Wibrant life

			BE VIBRANT. BE YOU.		Solstice Senior	Living at Bellingham
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOLSTICE SENIOR LIVING AT BELLINGHAM	2818 Old Fairhaven Parkway Bellingham, WA 98225 360-671-6060	Location Keys Activity Room AR Atrium ATR Bus Transportation Bus Dining Room DR Exercise EXR Game Loft GL Library LI TV Lounge TV	 Be Adventurous Be Challenged Be Connected Be Family ★ Be Inspired Be Social Be Well 			9:00 Saturday Word Search 10:00 10 Minute Meditation with Erin [TV] 11:00 Let's Play Chess [ATR] 12:00 Wear Patterned Socks [DR] 3:00 Matthew Chen Saxophone Performance [DR] 4:00 Solstice Social Hour [GL] 7:00 Movie: A Funny Thing Happened On The Way To The Forum [TV]
9:00 Sunday Crossword	10:30 Funny Bucks Banking [AR] 11:00 Beanbag Baseball [GL] 1:30 Solstice Bridge Club [GL] 2:00 Monday Matinee: The Searchers (1956) [TV] 3:30 Chronology [AR] 4:30 Learn to Play Chess [ATR]	10:10 ♥ Silver Sneakers Exercise [GL] 11:00 ★ FRED MEYER TRIP [Bus] 11:00 ★ Solstice Singers [TV] 12:00 ♠ Name Tag Tuesday 2:00 ❤ Knitting & Crochet Circle [ATR] 4:00 ❤ Welcome Ambassadors [AR] 7:00 ♣ Bingo [GL]	Wednesday Word Search 9:30 ✓ Zumba with Elsie [GL] 10:00 № Deal or No Deal [GL] 11:00 ✓ Beanbag Baseball [GL] 12:00 ★ Wear a Pin/Brooch Day [DR] 2:00 ⑥ TRIP TO VALUE VILLAGE (\$\$) [Bus] 7:00 ♠ Movie: Australia (2008) [TV]	9:00 Ladies Breakfast at Harris Ave Cafe [Bus] 10:10 Silver Sneakers Exercise [GL] 11:00 Alterations by Joyce [TV] 11:00 FRED MEYER and DOLLAR STORE [Bus] 12:00 Wear Something Plaid [DR] 2:00 TED Talks [TV] 4:00 Let's Play Chess [ATR] 7:00 RUMMIKUB [GL]	9:00 Painting w/Caroline [AR] 11:00 Beanbag Baseball [GL] 12:00 Wear a Hat [DR] 3:00 Deal or No Deal [GL] 3:30 Ceneral Store [AR] 4:00 Let's Play Chess [ATR] 4:15 Chuck Dingee Vocals and Guitar [DR] 7:00 Bingo [GL]	IRIS JONES BIRTHDAY MIKIE PHELPS BIRTHDAY 9:00 PS saturday Word Search 10:00 0 10 Minute Meditation with Erin [TV] 10:00 Morning Walk [EXR] 11:00 Mering Walk [EXR] 11:00 Mering Walk [EXR] 11:00 Mering Walk [EXR] 12:00 Mering Walk Valentines Day Door Hanging with Erin [AR] 12:00 Pinochle [GL] 13:00 Movie: Thin Red Line (2001) [TV]
9:00 Sunday Crossword 10:00 Catholic Communion [LI] 10:30 Morning Walk [ATR] 11:30 Solstice Church Service [GL] 12:00 Sports Day! Wear your favorite Team Attire [DR] 2:00 Knitting & Crochet Class [ATR] 3:00 Men of Song Concert [DR]	10:30 Funny Bucks Banking [AR] 11:00 Beanbag Baseball [GL] 1:30 Solstice Bridge Club [GL] 2:00 Monday Matinee: Jane Eyre (1944) [TV] 2:30 Blood Pressure Clinic [AR] 3:30 Chronology [AR] 4:30 Learn to Play Chess [ATR]	9:00 Tim's Tech Time [AR] 10:10 Silver Sneakers Exercise [GL] 11:00 FRED MEYER TRIP [Bus] 11:00 Solstice Singers [TV] 12:00 Name Tag Tuesday 2:00 Knitting & Crochet Circle [ATR] 2:00 Monthly Resident Meeting [DR] 7:00 Bingo [GL]	Wednesday Word Search 9:30 ✓ Zumba with Elsie [GL] 10:00 ₱ Deal or No Deal [GL] 11:00 ✓ Beanbag Baseball [GL] 12:00 ★ Wear a Something Green [DR] 2:00 ⑤ DAY TRIP TO THE HERITAGE FLIGHT MUSEUM (\$\$) [Bus] 7:00 ♠ Movie: The Odessa File (1974) [TV]	8:00 Chef's Display: Belgian Waffles [DR] 10:10 Silver Sneakers Exercise [GL] 11:00 FRED MEYER and DOLLAR STORE [Bus] 12:00 Wear Polka Dots Day [DR] 4:00 PLet's Play Chess [ATR] 7:00 RUMMIKUB [GL]	PEGGY ADKINSON BIRTHDAY Valentine's Day 9:00 ♥ Painting w/Caroline [AR] 11:00 ♥ Beanbag Baseball [GL] 12:00 ★ Wear Something Fancy [DR] 12:30 ♠ Valentines Day Lunch & Celebration [DR] 2:00 ★ Senior Steppers Dance Troupe [DR] 2:00 ★ Solstice Writer's Group - Moments in Time [LI] 4:00 ₱ Let's Play Chess [ATR] 4:00 ★ Yesterday's Dreamers with "Songs You Love" [DR] 7:00 ₱ Bingo [GL]	9:00 Saturday Word Search 10:00 10 Minute Meditation with Erin [TV] 10:00 Central Store [AR] 10:00 Morning Walk [EXR] 11:00 Let's Play Chess [ATR] 12:00 Birthday Bunch Lunch [DR] 2:00 Pinochle [GL] 4:00 Solstice Social Hour [GL] 7:00 Movie: The Cowboys (1971) [TV]
