

Person, Place or Thing?

I prefer the tropics
I need a good wash
There are over 600 varieties
believe it or not, I'm related to
grasses and lilies
I'm starchy, but I taste sweet
I grow on a vine
I am a monocot
I can be mashed, barbecued,
roasted, fried, grilled and boiled
I'm often topped with marshmallow
Don't think I'm a sweet potato

January

January-now is here.
A fine new start
For a whole new year.

The snow comes down
In the dark of night.
When we awake,
The world is white.

In January,
When there's snow,
we get our sleds
And away we go.

Important Events to Remember!

Look in Calendar for time and Place

1/1 PJ BINGO!
1/2 BLOOD PRESSURE CHECK WITH KELLY
1/3 HEALTH CARE TALK WITH NICOLE
1/4 MASANOBU ON PIANO
1/6 CONTINENTAL BREAKFAST
1/8 SOUP AND SANDWICH BAR!
1/8 cCON BRIO BRASS BAND
1/9 HEALTH TALK WITH BANGOR DRUG
1/10 BINGO WITH BANGOR DRUG
1/10 ZELLA!
1/12 WINTER CRAFTS!
1/14 OMELET STATION
1/15 OUT TO LUNCH!
1/16 FOOD FOR THOUGHT WITH CHEF MICHAEL
1/17 ST JOE'S HEALTH CARE TALKS
1/18 BILL TROWELL ON PIANO
1/22 POTATO BAR!
1/22 FAMILY GAME NIGHT!
1/23 KINDED AT HOME HEALTH TALK WITH KELLY
1/24 TRIP TO HERMON SENIOR CENTER AND OUT TO LUNCH!
1/31 LUMBER JACK PARTY!!

PLEASE JOIN US EVERY MONDAY EVENING FOR
GOSPEL MUSIC!

Welcome to Solstice Senior Living At Bangor



December's Birthday's

John G.	1/1
Floyd G.	1/9
Brian C.	1/12
Charlene B.	1/12
Catherine B.	1/16
Donna L.	1/17

“Yesterday was not your
defining moment. The calendar
moved forward; why not you?”

— Dr. Steve Maraboli

Winter Time


Icy fingers, icy toes,
Bright red cheeks and bright red
nose.

Watch the snowflakes as they fall,
Try so hard to count them all,

Build a snowman way up high,
See if he can touch the sky.

Snow forts, snowballs, angels too.
In the snow, so white and new.

