August 2019
Solstice Senior Living at Austin

		BE VIBRANT. BE YOU.			Soistice Senior Living at Austin	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOLSTICE SENIOR LIVING AT AUSTIN	Be Adventurous Be Challenged Be Connected Be Inspired Be Social Be Well	Location Keys Activity Room AR Bus Trip BT Chapel C Library LIB Lobby LOB TV/ Media Room TV		9:00 Appointments Scheduled with Driver (48hr notice) [BT] 10:00 Pump it Up,Perk Up Workout [TV] 10:15 Chiropractor Dr. Sheppard [TV] 11:00 Wii Bowling [AR] 2:00 The Help Group [C] 4:00 Tai Chi with Louis [TV] 7:00 Quarter Bingo [AR]	9:00 ♥ Blood Pressure w/ TXHH [TV] 10:00 ♥ Pump it Up,Perk Up Workout [TV] 3:00 ★ Friday Prayer Service [C] 4:00 ₩ International Beer Day Happy Hour 6:00 ₱ Free Rummikub [AR]	10:00 Pump it Up,Perk Up Workout [TV] 2:00 Resident Quarter Bingo [AR] 7:00 Game Night -Cards & Dominoes [AR]
9:00 Capital City Church Service [C] 11:00 Hall Walkers Club 2:00 Catholic Service [C] 3:30 Afternoon Church Service [C] 6:00 Hidden Pictures: Brain Game [AR]	11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Show and Tell [AR] 7:00 Quarter Bingo [AR]	Texas Home Health [TV]	Workout [TV] 10:00 (a) Wal-Mart & Donut Run [BT]	9:00 Appointments Scheduled with Driver (48hr notice) [BT] 10:00 Pump it Up,Perk Up Workout [TV] 10:15 Chiropractor Dr. Sheppard [TV] 11:00 Wii Bowling [AR] 2:00 Chef Meeting w/Andrea [C] 4:00 Tai Chi with Louis [TV] 7:00 Quarter Bingo [AR]	9:00 ♥ Blood Pressure w/ TXHH [TV] 10:00 ♥ Pump it Up,Perk Up Workout [TV] 11:30 ᠖ Gab n' Grub Lunch Out at Scholz's Garden [BT] 3:00 ★ Friday Prayer Service [C] 4:00 ❤ S'Mores Happy Hour 6:00 Free Rummikub [AR]	10:00 Pump it Up,Perk Up Workout [TV] 10:30 ★ Minis & Friends-Mini pony visits! [LOB] 2:00 PResident Quarter Bingo [AR] 4:00 PBean Bag Toss Game [AR] 7:00 PGame Night -Cards & Dominoes [AR]
9:00 Capital City Church Service [C] 11:00 Hall Walkers Club 2:00 Catholic Service [C] 3:30 Afternoon Church Service [C] 6:00 Hidden Pictures: Brain Game [AR]	10:15 Ask a Nurse with Jenny [C] 11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Show and Tell [AR] 7:00 Quarter Bingo [AR]	9:00 Blood Pressure w/ Texas Home Health [TV] 10:00 Pump it Up,Perk Up Workout [TV] 10:30 Bible Study [LIB] 11:15 Crafts with Christina [AR] 2:00 Knitting & Crocheting with Sally [AR] 7:00 Penny Point Rummikub [AR]	Workout [TV] 10:00 🔞 Wal-Mart & Donut Run [BT]	9:00 Appointments Scheduled with Driver (48hr notice) [BT] 10:00 Pump it Up,Perk Up Workout [TV] 10:15 Chiropractor Dr. Sheppard [TV] 11:00 Wii Bowling [AR] 2:00 The Help Group [C] 4:00 Tai Chi with Louis [TV] 7:00 Quarter Bingo [AR]	TXHH [TV] 10:00 Pump it Up,Perk Up Workout [TV]	10:00 ♥ Pump it Up,Perk Up Workout [TV] 2:00 ₱ Resident Quarter Bingo [AR] 3:00 ♠ Princess & The Cowboy [LOB] 7:00 ₱ Game Night -Cards & Dominoes [AR]
9:00 Capital City Church Service [C] 11:00 Hall Walkers Club 2:00 Catholic Service [C] 3:30 Afternoon Church Service [C] 6:00 Hidden Pictures: Brain Game [AR]	10:00 VA Benefits Presentation [AR] 11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Show and Tell [AR] 7:00 Quarter Bingo [AR]		Workout [TV] 10:00 🄞 Wal-Mart & Donut Run [BT]	9:00 Appointments Scheduled with Driver (48hr notice) [BT] 10:00 Pump it Up,Perk Up Workout [TV] 10:15 Chiropractor Dr. Sheppard [TV] 11:00 Wii Bowling [AR] 4:00 Tai Chi with Louis [TV] 7:00 Quarter Bingo [AR]	9:00 Blood Pressure w/ TXHH [TV] 9:15 Volunteer: VA Clinic Refreshment Table [BT] 10:00 Pump it Up,Perk Up Workout [TV] 3:00 Friday Prayer Service [C] 4:00 Sponge Cake Day Happy Hour 6:00 Free Rummikub [AR]	10:00 Pump it Up,Perk Up Workout [TV] 2:00 Resident Quarter Bingo [AR] 3:00 Book Club [AR] 4:00 Bean Bag Toss Game [AR] 7:00 Game Night -Cards & Dominoes [AR]
9:00 Capital City Church Service [C] 11:00 Hall Walkers Club 2:00 Catholic Service [C] 3:30 Afternoon Church Service [C] 6:00 Hidden Pictures: Brain Game [AR]	11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Show and Tell [AR] 7:00 Quarter Bingo [AR]	9:00 Blood Pressure w/ Texas Home Health [TV] 9:30 At Home Podiatry Visits 10:00 Pump it Up,Perk Up Workout [TV] 10:30 Bible Study [LIB] 11:15 Crafts with Christina [AR] 2:00 Knitting & Crocheting with Sally [AR] 2:00 Pursuit of Happiness [C] 7:00 Penny Point Rummikub [AR]	10:00 ➤ Pump it Up,Perk Up Workout [TV] 10:00 ☒ Wal-Mart & Donut Run [BT] 11:00 ★ Recite the Holy Rosary & Communion [C] 12:30 ★ Ambassador Club Luncheon 2:00 ► Free Resident Bingo [AR] 2:00 ☒ HEB Run 3:00 ★ Wine Down Wednesday [AR]	9:00 Appointments Scheduled with Driver (48hr notice) [BT] 10:00 Pump it Up,Perk Up Workout [TV] 10:15 Chiropractor Dr. Sheppard [TV] 11:00 Wii Bowling [AR] 4:00 Tai Chi with Louis [TV] 7:00 Quarter Bingo [AR]	TXHH [TV] 10:00 Pump it Up,Perk Up Workout [TV]	10:00 Pump it Up,Perk Up Workout [TV] 2:00 Resident Quarter Bingo [AR] 7:00 Game Night -Cards & Dominoes [AR]