

		BE VIBRANT. BE YOU.			Solstice Senior Living at Austin		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SOLSTICE SENIOR LIVING AT AUSTIN	2603 Jones Road Austin, TX 78745 512-892-7226	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 Bus Trip to World Market 2:00 Knitting & Crocheting with Sally [AR] 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] 2:00 ₱ Free Resident Bingo [AR] 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] 11:00 Wii Bowling & Cow Racing [AR] 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]	10:00 HEB Run [BT] 11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Trivia Challenge [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 ► Bus Trip to Kohl's 2:00 ► Knitting & Crocheting with Sally [AR] 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] 2:00 Free Resident Bingo [AR] 3:00 Wine Down Wednesday [AR] 4:00 New Resident Orientation [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] 2:00 Mind Over Matter w/TXHH [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 Cake Decorating Happy Hour 7:00 Free Rummikub [AR]	10:00 ♥ Pump it Up,Perk Up Workout [TV] 10:30 ★ Stewart Cochran Piano & Sing-a- Long [LOB] 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]	Columbus Day 10:00 HEB Run [BT] 11:00 Specialized Telecommunication Presentation [AR] 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 ⑤ Bus Trip to Hobby Lobby 2:00 ► Knitting & Crocheting with Sally [AR] 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] 2:00 Free Resident Bingo [AR] 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] 2:00 Vibrant Life Meeting [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 Gab n' Grub Lunch Out at Pok-e- Jo's 3:00 Friday Prayer Service [C] 4:00 Chocolate Cupcake Day Happy Hour [AR] 7:00 Free Rummikub [AR]	10:00 ♥ Pump it Up,Perk Up Workout [TV] 2:00 ₱ Resident Quarter Bingo [AR] 3:00 ★ The 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 HEB Run [BT] 11:00 Wii Bowling [AR] 2:00 Bridge Club [LIB] 3:00 Trivia Challenge [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 ♥ Ask A Nurse with Jenny [C] 2:00 ₱ Knitting & Crocheting with Sally [AR] 2:00 ♥ Tour of the Capitol Building 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] 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] 4:30 Oktoberfest 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 ♥ October Birthday Party & Kids Costume Parade 7:00 ► Free Rummikub [AR]	10:00 Pump it Up,Perk Up Workout [TV] 11:00 Wii Bowling/Cow Racing 2:00 Resident Quarter Bingo [AR] 3:00 Book Club [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]	10:00 HEB Run [BT] 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] 2:00 Town Hall Community Meeting [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] 2:00 Free Resident Bingo [AR] 3:00 Www Wine Down Wednesday [AR]	Halloween 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] 1:00 ❤ Halloween Lunch & Costume Contest [DR] 4:00 ❤ Tai Chi with Louis [TV] 7:00 ❤ Quarter Bingo [AR]	Location Keys Activity Room AR Bus Trip BT Chapel C Dining Room DR Library LIB Lobby LOB TV/ Media Room TV	Be Adventurous Be Challenged Be Connected Be Family ★ Be Inspired Be Social Be Well	