

		BE VIBRANT. BE YOU.			Solstice Senior Living at East Amherst	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOLSTICE SENIOR LIVING AT EAST AMHERST	6363 Transit Road East Amherst, NY 14051 East Amherst, NY 14051 (716) 688-7880	Location KeysACTIVITY ROOMARATRIUMATBUSBUSCHAPELCHDINING ROOMDRLIBRARYLBTELEVISION ROOMTVR	9:15Shopping Outing [BUS]111:00Stretch Exercise Class [AR]11:30★Catholic Services [CH]2:00➡Bocce Ball Team competiton [AR]3:00➡Quiddler Game [AR]7:00➡Bingo with BOB [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ♥ Yoga Class w/ Carolyn [AR] 11:00 ● LTS: Speakers [AR] 2:00 ★ Meditating with Rachel [LB] 3:00 ★ Bible Study w/ Tyler [TVR] 3:00 ₱ Blackjack with Harold [AR] 7:00 ₱ Jim's Sevens Card Game [AR]	9:00Banking: Northwest [AR]311:00Stretch Exercise Class [AR]12:00Weekly News Review [AR] 2:152:15Im Go-Fish or Pinochle Card Game [AR]4:00Happy Hour Performs [AT]	10:00Puzzle Group [AR]411:00Im31 Card Game [AR]3:00ImLearning New Games with Jim [AR]5:00★Resident Pick Card Games [AR]7:00¥Bingo with BOB [AR]7:00✓Let's Play Pool [TVR]
8:00 ★ Catholic Mass [CH] 8:30 ★ Bus Outing- St. Mary's Church [BUS] 10:00 ♥ Cranium Crunches [AR] 11:00 番 Soup Sunday [AR] 3:00 ₱ Quiddler Game [AR] 5:00 ₱ Pinochle Card Time [AR] 7:00 ♥ Bingo with BOB [AR]	9:15       Shopping Outing [BUS]       6         10:00       ★ Reminisce with Friends [AR]         11:00       Stretch Exercise Class [AR]         2:00       ★ Bottom Line Discussion [AR]         3:00       ➡ Eastern craft with Rachel [AR]         7:00       ➡ Poker Night [AR]	9:15       Medical Appointments [BUS]       7         10:00       ★       Protestant Church Service [CH]       7         2:00       ➡       Blackjack with Becca [AR]         2:00       ➡       Resident Council [AR]         7:00       ➡       Cinema Night [TVR]         7:00       ➡       Jim's Sevens Card Game [AR]	9:15       Shopping Outing [BUS]       8         11:00       Stretch Exercise Class [AR]         11:30       Catholic Services [CH]         12:30       New Resident Luncheon         2:00       Bocce Ball Team competiton [AR]         3:00       Quiddler Game [AR]         7:00       Bingo with BOB [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ♥ Yoga Class w/ Carolyn [AR] 11:00 ● LTS: Speakers [AR] 2:00 ★ Meditating with Rachel [LB] 3:00 ★ Bible Study w/ Tyler [TVR] 3:00 ₱ Blackjack with Harold [AR] 7:00 ₱ Jim's Sevens Card Game [AR]	9:00● Banking: Northwest [AR]1010:00巻 Alethena's Chocolate Outing [BUS]2:15₱ Go-Fish or Pinochle Card Game [AR]4:00❤ Happy Hour Performs [AT]	10:00Puzzle Group [AR]1111:00Puzzle Group [AR]1111:00Puzzle Group (AR]31 Card Game [AR]3:00Image: Card Games Games [AR]115:00★Resident Pick Card Games [AR]7:00¥Bingo with BOB [AR]7:00✓Let's Play Pool [TVR]
Easter       12         8:00 ★ Catholic Mass [CH]       [CH]         8:30 ★ Bus Outing- St. Mary's Church [BUS]         12:30        Easter Brunch [DR]         3:00 P       Quiddler Game [AR]         5:00 P       Pinochle Card Time [AR]         7:00 ♥ Bingo with BOB [AR]	9:15 ₩ Shopping Outing [BUS] 10:00 ★ Reminisce with Friends [AR] 11:00 ♥ Stretch Exercise Class [AR] 2:00 ★ Bottom Line Discussion [AR] 3:00 ₱ Crafts with Rachel [AR] 7:00 ₱ Poker Night [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ★ Protestant Church Service [CH] 2:00 ★ Ambassador's Club 2:00 ₱ Blackjack with Becca [AR] 7:00 ♥ Cinema Night [TVR] 7:00 ₱ Jim's Sevens Card Game [AR]	9:15       Shopping Outing [BUS]       15         11:00       Stretch Exercise Class [AR]         11:30       Catholic Services [CH]         2:00       Art Expression with Rose [AR]         2:00       Bocce Ball Team competiton [AR]         3:00       Quiddler