

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																									
<p>May cont'd</p> <p>31</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 11:00 On the Go Trivia 11:00 Sudoku Work Sheets 3:30 The Artist In You- In room Art [AR] 6:45 Church Service [CH]</p>	<p>SOLSTICE SENIOR LIVING AT COLUMBIA</p> <p>109 North Keene Street Columbia, MO 65201 573-443-2007</p> <p>Location Keys Activity Room AR Chapel CH TV Room TV</p>	<p>1</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distancing 10 or Less [AR] 11:00 Sudoku Work Sheets 2:00 Book Club Read Your Favorite Book- Book Mobile 2:30 Happy Hour Cart 3:00 Adult Coloring [AR]</p>	<p>2</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Sit and Dance [AR] 11:00 Sudoku Work Sheets 2:00 Walking Club 7:00 Let's go to the Movie In Room [TV]</p>	<p>3</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 11:00 On the Go Trivia 11:00 Sudoku Work Sheets 3:30 The Artist In You- In room Art [AR] 6:45 Church Service [CH]</p>	<p>4</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise in room 9:30-4 Today In History [AR] 10:00 OneDay Videos _ One on One in [AR] 11:00 Monday Journaling: Tell us how you are feeling 11:00 Sudoku Work Sheets 2:00 In Room Bible Study 6:30 Puzzle Fun</p>	<p>5</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Strength Training in room 10:00 Social Distancing Washers 10 or Less 11:00 Outdoor Walking Groups [AR] 11:00 Sudoku Work Sheets 2:00 Poetry Writing Small Groups 10 or Less [AR] 2:00 Sunshine Singers 7:00 Watch Your Favorite Movie and Tell Your Neighbor about it [TV]</p>	<p>6</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Chair Yoga Social Distance 10 or Less [AR] 10:00 Blood Pressure Checks One person at a time [AR] 11:00 Sudoku Work Sheets 2:00 Residents Choice 3:00 Ice Cream Cart 3:00 Knitting Nanas In Room Activity [AR] 7:00 On the Go Word Search Fun [AR]</p>	<p>7</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distance 10 or Less [AR] 10:00 Social Distancing Washers 10 or Less 10:00 Words Within a Word Work Sheets 11:00 Sudoku Work Sheets 2:30 Social Distancing Bingo 10 or Less [AR] 7:00 Spring Cleaning Box up things you don't need</p>	<p>8</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distancing 10 or Less [AR] 11:00 Sudoku Work Sheets 2:00 Book Club Read Your Favorite Book- Book Mobile 2:30 Social Distance Farkle Game 6 or Less [AR] 3:00 Adult Coloring [AR]</p>	<p>9</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Sit and Dance [AR] 11:00 Sudoku Work Sheets 2:00 Walking Club 7:00 Let's go to the Movie In Room [TV]</p>	<p>10</p> <p>In Room Exercise Packet Mother's Day <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 11:00 On the Go Trivia 11:00 Sudoku Work Sheets 3:30 The Artist In You- In room Art [AR] 6:45 Church Service [CH]</p>	<p>11</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise in room 9:30-4 Today In History [AR] 11:00 Monday Journaling: Tell us how you are feeling 11:00 Sudoku Work Sheets 2:00 In Room Bible Study 6:30 Puzzle Fun</p>	<p>12</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Strength Training in room 10:00 Social Distancing Washers 10 or Less 11:00 Outdoor Walking Groups [AR] 11:00 Sudoku Work Sheets 2:00 Poetry Writing Small Groups 10 or Less [AR] 3:00 Food Committee Meeting 7:00 Watch Your Favorite Movie and Tell Your Neighbor about it [TV]</p>	<p>13</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Chair Yoga Social Distance 10 or Less [AR] 10:00 Blood Pressure Checks One person at a time [AR] 10:30 Catholic Service [CH] 11:00 Sudoku Work Sheets 2:00 Residents Choice 3:00 Ice Cream Cart 3:00 Knitting Nanas In Room Activity [AR] 7:00 Mennonite Singers 7:00 On the Go Word Search Fun [AR]</p>	<p>14</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distance 10 or Less [AR] 10:00 Social Distancing Washers 10 or Less 10:00 Words Within a Word Work Sheets 11:00 Sudoku Work Sheets 2:30 Social Distancing Bingo 10 or Less [AR] 7:00 Spring Cleaning Box up things you don't