



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**Be Adventurous**  
**Be Challenged**  
**Be Connected**  
**Be Family**  
**Be Inspired**  
**Be Social**  
**Be Well**

**Location Keys**  
Activity Room AR  
Atrium ATR  
Bus Transportation Bus  
Dining Room DR  
Exercise EXR  
Front Patio FP  
Game Loft GL  
Library LI  
TV Lounge TV

**Wednesday's Word Search 1**  
9:15 5 Minutes of Balance [ATR]  
10:00 Game Time! Jeopardy and Deal or No Deal [GL]  
10:00 Trinity Lutheran Church Free Concert [Bus]  
11:00 Beanbag Baseball [GL]  
12:00 Wear a Pin/Brooch Day [DR]  
2:00 Thrift Store Shopping [Bus]  
2:30 Scrabble [AR]  
3:00 LRC (bring pennies) [AR]  
4:00 Name That Tune [GL]  
7:00 Bingo [GL]  
7:00 Movie: The Little Prince 1974 [TV]

**Thursday 2**  
9:00 Morning Billiards [GL]  
10:00 Fred Meyer/ Dollar Store Trip [Bus]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Alterations by Joyce [AR]  
12:00 Wear Something Plaid Day [DR]  
1:30 15 min massages with Jaime(\$)[ATR]  
1:30 Color Chiropractic (Sign up sheet in Activity Room) Medicare accepted [ATR]  
2:00 TED Talks [TV]  
3:00 UNO Card Game [GL]  
4:00 Bible Study [TV]  
4:00 Let's Play Chess [ATR]  
7:00 Pinochle [GL]

**Friday 3**  
9:30 Current Events [ATR]  
10:00 5 Minutes of Balance [ATR]  
11:00 Beanbag Baseball [GL]  
12:30 Wear a Hat Day [DR]  
2:00 Photography Class [ATR]  
3:00 Game Time! Jeopardy and Deal or No Deal [GL]  
3:30 General Store [AR]  
4:00 Let's Play Chess [ATR]  
4:15 JP Falcon on Guitar with Vocals [DR]  
7:00 Bingo [GL]  
7:00 Cards, Anyone? [GL]

**Saturday 4**  
9:00 Saturday's Word Search  
- Manicures by Vicki Phillips- Please sign up [AR]  
10:00 Morning Walk [EXR]  
10:30 Chair Yoga with Marnell [GL]  
11:00 Let's Play Chess [ATR]  
12:00 Wear Patterned Socks Day [DR]  
1:30 Nail Trimmings by Vicki Phillips- Please sign up [ATR]  
2:00 Outside the Box with Frank Phillips on Weather [ATR]  
3:00 Pen Pal Club [AR]  
3:30 Craft Time: Paint Sample Book Marks [AR]  
4:30 Solstice Social Hour [GL]  
7:00 Cinema: Eat Pray Love 2010 [TV]

**5**  
9:00 Sunday's Crossword  
9:15 Coffee Social [DR]  
10:00 Catholic Communion [LI]  
10:30 Morning Walk [ATR]  
11:30 Solstice Church Service [GL]  
12:00 Twin Day! Dress the same as your friend [DR]  
2:00 Color With Me [AR]  
3:00 Mexican Train Dominoes [GL]  
4:00 Knitting and Crochet Class [ATR]  
4:30 Cinco De Mayo Party [DR]  
7:00 LCR Dice Game [AR]

**6**  
9:30 Chair Yoga [GL]  
11:00 Beanbag Baseball [GL]  
11:45 Funny Bucks Banking [AR]  
1:45 Solstice Bridge Club [GL]  
2:00 Monday Matinee: Cheaper By The Dozen 2004 [TV]  
3:30 Chronology [AR]  
4:30 Learn to Play Chess [ATR]  
7:00 Monday Game Night [GL]  
7:00 Nuts & Bolts [AR]  
7:00 Pinochle [GL]

**7**  
10:00 Morning Billiards [GL]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Fred Meyer Trip  
11:00 Solstice Singers Practice [TV]  
12:30 Name Tag Tuesday  
2:00 Knitting and Crochet Circle [ATR]  
3:00 Family Feud Game [GL]  
4:00 Welcome Ambassadors [AR]  
7:00 Bible Study [TV]  
7:00 Bingo [GL]

