


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>1940 West Spring Creek Parkway Plano, TX 75023 972-517-1977</p>		<p><b>Location Keys</b></p> <p>Activity Room Act Atrium Atr Chapel Chp Courtyard Crt Game Room GR Meet in Lobby MIL Theater Room Thr</p>		<p> Be Adventurous  Be Challenged  Be Connected  Be Family  Be Inspired  Be Social  Be Well</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>1</b> 10:30  Sit and Be Fit [Act] 11:00  Zoey Enterprise "Jewelry Sale" 2:00  POKER CLUB [Atr] 2:00  Yahtzee [Act] 3:00  Matinee (Movie) [Act] 6:30  Solstice Men "Friendly Pool Tournament" [GR]</p>	<p>9:00  Sunshine Walkers Club <b>2</b> 10:30  Sit and Be Fit [MIL] 11:00  place Your Walmart Order w/ Lisa [Act] 2:00  Bingo- Act Rm [Act] 2:00  Catholic Rosary [Chp] 4:00  Oktober Fest Celebration w/ Great music by Alan Willing "Everyone is invited" [Crt]</p>	<p>9:00  Exercise can beat Arthritis [Act] <b>3</b> 11:00  Baking W/ Lisa [Act] 2:00  Candy Bingo- "Everyone is Welcome" [Act] 3:30  Movie &amp; Popcorn- Resident Choice [Thr] 4:00  Wii League Join the Fun [Act]</p>
<p>9:30  Catholic Worship Service on Line [Chp] <b>4</b> 10:30  Exercise- Stronger Seniors [Act] 11:00  Come Play "UNO" [Atr] 2:00  Prestonwood Church Service on Line [Act] 3:30  Table Games [Act]</p>	<p>9:00  Sunshine Walkers Club <b>5</b> 10:00  15 min YOGA [Act] 10:30  Sit and Be Fit [Act] 11:00  Solstice sing-along group [Act] 2:00  Mexican Train - Dominoes 2:00  POKER CLUB [GR] 3:30  Afternoon Daily Brain Teasers, Puzzles and Coloring Pages [Act]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>6</b> 10:30  Sit and Be Fit [Act] 11:00  BOOK CLUB [Act] 2:30  Art &amp; Craft Beginners Class [Atr] 3:30  UNO game of all ages [Atr] 6:30  Walk Around the Community [Crt]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>7</b> 10:30  Sit &amp; Be Fit Exercise- Act Rm 2:00  BINGO [Act] 4:00  Wine &amp; Trivia Social [Atr] 6:30  Walk Around the Community "Challenge"</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>8</b> 10:30  Sit and Be Fit [MIL] 11:00  Scavenger "FALL" Hunt 2:00  POKER CLUB [Atr] 2:00  Yahtzee [Act] 3:00  Matinee (Movie) [Act] 6:30  Solstice Men "Friendly Pool Tournament" [GR]</p>	<p>9:00  Sunshine Walkers Club <b>9</b> 10:30  Sit and Be Fit [MIL] 11:00  place Your Walmart Order w/Lisa [Act] 2:00  Bingo- Act Rm [Act] 2:00  Catholic Rosary [Chp] 4:00  Come Join The Fun! "Apple Pie" Social [Atr]</p>	<p>9:00  Exercise can beat Arthritis [Act] <b>10</b> 11:00  Place Your Walmart Order w/Lisa [Act] 2:00  Candy Bingo- "Everyone is Welcome" [Act] 3:30  Movie &amp; Popcorn- Resident Choice [Thr] 4:00  Painting w/Lisa [Act]</p>	
<p>9:30  Catholic Worship Service on Line [Chp] <b>11</b> 10:30  Exercise- Stronger Seniors [Act] 11:00  Come Play "UNO" [Atr] 2:00  Prestonwood Church Service on Line [Act] 3:30  Cowboy "Potluck" Social [Thr]</p>	<p>9:00  Sunshine Walkers Club <b>12</b> 10:30  Sit and Be Fit [Act] 11:00  Solstice sing-along group [Act] 2:00  Mexican Train - Dominoes 2:00  POKER CLUB [GR] 3:30  Afternoon Daily Brain Teasers, Puzzles and Coloring Pages [Act]</p>	<p><b>National Breast Cancer Awareness Month "WEAR PINK"</b> <b>13</b> 9:00  Sunshine Walkers Club [MIL] 10:30  Sit and Be Fit [Act] 11:00  BOOK CLUB [Act] 2:30  Art &amp; Craft Painting Rocks [Atr] 3:30  UNO game of all ages [Atr]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>14</b> 10:30  Sit &amp; Be Fit Exercise- Act Rm 11:30  Coloring Class [Act] 2:00  BINGO [Act] 4:00  Wine &amp; Trivia Social [Atr] 6:30  Walk Around the Community "Challenge"</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>15</b> 10:30  Sit and Be Fit [Act] 2:00  POKER CLUB [Atr] 2:00  Yahtzee [Act] 3:00  Matinee (Movie) [Act] 6:30  Solstice Men "Friendly Pool Tournament" [GR]</p>	<p>9:00  Podiatrist <b>16</b> 9:00  Sunshine Walkers Club 10:30  Sit and Be Fit [MIL] 11:00  place Your Walmart Order w/Lisa [Act] 2:00  Bingo- Act Rm [Act] 2:00  Catholic Rosary [Chp] 4:00  Come Join The Fun! Mix and Mingle Social w/Music by "Tony Macaroni" [Crt]</p>	<p>9:00  Exercise can beat Arthritis [Act] <b>17</b> 11:00  Hot Chocolate Social [Act] 2:00  Candy Bingo- "Everyone is Welcome" [Act] 3:30  Movie &amp; Popcorn- Resident Choice [Thr] 4:00  Wii League Join the Fun [Act]</p>	
