wear Something Red Day</b> <b>7</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 ♥ <b>Therapeutic Movement with Todd [S]</b> 10:00 ♥ Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Left Right Center [T] 4:00 🦋 Work on Puzzles 7:00 🏠 Mexican Train [T]</p>	<p><b>Doctor Visit Day 9:00am - 2:00pm</b> <b>8</b></p> <p><b>Marcella Wilson's Birthday</b> 9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Bowling [G] 10:00 🦋 <b>Avon with Lana [L]</b> 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 3:15 🟡 Tuesday Afternoon Bingo [T] 7:00 ♥ Work on Puzzles [L]</p>	<p><b>9</b></p> <p>9:00 ☆ Catholic Communion [G] 9:15 ♥ Solstice Block Walk 9:30 ♥ <b>Hearing Aid Center [T]</b> 10:00 🟡 Educational "This Week in History" with Bob [G] 11:00 ♥ <b>Live Life Joyfully - Discussion Group w/ Kathy [G]</b> 12:00 ☆ Lunch Sing-A-Long [D] 1:45 🦋 Farkle Dice Game [T] 3:00 🏠 Wii Bowling [G] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Errand Day 9:00am - 2:00pm</b> <b>10</b></p> <p>9:15 ♥ Solstice Block Walk 11:00 🏠 Bean Bag Baseball [S] 12:00 ☆ Lunch Sing-A-Long [D] 2:30 🟡 Thursday Afternoon Bingo [T] 4:00 🏠 Wii Bowling [G] 7:00 🦋 Left Right Center [T]</p>	<p><b>Wear Your Name Tag &amp; Great Call Device</b> <b>11</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Games [G] 10:30 🟡 <b>Ambassador Club Meeting [G]</b> 11:00 📺 Moments in Time - One Day App [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 2:30 ♥ Yoga w/ Robert [G] 3:00 🏠 Wii Bowling [G] 6:45 ☆ Religious Services w/ Pastor Josh [S]</p>	<p><b>12</b></p> <p>9:15 ♥ Solstice Block Walk 10:00 🏠 Bocce Ball [C] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🏠 UNO [T] 2:30 🦋 <b>Raffle Day [L]</b> 3:00 🏠 Farkle Dice Game [T] 4:00 🦋 Work on Puzzles [L] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>
	<p><b>Eldora Fago's Birthday</b> <b>13</b></p> <p>9:15 ☆ Outings to Local Churches [B] 9:15 ♥ Solstice Block Walk 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Bus: Sunday Outings - To Be Announced [B] 3:00 🏠 Work on Puzzles [L] 4:00 🦋 UNO [T] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Columbus Day</b> <b>14</b></p> <p><b>Wear Something Orange Day</b> 9:15 ♥ Solstice Block Walk 10:00 ♥ Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Left Right Center [T] 4:00 🦋 Work on Puzzles 7:00 🏠 Mexican Train [T]</p>	<p><b>Doctor Visit Day 9:00am - 2:00pm</b> <b>15</b></p> <p><b>Pat Reming's Birthday</b> 9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 3:15 🟡 Tuesday Afternoon Bingo [T] 7:00 ♥ Work on Puzzles [L]</p>	<p><b>16</b></p> <p>9:00 ☆ Catholic Communion [G] 9:15 ♥ Solstice Block Walk 10:00 🟡 Educational "This Week in History" with Bob [G] 10:30 🟡 <b>Chat with the Manager [G]</b> 11:00 ♥ <b>Live Life Joyfully - Discussion Group w/ Kathy [G]</b> 12:00 ☆ Lunch Sing-A-Long [D] 1:00 🏠 <b>Craft Class - Chalk Couture with Sandy [S]</b> 1:45 🦋 Farkle Dice Game [T] 3:00 🏠 Wii Bowling [G] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Dorothy King's Birthday</b> <b>17</b></p> <p><b>Errand Day 9:00am - 2:00pm</b> 9:15 ♥ Solstice Block Walk 11:00 🏠 Bean Bag Baseball [S] 12:00 ☆ Lunch Sing-A-Long [D] 1:45 🟡 <b>Food for Thought [G]</b> 2:30 🟡 Thursday Afternoon Bingo [T] 4:00 🏠 Wii Bowling [G] 7:00 🦋 Left Right Center [T]</p>	<p><b>Ethel Wooster's Birthday</b> <b>Joan Sear's Birthday</b> <b>Rosemary Furry's Birthday</b></p> <p><b>Wear Your Name Tag &amp; Great Call Device</b> 9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Games [G] 11:00 📺 Moments in Time - One Day App [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 2:30 ♥ Strength Training w/ Robert [G] 3:00 🏠 Wii Bowling [G] 6:45 ☆ Religious Services w/ Pastor Kurt [S]</p>	<p><b>19</b></p> <p>9:15 ♥ Solstice Block Walk 10:00 🏠 Bocce Ball [C] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🏠 UNO [T] 3:00 🏠 Farkle Dice Game [T] 4:00 🦋 Work on Puzzles [L] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>
