

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>9:30 Catholic Worship Service [Chp] 1</p> <p>10:30 Exercise- Stronger Seniors [Act]</p> <p>11:00 Come Play "UNO" [Atr]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>5:00 Chinese Checkers [Act]</p>	<p>9:00 Stretch & Strength- Act Rm 2</p> <p>10:00 Errands/Walmart: Please Sign Up [MIL]</p> <p>11:45 Decorating the Christmas Tree [Atr]</p> <p>2:00 Coin Bingo- Act Rm</p> <p>3:00 Puzzle Time</p> <p>4:00 Solstice Men "Fun Pool Tournament" [GR]</p> <p>7:00 Dominoes- Act Rm</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 3</p> <p>10:00 Trivia [Act]</p> <p>12:15 Chair Excercise [DR]</p> <p>2:00 Art & Craft Therapy Class [Atr]</p> <p>3:00 Bridge Club</p> <p>3:30 Pen Pal Group [Act]</p> <p>4:30 Chair Volleyball [Atr]</p>	<p>9:00 Sit & Be Fit Exercise- Act Rm 4</p> <p>10:00 Walk Across America w/ Martha [MIL]</p> <p>11:00 Get Ready For Christmas "Krafted by Kae!"</p> <p>11:30 Lunch Bunch [Atr]</p> <p>2:00 Coin Bingo [Act]</p> <p>4:00 Apple Pie Social Sponsored by United Health Care [Atr]</p> <p>4:00 BOOK CLUB</p> <p>7:00 Movie Night (popcorn and refreshments) [Thr]</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 5</p> <p>9:15 Lynda's Movement Fun: Grace Health- Act Room</p> <p>9:30 Sunshine Walkers Club</p> <p>9:45 GHH Blood Pressure Check- Act Rm</p> <p>10:00 AVON SALE [Atr]</p> <p>10:00 Trivia [Act]</p> <p>10:30 Errands/Walmart Please Sign Up [MIL]</p> <p>2:00 BIBLE STUDY at the Chapel led by Harold Bailey [Chp]</p> <p>4:30 Come Fly with Lloyd Eastburn on his Traffic Control Presentation [Act]</p>	<p>9:00 Lynda's Movement Fun (Grace Health) 6</p> <p>11:00 Polymer Clay Jewelry Creation with Lisa [Act]</p> <p>11:30 Technology Class Led by Bill Ryan [MIL]</p> <p>2:00 Catholic Rosary [Chp]</p> <p>2:00 Choose Your Game "CRAZY" Bingo- Act Rm [Act]</p> <p>3:30 Grace Home Health "Ugly Christmas Sweater Contest" Get Ready to Participate, Prizes for the Winners. [Act]</p> <p>6:30 Game Night (Scrabble, Uno, Checkers)</p>	<p>9:00 Exercise can beat Arthritis [Act] 7</p> <p>10:30 Baking with Lisa (rosemary garlic sourdough bread) [Act]</p> <p>11:00 Papparazzi Jewelry Sale \$5 [Atr]</p> <p>2:00 Private event [Act]</p> <p>4:30 Music and Egnog w/Brandon Perry [Act]</p> <p>6:30 Movie & Popcorn- Resident Choice [Thr]</p>		
<p>9:30 Catholic Worship Service [Chp] 8</p> <p>10:30 Exercise- Stronger Seniors [Act]</p> <p>11:00 Come Play "UNO" [Atr]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>5:00 Chinese Checkers [Act]</p>	<p>9:00 Stretch & Strength- Act Rm 9</p> <p>10:00 Errands/Walmart: Please Sign Up [MIL]</p> <p>1:00 Classical Guitar Ensemble by Collin Community College [Act]</p> <p>2:00 Coin Bingo- Act Rm</p> <p>3:00 Puzzle Time</p> <p>4:00 Solstice Men "Fun Pool Tournament" [GR]</p> <p>4:30 Prairie Lights Christmas Tour \$12 plus Dinner Before [Crt]</p> <p>7:00 Dominoes- Act Rm</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 10</p> <p>10:00 Trivia [Act]</p> <p>11:45 Chair Volleyball [Atr]</p> <p>12:15 Chair Excercise [DR]</p> <p>1:30 Town Hall Meeting [Atr]</p> <p>2:00 Art & Craft Therapy Class [Atr]</p> <p>3:30 Pen Pal Group [Act]</p> <p>4:00 JOY OF DANCE "Dancing to the Season" [DR]</p>	<p>9:00 Sit & Be Fit Exercise- Act Rm 