August 2020 Solstice Senior Living at El Caion

	BE VIBRANT. BE YOU.				Solstice Senior Living at El Cajon	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 2:00 Fun With Trivia [C] 3:00 One Day - Make a Video for Your Family 6:00 Puzzle Pages [L]	the Hallways  2:00 Piano Sing A Long (social distancing) [L]  4:00 Relaxing Music on	SOLSTICE SENIOR LIVING AT EL CAJON	444 Prescott Ave El Cajon, CA 92020 619-444-9470	Location Keys Courtyard C Lobby L Second Floor S	<ul><li>Be Challenged</li><li>Be Family</li><li>Be Social</li><li>○ Be Well</li></ul>	7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 2:00 Balcony BINGO [C] 6:00 Puzzles Pages [L]
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7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 2:00 Fun With Trivia [C] 3:00 One Day - Make a Video for Your Family 6:00 Puzzle Pages [L]	the Hallways 2:00 Y Piano Sing A Long (social distancing) [L]	Debra Styres' Birthday  7:00  Walk Around the Hallways  2:00  Piano Sing A Long (social distancing) [L]  4:00  Puzzle Pages [L]  6:00  Television Shows (social distancing) [S]	7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 6:00 One Day - Make a Video for Your Family [L]	7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 3:00 Balcony BINGO [C] 6:00 Puzzle Pages [L]	the Hallways	7:00 Walk Around the Hallways 10:30 Morning Stretch [C] 2:00 Balcony BINGO [C] 6:00 Puzzles Pages [L]
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