Vibrant life
BE VIBRANT. BE YOU.

February 2020
Solstice Senior Living at Sandy

SOLSTICE SENIOR LIVING AT SANDY

310 10600 South
Sandy, UT 84070
801-944-0082

Location Keys

Activities Room	AR
Atrium	AT
Library	LIB
Meet in Lobby for Bus	BUS
Second Floor Chapel Room	CH
TV Room	TVR

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 Brain Games [AR] 11:00 Shawna (Mary Kay Skin Care Class) [AR] 1:30 Dominoes [AR] 3:00 Balloon Volleyball [AT] 6:45 Rummikub [AR]
2 **Groundhog Day** 9:30 LDS Morning Service [CH] 10:30 LDS Sacrament Meeting [CH] 2:00 Movie Matinee [TVR] 3:00 Sunday Sundaes [AR] 3:30 Games w/ Taylor [AR] 6:45 Family Night - CARDS & PUZZLES [TVR]	**3** 9:15 Morning Warm-up Stretching [AR] 11:30 Brain Games [AT] 2:00 Hearts - Card Playing Group [LIB] 2:30 Pinochle Game [TVR] 3:00 Jeopardy with Taylor [AR] 6:45 Spiritual Evening [CH]	**4** 9:00 Doctor Apptmts [BUS] 9:15 Morning Warm-up [AR] 10:00 You Be the Judge -Ed Opel [TVR] 11:00 Mini Manicures [AR] 2:00 Bingo [AR] 4:00 Poetry & Prose [AT] 6:45 Rummikub [AR]	**5** 9:15 Morning Warm-up Stretching [AR] 9:30 Bank & Walmart Trip [BUS] 11:00 Craft Class [AR] 3:15 Bean Bag Baseball [AT] 6:45 Game Night [AR]	**6** 9:15 Morning Warm-up Stretching [AR] 9:30 Dollar Store & Smiths Trip [BUS] 10:00 Bible Study [CH] 1:45 Bridge Game Group [LIB] 6:45 Rummikub [AR]	**7** 9:15 Morning Warm-up Stretching [AR] 11:15 Bowling with Emma [AR] 2:00 Bingo [AR] 3:15 Bean Bag Baseball [AT] 3:15 Color me Calm [AR] 4:00 Town Hall 6:45 Movie Night [TVR]	**8** 10:15 Brain Games [AR] 11:00 Balloon Volleyball [AT] 11:00 Short Stories w/ Emma [AT] 1:30 Dominoes [AR] 3:00 Bob Shorten Entertainment [AT] 6:45 Rummikub [AR]
9 9:30 LDS Morning Service [CH] 10:30 LDS Sacrament Meeting [CH] 2:00 Movie Matinee [TVR] 3:00 Sunday Sundaes [AR] 3:30 Games w/ Taylor [AR] 6:45 Family Night - CARDS & PUZZLES [TVR]	**10** 9:15 Morning Warm-up Stretching [AR] 10:30 Bible Study [CH] 11:30 Brain Games [AT] 2:00 Hearts - Card Playing Group [LIB] 2:30 Pinochle Game [TVR] 3:00 Jeopardy with Taylor [AR] 6:45 Spiritual Evening [CH]	**11** 9:00 Doctor Apptmts [BUS] 9:15 Morning Warm-up [AR] 10:00 Blood Pressure Clinic 10:00 You Be the Judge -Ed Opel [TVR] 11:00 Mini Manicures [AR] 2:00 Bingo [AR] 3:15 Chef talk w/ Bree [AR] 4:00 Poetry & Prose [AT] 6:45 Rummikub [AR]	**12** 9:15 Morning Warm-up Stretching [AR] 9:30 Bank & Walmart Trip [BUS] 11:00 Craft Class [AR] 2:00 Lincolns Birthday Presentation [AR] 3:15 Bean Bag Baseball [AT] 6:45 Game Night [AR]	**13** 9:15 Morning Warm-up Stretching [AR] 9:30 Dollar Store & Smiths Trip [BUS] 11:00 Fix it Clinic [AR] 1:45 Bridge Game Group [LIB] 2:30 Lea Bennett Entertainment [AT] 4:00 Town Hall [AR] 6:45 Rummikub [AR]	**14** **Valentine's Day** 9:15 Morning Warm-up Stretching [AR] 11:30 Bart Richards Entertainer [AT] 2:00 Bingo [AR] 3:15 Bean Bag Baseball [AT] 3:15 Color me Calm [AR] 6:45 Movie Night [TVR]	**15** 10:15 Brain Games [AR] 11:00 Short Stories w/ Emma [AT] 1:30 Dominoes [AR] 3:00 Balloon Volleyball [AT] 6:45 Rummikub [AR]
