


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| <p>August cont'd</p> <p>30</p> <p>8:00 ★ Catholic Mass [CH]</p> <p>10:00 🗨️ Reminisce with Friends [AR]</p> <p>11:00 🍷 Patio Trivia</p> <p>2:00 🦋 Social Distance Walk</p> | <p>31</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 🗨️ Bottom Line Discussion [AR]</p> <p>3:00 🗨️ Coffee and Convos [AR]</p> |  <p>SOLSTICE SENIOR LIVING AT EAST AMHERST</p> | <p>6363 Transit Road East Amherst, NY 14051 East Amherst, NY 14051 (716) 688-7880</p> | <p>Location Keys</p> <p>ACTIVITY ROOM AR</p> <p>ATRIUM AT</p> <p>BUS BUS</p> <p>CHAPEL CH</p> <p>LIBRARY LB</p> <p>TELEVISION ROOM TVR</p> | <p>📷 Be Adventurous</p> <p>🗨️ Be Challenged</p> <p>🗨️ Be Connected</p> <p>🗨️ Be Family</p> <p>★ Be Inspired</p> <p>🦋 Be Social</p> <p>🍷 Be Well</p> | <p>1</p> <p>10:00 📷 Scavenger Hunt Outside</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> <p>7:00 🍷 Let's Play Pool [TVR]</p> |
| <p>2</p> <p>8:00 ★ Catholic Mass [CH]</p> <p>10:00 🍷 Cranium Crunches [AR]</p> <p>11:00 🍷 Patio Trivia</p> <p>2:00 🍷 Moving and Groovin' with MK</p> | <p>3</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 🗨️ Bottom Line Discussion [AR]</p> <p>3:00 🗨️ Coffee and Convos [AR]</p> | <p>4</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 🗨️ Cranium Crunches [AR]</p> <p>4:00 ★ Bible Study w/ Tim & Tyler [CH]</p> <p>7:00 🦋 Cinema Night [TVR]</p> | <p>5</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> | <p>6</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 🍷 Walker Wash!</p> | <p>7</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>12:00 🗨️ Weekly News Review [AR]</p> <p>2:00 📷 Solstice Smile Train [AT]</p> <p>4:00 🦋 Patio Happy Hour</p> | <p>8</p> <p>10:00 📷 Scavenger Hunt Outside</p> <p>2:00 🗨️ Social Distance Walk</p> <p>7:00 🍷 Let's Play Pool [TVR]</p> |
| <p>9</p> <p>8:00 ★ Catholic Mass [CH]</p> <p>10:00 🍷 Cranium Crunches [AR]</p> <p>11:00 🍷 Patio Trivia</p> <p>2:00 🗨️ Social Distance Walk</p> | <p>10</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 🗨️ Bottom Line Discussion [AR]</p> <p>3:00 🗨️ Coffee and Convos [AR]</p> | <p>11</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>4:00 ★ Bible Study w/ Tim & Tyler [CH]</p> <p>7:00 🦋 Cinema Night [TVR]</p> | <p>12</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> | <p>13</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 🗨️ Social Distance Walk</p> | <p>14</p> <p>9:00 🗨️ Banking: Northwest [AR]</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>12:00 🗨️ Weekly News Review [AR]</p> <p>2:00 📷 Solstice Smile Train [AT]</p> <p>4:00 🦋 Patio Happy Hour</p> | <p>15</p> <p>10:00 📷 Scavenger Hunt Outside</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> <p>2:00 🗨️ Social Distance Walk</p> <p>7:00 🍷 Let's Play Pool [TVR]</p> |
| <p>16</p> <p>8:00 ★ Catholic Mass [CH]</p> <p>10:00 🗨️ Reminisce with Friends [AR]</p> <p>11:00 🍷 Patio Trivia</p> <p>2:00 🦋 Social Distance Walk</p> | <p>17</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 🗨️ Bottom Line Discussion [AR]</p> <p>3:00 🗨️ Coffee and Convos [AR]</p> | <p>18</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 ★ Grief Support Group [LB]</p> <p>3:00 🗨️ Cranium Crunches [AR]</p> <p>4:00 ★ Bible Study w/ Tim & Tyler [CH]</p> <p>7:00 🦋 Cinema Night [TVR]</p> | <p>19</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>12:30 🗨️ New Resident Luncheon</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> | <p>20</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 🗨️ Gold Key Coffee and Convo</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 🦋 Social Distance Walk</p> <p>3:00 🗨️ Cranium Crunches [AR]</p> | <p>21</p> <p>9:00 🗨️ Banking: Northwest [AR]</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>12:00 🗨️ Weekly News Review [AR]</p> <p>2:00 📷 Solstice Smile Train [AT]</p> <p>4:00 🦋 Patio Happy Hour</p> | <p>22</p> <p>10:00 📷 Scavenger Hunt Outside</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> <p>2:00 🦋 Social Distance Walk</p> <p>7:00 🍷 Let's Play Pool [TVR]</p> |
| <p>23</p> <p>8:00 ★ Catholic Mass [CH]</p> <p>10:00 🗨️ Reminisce with Friends [AR]</p> <p>11:00 🍷 Patio Trivia</p> <p>2:00 🦋 Social Distance Walk</p> | <p>24</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>2:00 🗨️ Bottom Line Discussion [AR]</p> <p>3:00 🗨️ Coffee and Convos [AR]</p> | <p>25</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>3:00 🗨️ Cranium Crunches [AR]</p> <p>4:00 ★ Bible Study w/ Tim & Tyler [CH]</p> <p>7:00 🦋 Cinema Night [TVR]</p> | <p>26</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>11:30 ★ Catholic Services [CH]</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> | <p>27</p> <p>9:15 🍷 Medical Appointments [BUS]</p> <p>10:00 ★ Meditation [LB]</p> <p>11:00 ★ Meditation [LB]</p> <p>2:00 🦋 Social Distance Walk</p> <p>3:00 🗨️ Cranium Crunches [AR]</p> | <p>28</p> <p>9:00 🗨️ Banking: Northwest [AR]</p> <p>10:00 🍷 Stretch Exercise Class [AR]</p> <p>11:00 🍷 Stretch Exercise Class [AR]</p> <p>12:00 🗨️ Weekly News Review [AR]</p> <p>2:00 📷 Solstice Smile Train [AT]</p> <p>4:00 🦋 Patio Happy Hour</p> | <p>29</p> <p>10:00 📷 Scavenger Hunt Outside</p> <p>2:00 📷 Artistic Class with Becca [AR]</p> <p>2:00 🦋 Social Distance Walk</p> <p>7:00 🍷 Let's Play Pool [TVR]</p> |