	<p><b>20</b></p> <p>9:15 ☆ Outings to Local Churches [B] 9:15 ♥ Solstice Block Walk 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Bus: Sunday Outings - To Be Announced [B] 3:00 🏠 Work on Puzzles [L] 4:00 🦋 UNO [T] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Karla Barber's Birthday</b> <b>21</b></p> <p><b>Wear Something Brown Day</b> 9:15 ♥ Solstice Block Walk 9:30 ♥ <b>Therapeutic Movement with Todd [S]</b> 10:00 ♥ Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Left Right Center [T] 4:00 🦋 Work on Puzzles 7:00 🏠 Mexican Train [T]</p>	<p><b>Doctor Visit Day 9:00am - 2:00pm</b> <b>22</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 3:15 🟡 Tuesday Afternoon Bingo [T] 7:00 ♥ Work on Puzzles [L]</p>	<p><b>23</b></p> <p>9:00 ☆ Catholic Communion [G] 9:15 ♥ Solstice Block Walk 10:00 🟡 Educational "This Week in History" with Bob [G] 11:00 ♥ <b>Live Life Joyfully - Discussion Group w/ Kathy [G]</b> 12:00 ☆ Lunch Sing-A-Long [D] 1:45 🦋 Farkle Dice Game [T] 2:00 🟡 <b>Meet &amp; Greet New Residents [G]</b> 3:00 🏠 Wii Bowling [G] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Errand Day 9:00am - 2:00pm</b> <b>24</b></p> <p>9:15 ♥ Solstice Block Walk 10:00 🟡 <b>Senior Advocate Network - Education on Medicare [G]</b> 11:00 🏠 Bean Bag Baseball [S] 12:00 ☆ Lunch Sing-A-Long [D] 2:30 🟡 Thursday Afternoon Bingo [T] 4:00 🏠 Wii Bowling [G] 7:00 🦋 Left Right Center [T]</p>	<p><b>Wear Your Name Tag &amp; Great Call Device</b> <b>25</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Games [G] 11:00 📺 Moments in Time - One Day App [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 2:30 ♥ Yoga w/ Robert [G] 3:00 🏠 Wii Bowling [G] 6:45 ☆ Religious Services w/ Pastor Josh [S]</p>	<p><b>26</b></p> <p>9:15 ♥ Solstice Block Walk 10:00 🏠 Bocce Ball [C] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🏠 UNO [T] 3:00 🏠 Farkle Dice Game [T] 4:00 🦋 Work on Puzzles [L] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>
	<p><b>Paul Lenkner's Birthday</b> <b>27</b></p> <p>9:15 ☆ Outings to Local Churches [B] 9:15 ♥ Solstice Block Walk 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Bus: Sunday Outings - To Be Announced [B] 3:00 🏠 Work on Puzzles [L] 4:00 🦋 UNO [T] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Chieko Shimokawa's Birthday</b> <b>28</b></p> <p><b>Wear Something Black Day</b> 9:15 ♥ Solstice Block Walk 10:00 ♥ Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Left Right Center [T] 4:00 🦋 Work on Puzzles 7:00 🏠 Mexican Train [T]</p>	<p><b>Doctor Visit Day 9:00am - 2:00pm</b> <b>29</b></p> <p>9:15 ♥ Solstice Block Walk 9:30 🏠 Wii Bowling [G] 12:00 ☆ Lunch Sing-A-Long [D] 2:00 🦋 Pokeno [T] 3:15 🟡 Tuesday Afternoon Bingo [T] 7:00 ♥ Work on Puzzles [L]</p>	<p><b>Daryle Nieman's Birthday</b> <b>30</b></p> <p>9:00 ☆ Catholic Communion [G] 9:15 ♥ Solstice Block Walk 10:00 🟡 Educational "This Week in History" with Bob [G] 11:00 ♥ <b>Live Life Joyfully - Discussion Group w/ Kathy [G]</b> 12:00 ☆ Lunch Sing-A-Long [D] 1:45 🦋 Farkle Dice Game [T] 3:00 🏠 Wii Bowling [G] 6:30 📺 Movie Night &amp; Film Critic Group [G]</p>	<p><b>Errand Day 9:00am - 2:00pm</b> <b>31</b></p> <p><b>Halloween</b> 9:15 ♥ Solstice Block Walk 11:00 🏠 Bean Bag Baseball [S] 12:00 🦋 <b>Halloween Costume Contest [D]</b> 1:30 🦋 <b>Halloween Party [L]</b> 2:30 🟡 Thursday Afternoon Bingo [T] 4:00 🏠 Wii Bowling [G] 7:00 🦋 Left Right Center [T]</p>	<p><b>Location Keys</b></p> <p>Bus B Courtyard C Dining Room D Garden Room G Lobby L Second Floor S Third Floor T</p> <p>📺 Be Adventurous 🏠 Be Challenged 🟡 Be Connected 📺 Be Family ☆ Be Inspired 🦋 Be Social ♥ Be Well</p>	