<p>9:30  Catholic Worship Service on Line [Chp] <b>18</b> 10:30  Exercise- Stronger Seniors [Act] 11:00  Come Play "UNO" [Atr] 2:00  Prestonwood Church Service on Line [Act] 3:30  Table Games [Act]</p>	<p>9:00  Sunshine Walkers Club <b>19</b> 10:30  Sit and Be Fit [Act] 11:00  Solstice sign-along group [Act] 2:00  Mexican Train - Dominoes 2:00  POKER CLUB [GR] 3:30  Afternoon Daily Brain Teasers, Puzzles and Coloring Pages [Act]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>20</b> 10:30  Sit and Be Fit [Act] 11:00  BOOK CLUB [Act] 2:30  Art &amp; Craft "Decorate Pumpkins" [Atr] 3:30  UNO game of all ages [Atr]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>21</b> 10:30  Sit &amp; Be Fit Exercise- Act Rm 11:30  Coloring Class [Act] 2:00  BINGO [Act] 3:30  Birthday Party with Grace Home Health "Everyone is Invited" [Act] 6:30  Walk Around the Community "Challenge"</p>	<p><b>Gold Key "Tailgate Party"</b> <b>22</b> 9:00  Sunshine Walkers Club [MIL] 10:30  Sit and Be Fit [Act] 2:00  POKER CLUB [Atr] 2:00  Yahtzee [Act] 3:00  Matinee (Movie) [Act] 6:30  Solstice Men "Friendly Pool Tournament" [GR]</p>	<p>9:00  Sunshine Walkers Club <b>23</b> 10:30  Sit and Be Fit [MIL] 11:00  place Your Walmart Order w/ Lisa [Act] 2:00  Bingo- Act Rm [Act] 2:00  Catholic Rosary [Chp] 4:00  Come Join The Fun! Meet Your Neighbor "Chili Cook Off Social" [Atr]</p>	<p>9:00  Exercise can beat Arthritis [Act] <b>24</b> 11:00  DOMINOS (Mexican Train) [Act] 2:00  Candy Bingo- "Everyone is Welcome" [Act] 3:30  Movie &amp; Popcorn- Resident Choice [Thr]</p>	
<p>9:30  Catholic Worship Service on Line [Chp] <b>25</b> 10:30  Exercise- Stronger Seniors [Act] 11:00  Come Play "UNO" [Atr] 2:00  Prestonwood Church Service [Act] 3:30  Table Games [Act]</p>	<p>9:00  Sunshine Walkers Club <b>26</b> 10:30  Sit and Be Fit [Act] 11:00  Solstice sing-along group [Act] 2:00  Mexican Train - Dominoes 2:00  POKER CLUB [GR] 3:30  Afternoon Daily Brain Teasers, Puzzles and Coloring Pages [Act]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>27</b> 10:30  Sit and Be Fit [Act] 11:00  BOOK CLUB [Act] 2:30  Art &amp; Craft Beginners Class [Atr] 3:30  UNO game of all ages [Atr] 4:30  Monthly Spelling Bee [Act]</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>28</b> 10:30  Sit &amp; Be Fit Exercise- Act Rm 11:30  Coloring Class [Act] 2:00  BINGO [Act] 4:00  Wine &amp; Trivia Social [Atr] 6:30  Walk Around the Community "Challenge"</p>	<p>9:00  Sunshine Walkers Club [MIL] <b>29</b> 10:30  Sit and Be Fit [Act] 2:00  POKER CLUB [Atr] 2:00  Yahtzee [Act] 3:00  Matinee (Movie) [Act] 6:30  Solstice Men "Friendly Pool Tournament" [GR]</p>	<p>9:00  Sunshine Walkers Club <b>30</b> 11:00  place Your Walmart Order w/Lisa [Act] 2:00  Bingo- Act Rm [Act] 2:00  Catholic Rosary [Chp] 3:30  Come Join The Fun! "Employees Masquerade Karaoke" Social [Atr] 6:30  Walk Around the Community "Social Distancing" Recommended [Crt]</p>	<p>9:00  Exercise can beat Arthritis [Act] <b>31</b> 11:00  Nail Polish and Hand Massage w/Lisa [Act] 2:00  Candy Bingo- "Everyone is Welcome" [Act] 4:00  Spooktacular Halloween Social w/ Great Music by Paul Anderson, finger food and ghostly cocktails. [Crt]</p>	