

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>August cont'd</b> <b>30</b></p> <p>9:30 ♥ Sittercise in room 11:00 On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ☆ In Room Bible Study [CH]</p>	<p><b>31</b></p> <p>9:30 ♥ Exercise Video [AR] 11:00 ♥ Monday Journaling: Tell us how you are feeling 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🚩 Puzzle Fun</p>	<p><b>SOLSTICE</b> SENIOR LIVING AT COLUMBIA</p>	<p>109 North Keene Street Columbia, MO 65201 573-443-2007</p>	<p><b>Location Keys</b></p> <p>Activity Room AR Atrium AT Chapel CH Game Room GR TV Room TV</p>	<p>🚩 Be Challenged 🗨️ Be Connected 👨‍👩‍👧‍👦 Be Family ★ Be Inspired 🦋 Be Social ♥ Be Well</p>	<p><b>1</b></p> <p>9:30 ♥ Sit and Dance [AR] 2:00 🦋 Walking Club 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p><b>National Sisters Day</b> <b>2</b></p> <p>9:30 ♥ Sittercise in room 11:00 On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ☆ In Room Bible Study [CH]</p>	<p><b>National Grab Some Nuts Day</b> <b>3</b></p> <p>9:30 ♥ Exercise Video [AR] 10:00 OneDay Videos _ One on One in [AR] 11:00 ♥ Monday Journaling: Tell us how you are feeling 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🚩 Puzzle Fun</p>	<p><b>National Chocolate Chip Cookie Day</b> <b>4</b></p> <p>9:30 ♥ Exercise w/ Maggie 10:00 🚩 Washers [AR] 2:00 ♥ Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>	<p><b>5</b></p> <p>9:30 ♥ Cardio Drumming Exercise [AR] 10:00 ♥ Blood Pressure Checks [AR] 2:00 🦋 Ice Cream Social [AR] 3:00 🦋 Knitting Nanas In Room Activity [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 ☆ Bible Study/ Redeemer Presb. [CH] 7:00 🚩 On the Go Word Search Fun [AR]</p>	<p><b>National Root Beer Float Day</b> <b>6</b></p> <p>9:30 ♥ Exercise w/ Weights [AR] 10:00 🚩 Washers 10:00 🚩 Words Within a Word Work Sheets 3:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Hot Summer Nights _ Sit outside visit with your neighbor</p>	<p><b>National Purple Heart Day</b> <b>7</b></p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 🚩 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 ♥ Evening Walk</p>	<p><b>National Cat Day</b> <b>8</b></p> <p>9:30 ♥ Sit and Dance [AR] 2:00 🦋 Walking Club 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p><b>National Book Lovers Day</b> <b>9</b></p> <p>9:30 ♥ Sittercise in room 11:00 On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ☆ In Room Bible Study [CH]</p>	<p><b>Nail Bar</b> <b>10</b></p> <p><b>National Lazy Day</b></p> <p>9:30 ♥ Exercise Video [AR] 11:00 ♥ Monday Journaling: Tell us how you are feeling 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🚩 Puzzle Fun</p>	<p><b>National Son's and Daughters</b> <b>11</b></p> <p>9:30 ♥ Exercise w/ Maggie 10:00 🚩 Washers [AR] 2:00 ♥ Bingo [AR] 3:00 🗨️ Food Committee Meeting 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>	<p><b>National Purple Heart Day</b> <b>12</b></p> <p>9:30 ♥ Cardio Drumming Exercise [AR] 10:00 ♥ Blood Pressure Checks [AR] 10:30 ☆ Catholic Service [CH] 2:00 🚩 Corn Hole Bean Bag Toss [AR] 3:00 🦋 Knitting Nanas In Room Activity [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 Mennonite Singers 7:00 🚩 On the Go Word Search Fun [AR]</p>	<p><b>13</b></p> <p>9:30 ♥ Exercise w/ Bands [AR] 10:00 🚩 Washers 10:00 🚩 Words Within a Word Work Sheets 3:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Hot Summer Nights _ Sit outside visit with your neighbor</p>	<p><b>14</b></p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 🚩 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 ♥ Evening Walk</p>	<p><b>15</b></p> <p>9:30 ♥ Sit and Dance [AR] 2:00 🦋 Walking Club 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p><b>National Tell a Joke Day</b> <b>16</b></p> <p>9:30 ♥ Sittercise in room 11:00 On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ☆ In Room Bible Study [CH]</p>	<p><b>17</b></p> <p>9:30 ♥ Exercise Video [AR] 10:00 OneDay Videos _ One on One in [AR] 11:00 ♥ Monday Journaling: Tell us how you are feeling 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🚩 Puzzle Fun</p>	<p><b>18</b></p> <p>9:30 ♥ Exercise w/ Maggie 10:00 🚩 Washers [AR] 2:00 ♥ Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>	<p><b>19</b></p> <p>9:30 ♥ Cardio Drumming Exercise [AR] 10:00 ♥ Blood Pressure Checks [AR] 2:00 🦋 Ice Cream Social [AR] 3:00 🦋 Knitting Nanas In Room Activity [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🚩 On the Go Word Search Fun [AR]</p>	<p><b>20</b></p> <p>9:30 ♥ Exercise w/ Weights [AR] 10:00 🚩 Washers 10:00 🚩 Words Within a Word Work Sheets 3:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Hot Summer Nights _ Sit outside visit with your neighbor</p>	<p><b>National Senior Citizens Day</b> <b>21</b></p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 🚩 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 ♥ Evening Walk</p>	<p><b>22</b></p> <p>9:30 ♥ Sit and Dance [AR] 2:00 🦋 Walking Club 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>
<p><b>23</b></p> <p>9:30 ♥ Sittercise in room 11:00 On the Go Trivia 3:30 🦋 The Artist In You- In room Art [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:45 ☆ In Room Bible Study [CH]</p>	<p><b>Nail Bar</b> <b>24</b></p> <p>9:30 ♥ Exercise Video [AR] 11:00 ♥ Monday Journaling: Tell us how you are feeling 4:00 🦋 Before Dinner Coffee Social Hour [AT] 6:30 🚩 Puzzle Fun</p>	<p><b>25</b></p> <p>9:30 ♥ Exercise w/ Maggie 10:00 🚩 Washers [AR] 2:00 ♥ Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>	<p><b>National Dog Day</b> <b>26</b></p> <p>9:30 ♥ Cardio Drumming Exercise [AR] 10:00 ♥ Blood Pressure Checks [AR] 10:30 ☆ Catholic Service [CH] 2:00 🚩 Corn Hole Bean Bag Toss [AR] 3:00 🦋 Knitting Nanas In Room Activity [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🚩 On the Go Word Search Fun [AR]</p>	<p><b>27</b></p> <p>9:30 ♥ Exercise w/ Bands [AR] 10:00 🚩 Washers 10:00 🚩 Words Within a Word Work Sheets 3:00 🦋 Bingo [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Hot Summer Nights _ Sit outside visit with your neighbor</p>	<p><b>28</b></p> <p>9:30 ♥ Chair Yoga for Seniors _ Stretching and Breathing [AR] 11:00 🚩 Billiard Play [GR] 2:00 🦋 Friday Night Farkle Party [AR] 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 ♥ Evening Walk</p>	<p><b>29</b></p> <p>9:30 ♥ Sit and Dance [AR] 2:00 🦋 Walking Club 4:00 🦋 Before Dinner Coffee Social Hour [AT] 7:00 🎬 Cinema Night -Catch a Movie and Popcorn [TV]</p>