Game [AR]         7:00       Bingo with BOB [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ♥ Yoga Class w/ Carolyn [AR] 11:00 ● LTS: Speakers [AR] 2:00 ★ Meditating with Rachel [LB] 3:00 ★ Bible Study w/ Tyler [TVR] 3:00 ₱ Blackjack with Harold [AR] 7:00 ₱ Jim's Sevens Card Game [AR]	9:00 ● Banking: 17 Northwest [AR] 11:00 ♥ Stretch Exercise Class [AR] 12:00 ● Weekly News Review [AR] 2:15 ₱ Go-Fish or Pinochle Card Game [AR] 4:00 ¥ Happy Hour 7:00 ¥ Lucille Shrukus Performs [AT]	10:00       Puzzle Group [AR]       18         10:00       Wellness Fair [AT]         11:00       31 Card Game [AR]         2:00       ★ Art Expression with Rose [AR]         3:00       Learning New Games with Jim [AR]         5:00       ★ Resident Pick Card Games [AR]         7:00       ♥ Bingo with BOB [AR]         7:00       ↓ Let's Play Pool [TVR]
8:00 ★ Catholic Mass 19 [CH] 8:30 ★ Bus Outing- St. Mary's Church [BUS] 10:00 ♥ Cranium Crunches [AR] 11:00 眷 Soup Sunday [AR] 3:00 ₱ Quiddler Game [AR] 5:00 ₱ Pinochle Card Time [AR] 7:00 ₩ Bingo with BOB [AR]	9:15 ♥ Shopping Outing [BUS] 10:00 ★ Reminisce with Friends [AR] 11:00 ♥ Stretch Exercise Class [AR] 2:00 ★ Bottom Line Discussion [AR] 3:00 ₱ Crafts with Rachel [AR] 7:00 ₱ Poker Night [AR]	9:15       Medical Appointments [BUS]       21         10:00       ★       Protestant Church Service [CH]         2:00       ➡       Blackjack with Becca [AR]         2:00       ★       Grief Support Group [LB]         7:00       ➡       Cinema Night [TVR]         7:00       ➡       Jim's Sevens Card Game [AR]	9:15 ♥ Shopping Outing [BUS] 11:00 ♥ Stretch Exercise Class [AR] 11:30 ★ Catholic Services [CH] 2:00 ₱ Bocce Ball Team competiton [AR] 2:30 ₱ Food for Thought with Chef [AR] 3:00 ₱ Quiddler Game [AR] 7:00 ♥ Bingo with BOB [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ♥ Yoga Class w/ Carolyn [AR] 11:00 ● LTS: Speakers [AR] 2:00 ★ Meditating with Rachel [LB] 3:00 ★ Bible Study w/ Tyler [TVR] 3:00 ₱ Blackjack with Harold [AR] 7:00 ₱ Jim's Sevens Card Game [AR]	9:00 ● Banking: 24 Northwest [AR] 11:00 ♡ Stretch Exercise Class [AR] 12:00 ● Weekly News Review [AR] 2:15 ₱ Go-Fish or Pinochle Card Game [AR] 4:00 ♥ Happy Hour 7:00 ♥ Performs [AT]	10:00Image: Puzzle Group [AR]2511:00Image: Strain Strain 3:0031 Card Game [AR] 3:003:00Image: Strain Strain Learning New Games with Jim [AR]5:00Image: Resident Pick Card Games [AR]5:00Image: Resident Pick Card Games [AR]7:00Image: Bingo with BOB [AR] 7:007:00Image: Let's Play Pool [TVR]
8:00 ★ Catholic Mass 26 [CH] 8:30 ★ Bus Outing- St. Mary's Church [BUS] 10:00 ♥ Cranium Crunches [AR] 11:00 眷 Soup Sunday [AR] 3:00 ₱ Quiddler Game [AR] 5:00 ₱ Pinochle Card Time [AR] 7:00 ₩ Bingo with BOB [AR]	9:15 ♥ Shopping Outing [BUS] 10:00 ★ Reminisce with Friends [AR] 11:00 ♥ Stretch Exercise Class [AR] 2:00 ★ Bottom Line Discussion [AR] 3:00 ₱ Crafts with Rachel [AR] 7:00 ₱ Poker Night [AR]	9:15Medical Appointments [BUS]2810:00★Protestant Church Service [CH]2:00➡Blackjack with Becca [AR]7:00➡Cinema Night [TVR]7:00➡Jim's Sevens Card Game [AR]	9:15 ♥ Shopping Outing [BUS] 11:00 ♥ Stretch Exercise Class [AR] 11:30 ★ Catholic Services [CH] 2:00 ₱ Bocce Ball Team competiton [AR] 3:00 ₱ Quiddler Game [AR] 7:00 ♥ Bingo with BOB [AR]	9:15 ♥ Medical Appointments [BUS] 10:00 ♥ Yoga Class w/ Carolyn [AR] 11:00 ● LTS: Speakers [AR] 2:00 ★ Meditating with Rachel [LB] 3:00 ★ Bible Study w/ Tyler [TVR] 3:00 ₱ Blackjack with Harold [AR] 7:00 ₱ Jim's Sevens Card Game [AR]	<ul> <li>Be Adventurous</li> <li>Be Challenged</li> <li>Be Connected</li> <li>Be Family</li> <li>Be Inspired</li> <li>Be Social</li> <li>Be Well</li> </ul>	

April 2020 Solstice Senior Living at East Amherst