11</p> <p>10:00 Walk Across America w/Martha [MIL]</p> <p>11:00 Food for thought with Larry</p> <p>11:30 Lunch Bunch [Atr]</p> <p>2:00 Coin Bingo [Act]</p> <p>4:00 Pin-the-nose-on-Rudolph Wine Social [Atr]</p> <p>6:30 Holiday Concert by Clark High School Orchestra [DR]</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 12</p> <p>9:15 Lynda's Movement Fun: Grace Health- Act Room</p> <p>9:30 Sunshine Walkers Club</p> <p>9:45 GHH Blood Pressure Check- Act Rm</p> <p>10:00 Trivia [Act]</p> <p>10:30 Errands/Walmart Please Sign Up [MIL]</p> <p>2:00 BIBLE STUDY at the Chapel led by Harold Bailey [Chp]</p> <p>4:30 Carols, Cocktails and Christmas Door Contest [Atr]</p>	<p>9:00 Lynda's Movement Fun (Grace Health) 13</p> <p>11:30 Technology Class [MIL]</p> <p>11:45 Chair Volleyball w/Martha [Atr]</p> <p>1:00 Bowman and Otto Middle School Choir [DR]</p> <p>2:00 Catholic Rosary [Chp]</p> <p>2:00 Choose Your Game "CRAZY" Bingo- Act Rm [Act]</p> <p>4:00 Welcome New Residents Socials Hour [DR]</p>	<p>9:00 Exercise can beat Arthritis [Act] 14</p> <p>9:00 PLANO CHRISTMAS PARADE! Join the fun. [MIL]</p> <p>2:00 Candy Bingo- "Everyone is Welcome" [Act]</p> <p>4:30 50's and 60's Karaoke by James [Atr]</p> <p>6:30 Movie & Popcorn- Resident Choice [Thr]</p>		
<p>9:30 Catholic Worship Service [Chp] 15</p> <p>10:30 Exercise- Stronger Seniors [Act]</p> <p>11:00 Come Play "UNO" [Atr]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>5:00 Chinese Checkers [Act]</p>	<p>9:00 Stretch & Strength- Act Rm 16</p> <p>10:00 Errands/Walmart: Please Sign Up [MIL]</p> <p>2:00 Coin Bingo- Act Rm</p> <p>3:00 Decorate Christmas Cookies Social [Act]</p> <p>4:00 Christmas Songs w/Roger Escobedo [GR]</p> <p>4:30 Chair Volleyball [Crt]</p> <p>7:00 Dominoes- Act Rm</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 17</p> <p>10:00 Famous Brands Clothing Sale [Atr]</p> <p>10:00 Trivia [Act]</p> <p>12:15 Chair Excercise [DR]</p> <p>2:00 Art & Craft Therapy Class [Atr]</p> <p>3:30 Pen Pal Group [Act]</p> <p>5:00 Andrews Elementary Choir Christmas and Winter Carols [DR]</p>	<p>9:00 Sit & Be Fit Exercise- Act Rm 18</p> <p>10:00 PLUS CHOIR "Home for the Holiday" [DR]</p> <p>11:30 Lunch Bunch [Atr]</p> <p>2:00 Coin Bingo [Act]</p> <p>3:30 Birthday Party with Grace Home Health "Everyone is Invited" [Act]</p> <p>6:30 Christmas Movie Night (popcorn and refreshments) [Thr]</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 19</p> <p>9:15 Lynda's Movement Fun: Grace Health- Act Room</p> <p>9:30 Sunshine Walkers Club</p> <p>9:45 GHH Blood Pressure Check- Act Rm</p> <p>10:00 Trivia [Act]</p> <p>10:30 Errands/Walmart Please Sign Up [MIL]</p> <p>11:30 Grief Support Creating Happy Holidays by Geraldine Haggard [Act]</p> <p>2:00 BIBLE STUDY at the Chapel led by Harold Bailey [Chp]</p> <p>2:30 Bridge Club [Act]</p>	<p>9:00 Podiatrist 20</p> <p>9:00 Lynda's Movement Fun (Grace Health)</p> <p>11:30 Technology Class Led by Bill Ryan [MIL]</p> <p>11:45 Chair Volleyball w/Martha [Atr]</p> <p>2:00 Catholic Rosary [Chp]</p> <p>6:30 Family Night "We Wish You a Merry Christmas" Social [Act]</p>	<p>9:00 Exercise can beat Arthritis [Act] 21</p> <p>10:30 Bible Trivia with Edna our Marketing Director [Act]</p> <p>11:00 DOMINOS (Mexican Train) [Act]</p> <p>11:30 Coloring Class [Act]</p> <p>2:00 Candy Bingo- "Everyone is Welcome" [Act]</p> <p>4:00 Come Play Christmas Games w/ Lisa [Act]</p> <p>6:30 Movie & Popcorn- Resident Choice [Thr]</p>		