need</p>	<p>15</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distancing 10 or Less [AR] 11:00 Sudoku Work Sheets 2:00 Book Club Read Your Favorite Book- Book Mobile 2:30 Social Distance Farkle Game 6 or Less [AR] 3:00 Adult Coloring [AR]</p>	<p>16</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Sit and Dance [AR] 11:00 Sudoku Work Sheets 2:00 Walking Club 7:00 Let's go to the Movie In Room [TV]</p>	<p>17</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 11:00 On the Go Trivia 11:00 Sudoku Work Sheets 3:30 The Artist In You- In room Art [AR] 6:45 Church Service [CH]</p>	<p>18</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise in room 9:30-4 Today In History [AR] 10:00 OneDay Videos _ One on One in [AR] 11:00 Monday Journaling: Tell us how you are feeling 11:00 Sudoku Work Sheets 2:00 In Room Bible Study 6:30 Puzzle Fun</p>	<p>19</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Strength Training in room 10:00 Social Distancing Washers 10 or Less 11:00 Outdoor Walking Groups [AR] 11:00 Sudoku Work Sheets 2:00 Poetry Writing Small Groups 10 or Less [AR] 7:00 Watch Your Favorite Movie and Tell Your Neighbor about it [TV]</p>	<p>20</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Chair Yoga Social Distance 10 or Less [AR] 10:00 Blood Pressure Checks One person at a time [AR] 11:00 Sudoku Work Sheets 2:00 Residents Choice 3:00 Ice Cream Cart 3:00 Knitting Nanas In Room Activity [AR] 7:00 On the Go Word Search Fun [AR]</p>	<p>21</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distance 10 or Less [AR] 10:00 Social Distancing Washers 10 or Less 10:00 Words Within a Word Work Sheets 11:00 Sudoku Work Sheets 2:30 Social Distancing Bingo 10 or Less [AR] 7:00 Spring Cleaning Box up things you don't need</p>	<p>22</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distancing 10 or Less [AR] 11:00 Sudoku Work Sheets 2:00 Book Club Read Your Favorite Book- Book Mobile 2:30 Happy Hour Cart 3:00 Adult Coloring [AR]</p>	<p>23</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Sit and Dance [AR] 11:00 Sudoku Work Sheets 2:00 Walking Club 7:00 Let's go to the Movie In Room [TV]</p>	<p>24</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 11:00 On the Go Trivia 11:00 Sudoku Work Sheets 3:30 The Artist In You- In room Art [AR] 6:45 Church Service [CH]</p>	<p>25</p> <p>In Room Exercise Packet Memorial Day <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise in room 9:30-4 Today In History [AR] 11:00 Monday Journaling: Tell us how you are feeling 11:00 Sudoku Work Sheets 2:00 In Room Bible Study 6:30 Puzzle Fun</p>	<p>26</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Strength Training in room 10:00 Social Distancing Washers 10 or Less 11:00 Outdoor Walking Groups [AR] 11:00 Sudoku Work Sheets 2:00 Poetry Writing Small Groups 10 or Less [AR] 7:00 Watch Your Favorite Movie and Tell Your Neighbor about it [TV]</p>	<p>27</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Chair Yoga Social Distance 10 or Less [AR] 10:00 Blood Pressure Checks One person at a time [AR] 10:30 Catholic Service [CH] 11:00 Sudoku Work Sheets 2:00 Residents Choice 3:00 Ice Cream Cart 3:00 Knitting Nanas In Room Activity [AR] 7:00 On the Go Word Search Fun [AR]</p>	<p>28</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distance 10 or Less [AR] 10:00 Social Distancing Washers 10 or Less 10:00 Words Within a Word Work Sheets 11:00 Sudoku Work Sheets 2:30 Social Distancing Bingo 10 or Less [AR] 7:00 Spring Cleaning Box up things you don't need</p>	<p>29</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Exercise Class Social Distancing 10 or Less [AR] 11:00 Sudoku Work Sheets 2:00 Book Club Read Your Favorite Book- Book Mobile 2:30 Social Distance Farkle Game 6 or Less [AR] 3:00 Adult Coloring [AR]</p>	<p>30</p> <p>In Room Exercise Packet <u>Neighborhood Watch Keep our Community Safe</u></p> <p>9:00 Memory Cafe Via Email 9:30 Sit and Dance [AR] 11:00 Sudoku Work Sheets 2:00 Walking Club 7:00 Let's go to the Movie In Room [TV]</p>