10:00 ★ Catholic	CARL SHEWMAKER BIRTHDAY Presidents' Day 10:30 Funny Bucks Banking [AR] 11:00 Beanbag Baseball [GL] 1:30 Solstice Bridge Club [GL] 2:00 Monday Matinee: The Last of the Mohicans (1992) [TV] 3:30 Chronology [AR] 4:30 Learn to Play Chess [ATR]	PAUL KNOWLES BIRTHDAY 10:10 ♥ Silver Sneakers Exercise [GL] 11:00 ♠ FRED MEYER TRIP [Bus] 11:00 ♠ Solstice Singers [TV] 12:00 ♠ Name Tag Tuesday 2:00 ₩ Knitting & Crochet Circle [ATR] 4:00 ♠ New Resident Meet & Greet [AR] 7:00 ▶ Bingo [GL]	ELAINE JOHNSON BIRTHDAY Wednesday Word Search 9:30 ♥ Zumba with Elsie [GL] 10:00 ₱ Deal or No Deal [GL] 11:00 ♥ Beanbag Baseball [GL] 12:00 ★ Wear a Scarf or Tie [DR] 2:00 ₺ DRIVE TO GOOSEBERRY POINT [Bus] 7:00 ● Movie: A Passage to India (1984) [TV]	8:00 Men's Breakfast [Bus] 10:10 Silver Sneakers Exercise [GL] 11:00 Alterations by Joyce [TV] 11:00 FRED MEYER and DOLLAR STORE [Bus] 12:00 Wear Your Funniest T - Shirt [DR] 3:00 Chef's Corner [GL] 4:00 Let's Play Chess [ATR] 7:00 Pinochle [GL] 7:00 RUMMIKUB [GL]	9:00 Painting w/ Caroline [AR] 11:00 Beanbag Baseball [GL] 12:00 Wear Blue [DR] 3:00 Deal or No Deal [GL] 4:00 Let's Play Chess [ATR] 4:15 Blair O'Brien [DR] 7:00 Bingo [GL]	Washington State Patriotic Day 9:00 Saturday Word Search 10:00 10 Minute Meditation with Erin [TV] 10:00 Morning Walk [EXR] 10:00 Our Daily Bread [LI] 11:00 Let's Play Chess [ATR] 12:00 Patriotic Day! Wear Red, White and Blue [DR] 2:00 Pinochle [GL] 3:30 Give & Take Table [AR] 4:00 Solstice Social Hour [GL] 7:00 Movie: The Big Red One (2004) [TV]
HARRIET EMANUEL BIRTHDAY 9:00 ► Sunday Crossword 10:00 ★ Catholic Communion [LI] 10:30 ► Morning Walk [ATR] 11:00 Harriet Emanuel Birthday [DR] 11:30 ★ Solstice Church Service [GL] 12:00 ★ Decade Day! Wear Fashion From Your Favorite Decade [DR] 2:00 ★ Knitting & Crochet Class [ATR]	JEAN LEHMAN BIRTHDAY 10:30 Funny Bucks Banking [AR] 11:00 Beanbag Baseball [GL] 1:30 Solstice Bridge Club [GL] 2:00 Monday Matinee: The Blind Side [TV] 2:30 Home Attendant Care Blood Pressure Clinic [AR] 3:30 Chronology [AR] 4:30 Learn to Play Chess [ATR]	LENORE SHANKMAN BIRTHDAY 9:00 → Tim's Tech Time [AR] 10:10 ◇ Silver Sneakers Exercise [GL] 11:00 ◇ FRED MEYER TRIP [Bus] 11:00 → Solstice Singers [TV] 12:00 → Name Tag Tuesday 2:00 ❤ Knitting & Crochet Circle [ATR] 3:00 → Solstice Book Club [LI] 7:00 🏴 Bingo [GL]	WALT WALTON BIRTHDAY Wednesday Word Search 9:30	10:10 ♥ Silver Sneakers Exercise [GL] 11:00 ♠ Alterations by Joyce [TV] 11:00 ♠ FRED MEYER and DOLLAR STORE [Bus] 12:00 ♠ Wear Stripes Day [DR] 4:00 ₱ Let's Play Chess [ATR] 7:00 ₱ Pinochle [GL] 7:00 ♥ RUMMIKUB [GL]	9:00 Painting w/Caroline [AR] 11:00 Beanbag Baseball [GL] 12:00 Fancy Pearls Day [DR] 2:00 Solstice Writer's Group-Moments in Time [LI] 3:00 Deal or No Deal [GL] 4:00 Let's Play Chess [ATR] 4:15 Gabe Komjathy [DR] 7:00 Bingo [GL]	9:00 Saturday Word Search 10:00 10 Minute Meditation with Erin [TV] 10:00 Morning Walk [EXR] 11:00 Let's Play Chess [ATR] 2:00 Pinochle [GL] 4:00 Solstice Social Hour [GL] 7:00 Movie: Chocolat (2000) [TV]