Vibrant life

August 2020 Solstice Senior Living at Palatine

	BE VIBRANT. BE YOU.				Solstice Senior Living at Palatine	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Walk the Community  10:00 Room Exercises  11:00 Movin N Grovin with Healthpro [SD]  1:30 Creative Crafts [CR]  1:45 Bingo Dollars [SD]  3:30 Bingo & Treats [SD]  4:00 Daily Packet Station [ML]  6:30 Walk the Community	SOLSTICE SENIOR LIVINO AT PALATINE	55 South Greeley Street Palatine, IL 60067 847-991-4700	Location Keys Craft Room- 4th Floor CR Dining Room- 1st Floor DR Game Room- 3rd Floor GR Main Lobby ML Sun Deck- 5th Floor SD TV Room- 4th Floor TV	Be Adventurous  Be Challenged  Be Connected  Be Family  Be Inspired  Be Social  Be Well	Ask Alexa  9:30  Walk the Community 9:30  Wii Bowling [SD] 10:00  Room Exercise 11:00  Sittercise CD [SD] 1:30  Name That Tune [SD] 1:30  Weekly Packet Station [ML] 2:30  Movie Matinee RSVP Concierge Desk/ Limit 6 [TV] 6:30  Walk the Community
Catholic Service, Channel 1668  TV Church Services- Channel 16  9:30  Walk the Community  10:00  Room Exercises  11:00  Work on Daily Station Packets  1:30  Movie Matinee/RSVP /Concierge Desk/ Limit 6 [TV]  2:00  Wii Bowling [SD]  3:00  National Coloring Book Day / Pages and Pencils Available [ML]  6:30  Walk the Community	1.50 Tomeless Aminais Outreach	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 Wheel of Fortune [SD] 2:30 Travelogue / Hawaii [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community 10:00 Mindful Meditation [SD] 11:00 Sittercise [SD] 1:30 1st/2nd FL Hawaiian Event [SD] 2:30 3rd/4th/5th FL Hawaiian Event [SD] 3:30 Wii Bowling [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 1st/2nd FL International Beer Bingo [SD] 2:30 3rd/4th/5th FL International Beer Bingo [SD] 3:30 Spelling BEE [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community  10:00 Room Exercises  11:00 Moving to the Beat [SD]  1:30 Ist/2nd Floor Trivia [SD]  2:30 Ist/2nd Floor Trivia [SD]  3:30 Ist/2nd Floor Trivia [SD]	Ask Alexa  9:30 Walk the Community  9:30 Wii Bowling [SD]  10:00 Room Exercises  11:00 Sittercise CD [SD]  1:30 Mame That Tune [SD]  2:30 Movie Matinee RSVP Concierge Desk/ Limit 6 [TV]  6:30 Walk the Community
Catholic Service, Channel 1668 TV Church Services- Channel 16 9:30 Walk the Community 10:00 Room Exercises 11:00 Work on Daily Station Packets 1:30 Movie Matinee/RSVP /Concierge Desk/ Limit 6 [TV] 2:00 Wii Bowling [SD] 6:30 Walk the Community	11.00 Villaria Glovilli Midii Ficaldipio	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 Wheel of Fortune [SD] 2:00 1st/2nd FL Town Hall Meeting [DR] 3:00 3rd/4th/5th FL Town Hall Meeting [DR] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community 10:00 Mindful Meditation [SD] 11:00 Sittercise [SD] 1:30 Sity2nd FL Jamaica Event [SD] 2:30 Sid/4th/5th FL Jamaica Event [SD] 3:30 Wii Bowling [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 1st/2nd FL Happy Hour Bingo [SD] 2:30 3rd/4th/5th FL Happy Hour Bingo [SD] 3:30 Word Search [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community  10:00 Room Exercises  11:00 Moving to the Beat [SD]  1:30 Ist/2nd Floor Trivia [SD]  2:30 Ist/2nd Floor Trivia [SD]  3:30 Wheel of Fortune [GR]  4:00 Daily Packet Station [ML]  6:30 Walk the Community	Ask Alexa  9:30 Walk the Community  9:30 Wii Bowling [SD]  10:00 Room Exercises  11:00 Sittercise CD [SD]  1:30 Name That Tune [SD]  2:30 Movie Matinee RSVP Concierge Desk/ Limit 6 [TV]  6:30 Walk the Community
	Haaldanus ICDI	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 Wheel of Fortune [SD] 2:30 Travelogue Mexicao [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community 10:00 Mindful Meditation [SD] 11:00 Sittercise [SD] 1:30 1st/2nd FL Mexico Event [SD] 2:30 3rd/4th/5th FL Mexico Event [SD] 3:30 Wii Bowling [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 1st/2nd FL Root Beer Floats Bingo [SD] 2:30 3rd/4th/5th FL Root Beer Floats Bingo [SD] 3:30 National Radio Day [GR] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community  10:00 Room Exercises  11:00 Moving to the Beat [SD]  1:30 Ist/2nd Floor Trivia [SD]  2:30 Ist/2nd Floor Trivia [SD]  3:30 Iw Wheel of Fortune [GR]  4:00 Iw Daily Packet Station [ML]  6:30 Walk the Community	Ask Alexa  9:30 Walk the Community  9:30 Wii Bowling [SD]  10:00 Room Exercises  11:00 Sittercise CD [SD]  1:30 Mame That Tune [SD]  2:30 Movie Matinee RSVP Concierge Desk/ Limit 6 [TV]  6:30 Walk the Community
	9:30 Walk the Community  10:00 Room Exercises  11:00 Movin N Grovin with Healthpro [SD]  1:30 Creative Crafts [CR]  1:45 Bingo Dollars [SD]  3:30 Bingo & Treats [SD]  4:00 Daily Packet Station [ML]  6:30 Walk the Community	9:00 Medical Transportation 9:30 Walk the Community 11:00 Sit & Fit [SD] 1:00 St 1st Floor Banana Splits [DR] 1:30 St 2nd FL Banana Splits [DR] 2:30 Travelogue / Italy [SD] 3:00 St 4th FL Banana Splits [DR] 3:30 St 5th FL Banana Split [DR] 6:30 Walk the Community	9:30 Walk the Community 10:00 Mindful Meditation [SD] 11:00 Sittercise [SD] 1:30 1st/2nd FL Italy Event [SD] 2:30 3rd/4th/5th FL Italy Event [SD] 3:30 Wii Bowling [SD] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:00 Medical Transportation 9:30 Walk the Community 10:00 Room Exercises 11:00 Sit & Fit [SD] 1:30 1st/2nd FL Food For Thought [DR] 2:30 3rd/4th/5th FL Food for Thought [DR] 3:30 Mystery Characters [GR] 4:00 Daily Packet Station [ML] 6:30 Walk the Community	9:30 Walk the Community 10:00 Health Discovery Series [SD] 10:00 Room Exercises 11:00 Moving to the Beat [SD] 1:30 1st/2nd FL Smoothie Bingo [SD] 2:30 3rd/4th/5th FL Smoothie Bingo [SD] 3:30 Wheel of Fortune [GR] 6:30 Walk the Community	Ask Alexa 9:30 Walk the Community 9:30 Wii Bowling [SD] 10:00 Room Exercises 11:00 Sittercise CD [SD] 1:30 Mame That Tune [SD] 2:30 Movie Matinee RSVP Concierge Desk/ Limit 6 [TV] 6:30 Walk the Community  Continued at top