**MARY METZLER BIRTHDAY 8**  
**Wednesday's Word Search**  
9:15 5 Minutes of Balance [ATR]  
10:00 Game Time! Jeopardy and Deal or No Deal [GL]  
11:00 Beanbag Baseball [GL]  
12:00 Wear a Fancy Ring Day [DR]  
2:00 Day Trip around Bow Washington [Bus]  
2:30 Scrabble [AR]  
3:00 LRC (bring pennies) [AR]  
4:00 Name That Tune [GL]  
7:00 Bingo [GL]  
7:00 Movie: Bagger Vance 2001 [TV]

**9**  
8:00 Chef's Display: Belgian Waffles [DR]  
9:00 Morning Billiards [GL]  
10:00 Fred Meyer/ Dollar Store Trip [Bus]  
10:10 Silver Sneakers Exercise [DR]  
11:15 Dog Park/Lake Padden Trip [Bus]  
12:00 Wear Polka Dots Day [DR]  
1:30 15 min massages with Jaime(\$)[ATR]  
3:00 UNO Card Game [GL]  
4:00 Bible Study [TV]  
4:00 Let's Play Chess [ATR]  
7:00 Pinochle [GL]  
7:15 Men's Discussion Group with Frank Phillips [LI]

**10**  
9:00 Painting with Caroline [AR]  
10:00 5 Minutes of Balance [ATR]  
11:00 Beanbag Baseball [GL]  
12:30 Fancy Beads Day [DR]  
3:00 Game Time! Jeopardy and Deal or No Deal [GL]  
4:00 Let's Play Chess [ATR]  
4:15 Marvin Johnson Performance [DR]  
7:00 Bingo [GL]  
7:00 Cards, Anyone? [GL]

**11**  
9:00 Saturday's Word Search  
10:00 Our Daily Bread [LI]  
10:00 Morning Walk [EXR]  
10:30 Chair Yoga with Marnell [GL]  
11:00 Let's Play Chess [ATR]  
11:30 String Trio led by Principal Second Violinist Shuhsin Ko [DR]  
12:00 Wear Mismatched Socks Day [DR]  
2:00 Outside the Box with Glen Hawley [GL]  
3:00 Cards Anyone [GL]  
3:30 Craft Time: Flower Baskets [AR]  
3:30 Mathew Chen Saxophone Performance [DR]  
4:30 Path to Wellness Solstice Social Hour [GL]  
4:30 Solstice Social Hour [GL]  
7:00 Cinema: Aviator 2004 [TV]

**Mother's Day 12**  
9:00 Sunday's Crossword  
9:15 Coffee Social [DR]  
10:00 Catholic Communion [LI]  
10:30 Morning Walk [ATR]  
11:30 Solstice Church Service [GL]  
12:00 Sports Day! Wear your favorite Team Attire [DR]  
2:00 Color With Me [AR]  
3:00 Mexican Train Dominoes [GL]  
4:00 Knitting and Crochet Class [ATR]  
4:00 Mother's Day Tea [GL]  
7:00 Bunco [AR]

**13**  
9:30 Chair Yoga [GL]  
11:00 Beanbag Baseball [GL]  
11:45 Funny Bucks Banking [AR]  
1:45 Solstice Bridge Club [GL]  
2:00 Monday Matinee: Lassie: The Painted Hills [TV]  
2:30 Home Attendant Care Blood Pressure Clinic [AR]  
3:30 Chronology [AR]  
4:30 Learn to Play Chess [ATR]  
7:00 Monday Game Night [GL]  
7:00 Nuts & Bolts [AR]  
7:00 Pinochle [GL]

**14**  
9:00 Tim's Tech Time [AR]  
9:30 Learn to Play Chess [ATR]  
10:00 Morning Billiards [GL]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Fred Meyer Trip  
11:00 Solstice Singers Practice [TV]  
12:30 Name Tag Tuesday  
2:00 Knitting and Crochet Circle [ATR]  
2:00 Monthly Resident Meeting [DR]  
3:00 Family Feud Game [GL]  
7:00 Bingo [GL]