<p>FIRST DAY OF HANUKKAH 22</p> <p>9:30 Catholic Worship Service [Chp]</p> <p>10:30 Exercise- Stronger Seniors [Act]</p> <p>11:00 Come Play "UNO" [Atr]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>5:00 Chinese Checkers [Act]</p>	<p>9:00 Stretch & Strength- Act Rm 23</p> <p>10:00 Errands/Walmart: Please Sign Up [MIL]</p> <p>2:00 Coin Bingo- Act Rm</p> <p>3:00 Puzzle Time</p> <p>4:00 Solstice Men "Fun Pool Tournament" [GR]</p> <p>4:30 Christmas Music w/the Haggard Family [Crt]</p> <p>7:00 Dominoes- Act Rm</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 24</p> <p>10:00 Trivia [Act]</p> <p>11:30 Christmas Carols w/ Geraldine Haggard [DR]</p> <p>12:15 Chair Excercise [DR]</p> <p>2:00 Art & Craft Therapy Class [Atr]</p> <p>3:30 Pen Pal Group [Act]</p> <p>4:30 Chair Volleyball [Atr]</p>	<p>MERRY CHRISTMAS 25</p> <p>9:00 Sit & Be Fit Exercise- Act Rm</p> <p>10:00 Walk Across America w/ Martha [MIL]</p> <p>11:00 Fun Afternoon w/Lisa Egnog and Karaoke</p> <p>2:00 Coin Bingo [Act]</p> <p>7:00 Movie Night (popcorn and refreshments) [Thr]</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 26</p> <p>9:15 Lynda's Movement Fun: Grace Health- Act Room</p> <p>9:30 Sunshine Walkers Club</p> <p>9:45 GHH Blood Pressure Check- Act Rm</p> <p>10:00 Trivia [Act]</p> <p>10:30 Errands/Walmart Please Sign Up [MIL]</p> <p>2:00 BIBLE STUDY at the Chapel led by Harold Bailey [Chp]</p> <p>2:30 Bridge Club [Act]</p>	<p>9:00 Lynda's Movement Fun (Grace Health) 27</p> <p>11:30 Technology Class [MIL]</p> <p>11:45 Chair Volleyball w/Martha [Atr]</p> <p>2:00 Catholic Rosary [Chp]</p> <p>2:00 Choose Your Game "CRAZY" Bingo- Act Rm [Act]</p> <p>6:30 Game Night (Scrabble, Uno, Checkers)</p>	<p>9:00 Exercise can beat Arthritis [Act] 28</p> <p>11:00 Share your Christmas Stories with a Cup of Chocolate [Act]</p> <p>2:00 Candy Bingo- "Everyone is Welcome" [Act]</p> <p>4:00 Coloring Class [Act]</p> <p>6:30 Movie & Popcorn- Resident Choice [Thr]</p>		
<p>9:30 Catholic Worship Service [Chp] 29</p> <p>10:30 Exercise- Stronger Seniors [Act]</p> <p>11:00 Come Play "UNO" [Atr]</p> <p>11:30 HYMNS by Geraldine and Sweet Potato Casserole by Martha [DR]</p> <p>2:00 Prestonwood Church Service [Act]</p> <p>5:00 Chinese Checkers [Act]</p>	<p>9:00 Stretch & Strength- Act Rm 30</p> <p>10:00 Errands/Walmart: Please Sign Up [MIL]</p> <p>2:00 Coin Bingo- Act Rm</p> <p>3:00 Puzzle Time</p> <p>4:00 Solstice Men "Fun Pool Tournament" [GR]</p> <p>4:30 Chair Volleyball [Crt]</p> <p>7:00 Dominoes- Act Rm</p>	<p>9:00 Dr. Appts.- Please Sign up [MIL] 31</p> <p>10:00 Trivia [Act]</p> <p>11:45 Chair Volleyball [Atr]</p> <p>12:15 Chair Excercise [DR]</p> <p>3:30 Pen Pal Group [Act]</p> <p>5:00 "New Years Eve" Black Tie Affair w/ Music by Charles Manns [DR]</p>	<p> SOLSTICE SENIOR LIVING AT PLANO</p> <p>1940 West Spring Creek Parkway Plano, TX 75023 972-517-1977</p>			<p>Location Keys</p> <p>Activity Room Act Atrium Atr Chapel Chp Courtyard Crt Dinning Room DR Game Room GR Meet in Lobby MIL Theater Room Thr</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>