Slip and slide and skate so fast,
Winter time is here at last.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>922 Ohio Street Bangor, ME 04401 207-262-9600</p>	Location Keys Atrium Atrm Game Room GM Library Lib Private dining room PDR TV/Media Room TV activity room AR chapel C dining room DR		New Year's Day 1 8:45 Sittercise [AR] 10:00 Wii Bowling [GM] 11:30 Resident Council Meeting [PDR] 1:30 Word within a Word! [AR] 2:00 Pokeno! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Puzzle Time! [AR] 6:30 PJ BINGO Party! [AR]	2 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 9:45 Bone Builders [AR] 11:00 Bean Bag Toss with Renee! [Atrm] 11:15 Tai Chi [AR] 11:30 Blood Pressure Clinic with Kindred 1:00 "Down Memory Lane" One Day Video's [DR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Sing & Swing Songsters [Atrm] 4:30 Skip-Bo [TV] 6:30 "Hand and Foot" card game night! [TV]	3 8:45 Gentle Yoga [AR] 10:00 Wii Bowling [GM] 11:00 Knit and Chat! [TV] 12:30 Friendly Friday's! [AR] 2:00 Health Care Talks with Nicole from Amedisys [Lib] 3:00 High Stakes Bingo! [AR] 4:00 Happy Hour! [TV] 6:30 Friday Night Bean Bag Toss! [Atrm]	4 8:45 Sittercise [AR] 9:30 Rummikub [AR] 10:00 Fun with Wii Bowling! [GM] 2:00 Pokeno with Gary! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Ragtime Piano with Masanobu [Atrm] 4:30 Happy Hour! [GM] 6:30 Skip-Bo Night! [TV]	
	5 8:45 Sittercise [AR] 9:30 Dominoes 10:00 Spiritual Fellowship [C] 11:00 Seven with Randy! 11:15 Hymns with Leila [Atrm] 1:00 Afternoon stretches [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Yahtzee [AR] 6:30 Sunday Night at the Movies! [TV]	6 8:00 Continental Breakfast! [DR] 8:45 Sittercise [AR] 9:45 Bone Builders [AR] 10:00 Wii Bowling [GM] 11:00 Morning piano with Galen [Atrm] 11:15 Tai Chi [AR] 11:30 Volunteering at the Homeless Shelter 12:30 Mingle Monday's meet your neighbor! [DR] 2:00 Crossword Crossers [AR] 2:30 Pokeno [AR] 3:30 High Stakes Bingo with Gary! [AR] 6:30 Gospel Music with Shepherd's Kids! [Atrm]	7 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 10:00 Bridge Group [AR] 11:00 Bean Bag with Renee! [Atrm] 2:00 Seven! [AR] 3:00 High Stakes BINGO!! [AR] 4:00 Bible Study with Dave [C] 4:30 word Search [AR] 6:30 Skip-Bo [TV]	8 8:45 Sittercise [AR] 10:00 Wii Bowling [GM] 10:30 Beginners Tia Chi [AR] 12:30 Monthly Birthday Celebration! [DR] 1:30 Word within a Word! [AR] 2:00 High Stakes Bingo with Gary! [AR] 3:00 Town Hall Meeting [Atrm] 4:30 Puzzle Time! [AR] 5:30 Warm Up at the Delicious Soup and Sandwich Bar! [DR] 6:30 Con Brio Brass Band! [Atrm]	9 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 9:45 Bone Builders [AR] 11:00 Bean Bag Toss with Renee! [Atrm] 11:00 Health Talks with Bangor Drug [TV] 11:15 Tai Chi [AR] 1:00 "Down Memory Lane" One Day Video's [DR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Sing & Swing Songsters [Atrm] 4:30 Skip-Bo [TV] 6:30 "Hand and Foot" card game night! [TV]	10 8:45 Gentle Yoga [AR] 10:00 Wii Bowling [GM] 11:00 Knit and Chat! [TV] 12:30 Friendly Friday's! [AR] 2:00 Catholic Service with Father Rollie [C] 3:00 Bingo with Bangor Drug Prizes! [AR] 4:00 Folk music with Zella! [Atrm] 4:00 Happy Hour! [TV] 6:30 Friday Night Bean Bag Toss! [Atrm]	11 8:45 Sittercise [AR] 9:30 Rummikub [AR] 10:00 Fun with Wii Bowling! [GM] 11:00 Bean Bag with Randy! [Atrm] 2:00 Pool with Randy! [GM] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Happy Hour! [GM] 6:30 Skip-Bo Night! [TV]