**15**  
**Wednesday's Word Search**  
9:15 5 Minutes of Balance [ATR]  
10:00 Game Time! Jeopardy and Deal or No Deal [ATR]  
11:00 Beanbag Baseball with Renton Solstice [GL]  
12:00 Wear Feathers Day [DR]  
2:00 Day Trip to Boulevard Park [Bus]  
2:30 Scrabble [AR]  
3:00 LRC (bring pennies) [AR]  
4:00 Name That Tune [GL]  
7:00 Bingo [GL]  
7:00 Movie: [TV]

**16**  
9:00 Morning Billiards [GL]  
10:00 Fred Meyer/ Dollar Store Trip [Bus]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Alterations by Joyce [AR]  
12:00 Wear Floral Print Day [DR]  
1:30 15 min massages with Jaime(\$)[ATR]  
2:00 TED Talks [TV]  
3:00 Chef's Corner [GL]  
3:00 UNO Card Game [GL]  
4:00 Bible Study [TV]  
4:00 Let's Play Chess [ATR]  
7:00 Pinochle [GL]

**17**  
9:00 Painting with Caroline [AR]  
10:00 5 Minutes of Balance [ATR]  
11:00 Beanbag Baseball [GL]  
12:30 Flying Colors: "Frozen Lake Blue" [DR]  
2:00 Solstice Art Walk [ATR]  
4:00 Let's Play Chess [ATR]  
4:00 Sylvia Vos Piano Performance [DR]  
7:00 Bingo [GL]  
7:00 Cards, Anyone? [GL]

**18**  
9:00 Saturday's Word Search  
10:00 General Store [AR]  
10:00 Morning Walk [EXR]  
10:30 Chair Yoga with Marnell [GL]  
11:00 Let's Play Chess [ATR]  
12:00 Birthday Bunch Lunch [DR]  
3:00 The Betty Desire Show (Kitty's son) [DR]  
4:30 Solstice Social Hour [GL]  
7:00 Cinema: [TV]

**19**  
9:00 Sunday's Crossword  
9:15 Coffee Social [DR]  
10:00 Catholic Communion [LI]  
10:30 Morning Walk [ATR]  
11:30 Solstice Church Service [GL]  
12:00 Patriotic Day! Wear Red, White and Blue [DR]  
2:00 Color With Me [AR]  
3:00 Mexican Train Dominoes [GL]  
4:00 Knitting and Crochet Class [ATR]  
7:00 LCR Dice Game [AR]

**20**  
9:30 Chair Yoga [GL]  
11:00 Beanbag Baseball [GL]  
11:45 Funny Bucks Banking [AR]  
1:45 Solstice Bridge Club [GL]  
2:00 Monday Matinee: Huckleberry Finn [TV]  
3:00 Zumba Gold Intro Class [GL]  
3:30 Chronology [AR]  
4:30 Learn to Play Chess [ATR]  
7:00 Monday Game Night [GL]  
7:00 Nuts & Bolts [AR]  
7:00 Pinochle [GL]

**21**  
8:30 Gentlemen's Breakfast [Bus]  
10:00 Morning Billiards [GL]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Fred Meyer Trip  
11:00 Solstice Singers Practice [TV]  
12:30 Name Tag Tuesday  
2:00 Knitting and Crochet Circle [ATR]  
3:00 Family Feud Game [GL]  
4:00 New Resident Meet & Greet [AR]  
7:00 Bible Study [TV]  
7:00 Bingo [GL]

**22**  
**Wednesday's Word Search**  
9:15 5 Minutes of Balance [ATR]  
10:00 Game Time! Jeopardy and Deal or No Deal [GL]  
11:00 Beanbag Baseball [GL]  
11:30 Lunch out to Zen Sushi [Bus]  
12:00 Wear Fur Day [DR]  
2:30 Scrabble [AR]  
3:00 LRC (bring pennies) [AR]  
4:00 Name That Tune [GL]  
7:00 Bingo [GL]  
7:00 Movie: [TV]

**23**  
9:00 Morning Billiards [GL]  
10:00 Fred Meyer/ Dollar Store Trip [Bus]  
10:10 Silver Sneakers Exercise [DR]  
12:00 Wear Stripes Day [DR]  
1:30 15 min massages with Jaime(\$)[ATR]  
3:00 UNO Card Game [GL]  
4:00 Bible Study [TV]  
4:00 Let's Play Chess [ATR]  
7:00 Pinochle [GL]  
7:15 Men's Discussion Group with Frank Phillips [LI]