16 9:30 LDS Morning Service [CH] 10:30 LDS Sacrament Meeting [CH] 2:00 Movie Matinee [TVR] 3:00 Sunday Sundaes [AR] 3:30 Games w/ Taylor [AR] 6:45 Family Night - CARDS & PUZZLES [TVR]	**17** **Presidents' Day** 9:15 Morning Warm-up Stretching [AR] 11:30 Brain Games [AT] 2:00 Hearts - Card Playing Group [LIB] 2:30 Pinochle Game [TVR] 3:00 Jeopardy with Taylor [AR] 6:45 Spiritual Evening [CH]	**18** 9:00 Doctor Apptmts [BUS] 9:15 Morning Warm-up [AR] 10:00 You Be the Judge -Ed Opel [TVR] 11:00 Mini Manicures [AR] 2:00 Bingo [AR] 4:00 Poetry & Prose [AT] 6:45 Rummikub [AR]	**19** 9:15 Morning Warm-up Stretching [AR] 9:30 Bank & Walmart Trip [BUS] 11:00 Craft Class [AR] 3:15 Bean Bag Baseball [AT] 4:00 Ambassador Committee Meeting [AR] 6:45 Game Night [AR]	**20** 9:15 Morning Warm-up Stretching [AR] 9:30 Dollar Store & Smiths Trip [BUS] 10:00 Bible Study [CH] 1:45 Bridge Game Group [LIB] 3:30 Larry Turner Entertainment [AT] 6:45 Rummikub [AR]	**21** 9:15 Morning Warm-up Stretching [AR] 11:15 Bowling with Emma [AR] 2:00 Bingo [AR] 3:15 Bean Bag Baseball [AT] 3:15 Color me Calm [AR] 6:45 Movie Night [TVR]	**22** 10:15 Brain Games [AR] 11:00 Short Stories w/ Emma [AT] 1:30 Dominoes [AR] 2:00 Washington Birthday Presentation [AT] 3:00 Balloon Volleyball [AT] 6:45 Rummikub [AR]
23 9:30 LDS Morning Service [CH] 10:30 LDS Sacrament Meeting [CH] 2:00 Movie Matinee [TVR] 3:00 Sunday Sundaes [AR] 3:30 Games w/ Taylor [AR] 6:45 Family Night - CARDS & PUZZLES [TVR]	**24** 9:15 Morning Warm-up Stretching [AR] 11:30 Brain Games [AT] 2:00 Hearts - Card Playing Group [LIB] 2:30 Pinochle Game [TVR] 3:00 Jeopardy with Taylor [AR] 6:45 Spiritual Evening [CH]	**25** 9:00 Doctor Apptmts [BUS] 9:15 Morning Warm-up [AR] 10:00 You Be the Judge -Ed Opel [TVR] 11:00 Mini Manicures [AR] 2:00 Bingo [AR] 4:00 Poetry & Prose [AT] 6:45 Rummikub [AR]	**26** 9:15 Morning Warm-up Stretching [AR] 9:30 Bank & Walmart Trip [BUS] 11:00 Craft Class [AR] 3:15 Bean Bag Baseball [AT] 6:45 Game Night [AR]	**27** 9:15 Morning Warm-up Stretching [AR] 9:30 Dollar Store & Smiths Trip [BUS] 10:00 Bible Study [CH] 1:45 Bridge Game Group [LIB] 2:00 Harmony Foot Clinic 4:00 Town Hall [AR] 6:45 Rummikub [AR]	**28** 9:15 Morning Warm-up Stretching [AR] 11:15 Bowling with Emma [AR] 2:00 Bingo [AR] 3:15 Bean Bag Baseball [AT] 3:15 Color me Calm [AR] 6:45 Movie Night [TVR]	**29** 10:15 Brain Games [AR] 11:00 Short Stories w/ Emma [AT] 1:30 Dominoes [AR] 3:00 Balloon Volleyball [AT] 6:45 Rummikub [AR]