	12 8:45 Sittercise [AR] 9:30 Dominoes 10:00 Spiritual Fellowship [C] 11:15 Hymns with Leila [Atrm] 1:00 Afternoon stretches [AR] 2:00 Winter Crafts! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Yahtzee [AR] 6:30 Sunday Night at the Movies! [TV]	13 8:45 Sittercise [AR] 9:45 Bone Builders [AR] 10:00 Wii Bowling [GM] 11:00 Morning piano with Galen [Atrm] 11:15 Tai Chi [AR] 12:30 Mingle Monday's meet your neighbor! [DR] 2:00 Crossword Crossers [AR] 2:30 Pokeno [AR] 3:30 High Stakes Bingo with Gary! [AR] 6:30 Gospel Music with Shepherd's Kids! [Atrm]	14 8:00 Made to Order Omelet Bar! [DR] 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 10:00 Bridge Group [AR] 11:00 Bean Bag with Renee! [Atrm] 2:00 Seven! [AR] 3:00 High Stakes BINGO!! [AR] 4:00 Bible Study with Dave [C] 4:30 word Search [AR] 6:30 Skip-Bo [TV]	15 8:45 Sittercise [AR] 10:00 Wii Bowling [GM] 10:30 Beginners Tia Chi [AR] 11:30 Out To Lunch Bunch! 1:30 Word within a Word! [AR] 2:00 Pokeno! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Puzzle Time! [AR] 6:30 Trash Bingo!	16 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 9:45 Bone Builders [AR] 11:00 Food for Thought! with Chef Michael! [Atrm] 11:15 Tai Chi [AR] 1:00 "Down Memory Lane" One Day Video's [DR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Sing & Swing Songsters [Atrm] 4:30 Skip-Bo [TV] 6:30 "Hand and Foot" card game night! [TV]	17 8:45 Gentle Yoga [AR] 10:00 Wii Bowling [GM] 11:00 Knit and Chat! [TV] 12:30 Friendly Friday's! [AR] 2:00 Pokeno!! [AR] 3:00 St Joe's Health Care Talks 4:00 Happy Hour! [TV] 6:30 Friday Night Bean Bag Toss! [Atrm]	18 8:45 Sittercise [AR] 9:30 Rummikub [AR] 10:00 Fun with Wii Bowling! [GM] 2:00 Pokeno with Gary! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Bill Trowell on Piano!! [Atrm] 4:30 Happy Hour! [GM] 6:30 Skip-Bo Night! [TV]
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	26 8:45 Sittercise [AR] 9:30 Dominoes 10:00 Spiritual Fellowship [C] 11:15 Hymns with Leila [Atrm] 1:00 Afternoon stretches [AR] 2:00 Left, Right, Center with Randy! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Yahtzee [AR] 6:30 Sunday Night at the Movies! [TV]	27 8:45 Sittercise [AR] 9:45 Bone Builders [AR] 10:00 Wii Bowling [GM] 11:00 Morning piano with Galen [Atrm] 11:15 Tai Chi [AR] 12:30 Mingle Monday's meet your neighbor! [DR] 2:00 Crossword Crossers [AR] 2:30 Pokeno [AR] 3:30 High Stakes Bingo with Gary! [AR] 6:30 Gospel Music with Shepherd's Kids! [Atrm]	28 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 10:00 Bridge Group [AR] 11:00 Bean Bag with Renee! [Atrm] 2:00 Seven! [AR] 3:00 High Stakes BINGO!! [AR] 4:00 Bible Study with Dave [C] 4:30 word Search [AR] 6:30 Skip-Bo [TV]	29 8:45 Sittercise [AR] 10:00 Wii Bowling [GM] 10:30 Beginners Tia Chi [AR] 1:30 Word within a Word! [AR] 2:00 Pokeno! [AR] 3:00 High Stakes Bingo with Gary! [AR] 4:30 Puzzle Time! [AR] 6:30 Scrabble Night! [AR]	30 8:45 Sittercise [AR] 9:30 Dominoes/Rummikub [TV] 9:45 Bone Builders [AR] 11:00 Bean Bag Toss with Renee! [Atrm] 11:15 Tai Chi [AR] 1:00 "Down Memory Lane" One Day Video's [DR] 3:00 High Stakes Bingo with Gary! [AR] 4:00 Sing & Swing Songsters [Atrm] 4:30 Skip-Bo [TV] 6:30 "Hand and Foot" card game night! [TV]	31 8:45 Gentle Yoga [AR] 10:00 Wii Bowling [GM] 11:00 Knit and Chat! [TV] 12:30 Friendly Friday's! [AR] 2:00 LumberJack Party! [AR] 3:00 High Stakes Bingo! [AR] 4:00 Happy Hour! [TV] 6:30 Friday Night Bean Bag Toss! [Atrm]	Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well