**24**  
9:00 Painting with Caroline [AR]  
10:00 5 Minutes of Balance [ATR]  
11:00 Beanbag Baseball [GL]  
3:00 Game Time! Jeopardy and Deal or No Deal [GL]  
4:00 Let's Play Chess [ATR]  
4:15 Chuck Dingy Performance [DR]  
7:00 Bingo [GL]  
7:00 Cards, Anyone? [GL]

**25**  
9:00 Saturday's Word Search  
10:00 Morning Walk [EXR]  
10:00 Our Daily Bread [LI]  
10:30 Chair Yoga with Marnell [GL]  
11:00 Community Shred Event [FP]  
11:00 Let's Play Chess [ATR]  
12:00 Wear bright colored socks [DR]  
2:30 Story of a Lifetime [ATR]  
3:00 Cards Anyone [GL]  
3:30 Craft Time [AR]  
3:30 Give & Take Table [AR]  
4:30 Gold Key Solstice Social Hour [GL]  
7:00 Cinema: [TV]

**26**  
9:00 Sunday's Crossword  
9:15 Coffee Social [DR]  
10:00 Catholic Communion [LI]  
10:30 Morning Walk [ATR]  
11:30 Solstice Church Service [GL]  
12:00 Decade Day! Wear Fashion From Your Favorite Decade [DR]  
2:00 Color With Me [AR]  
3:00 Mexican Train Dominoes [GL]  
4:00 Knitting and Crochet Class [ATR]  
7:00 Bunco [AR]

**MILTON COLE BIRTHDAY 27**  
**Memorial Day**  
9:30 Chair Yoga [GL]  
11:00 Beanbag Baseball [GL]  
11:45 Funny Bucks Banking [AR]  
1:45 Solstice Bridge Club [GL]  
2:00 Monday Matinee: The Adventures of Tom Sawyer [TV]  
2:30 Home Attendant Care Blood Pressure Clinic [AR]  
3:30 Chronology [AR]  
4:30 Learn to Play Chess [ATR]  
7:00 Monday Game Night [GL]  
7:00 Nuts & Bolts [AR]  
7:00 Pinochle [GL]

**CARYL HINCKLEY BIRTHDAY 28**  
9:00 Tim's Tech Time [AR]  
9:30 Learn to Play Chess [ATR]  
10:00 Morning Billiards [GL]  
10:10 Silver Sneakers Exercise [DR]  
11:00 Fred Meyer Trip  
11:00 Solstice Singers Practice [TV]  
12:30 Name Tag Tuesday  
1:30 WWU Health Fair Presentation [GL]  
2:00 Knitting and Crochet Circle [ATR]  
3:00 Solstice Book Club [LI]  
3:00 Trip to Boys & Girls Club [DR]  
7:00 Bingo [GL]

**29**  
**Wednesday's Word Search**  
10:00 Game Time! Jeopardy and Deal or No Deal [GL]  
11:00 Beanbag Baseball [GL]  
2:00 Day Trip to Birch Bay/Blaine with Ice Cream(\$)[Bus]  
2:30 Scrabble [AR]  
3:00 LRC (bring pennies) [AR]  
4:00 Name That Tune [GL]  
7:00 Bingo [GL]  
7:00 Movie: [TV]

**30**  
9:00 Morning Billiards [GL]  
10:00 Fred Meyer/ Dollar Store Trip [Bus]  
10:10 Silver Sneakers Exercise [DR]  
1:30 15 min massages with Jaime(\$)[ATR]  
2:00 TED Talks [TV]  
3:00 UNO Card Game [GL]  
4:00 Bible Study [TV]  
4:00 Let's Play Chess [ATR]  
7:00 Director Lead Activity with Randi [ATR]  
7:00 Pinochle [GL]

**31**  
9:30 Painting with Caroline [AR]  
10:00 5 Minutes of Balance [ATR]  
11:00 Beanbag Baseball [GL]  
12:00 Fancy Pearls Day [DR]  
3:00 Game Time! Jeopardy and Deal or No Deal [GL]  
4:00 Let's Play Chess [ATR]  
4:15 Rod's Bluegrass Jammers [DR]  
7:00 Bingo [GL]  
7:00 Cards, Anyone? [GL]

**Resident Birthdays**  
Marnell F. 5/1  
Mary M. 5/8  
Travis G. 5/26  
Caryl H. 5/28