

Special Events!

July 4th-Oh Say Can You Eat! BBQ

Sunday Matinee's at 2:00 PM

Monday Virtual Tours! Take an Adventure

July 7th-Hawaiian Day!

July 8th Peachy Keen Day! everything peachy!

July 9th-"Life is like a box full of chocolates" Day-It's Tom Hanks Birthday!
Movie Time-It's a Beautiful Day in the Neighborhood

July 15-National Gift Something Away Day! Clothes Drive for the Homeless!

July 16th-Thirsty Thursday!

July 18th Bill Trowell on Piano!!

July 21st-Outdoor Patriotic Concert-HJ Crosby Community Band!

Carolyn Caswell



Carolyn is very active in our community. She loves to walk, Tia chi, adult coloring and belongs to the knit and chat group. She also spends a lot of time taking care of our library. She is a wonderful asset to all.

Note from all Solstice Senior Living Associates:

Dear Residents,

We want to let you know that all though it has not been easy during this time we appreciate everyone of you for your understanding and kindness while we try to navigate through these times.

We all truly care and feel very thankful that we have each and everyone of you.

Remember -
Better Day's will come. Soon we will be able to dine together, yell BINGO together, enjoy music together, laugh together, smile together, and everything else we do.

Also drink plenty of water to stay hydrated!



Welcome to our Community Solstice Senior living at Bangor

Laughter Is The Best Medicine!

An old man at the bank asked me if I could check his balance, so I pushed him over.

Want to hear a joke about construction? I'm still working on it!

When does a joke become a dad joke? when it becomes apparent.

What's the best way to watch a fly fishing tournament? Live Stream.


Wanna hear a joke about paper? Nevermind-it's tearable!

What did one hat say to the other? you wait there I'll go on a head.

*Mosquito is out,
it's the end of the day:
she's humming and hunting
her evening away.
Who knows why such hunger
arrives on such wings
at sundown? I guess
it's the nature of things."*

July's Birthday's

Donna D.	7/5
Carol W.	7/8
Doug N.	7/16
Dot Z.	7/18
Fred T.	7/20
Carl S.	7/22
Victor P.	7/23
Zoe L.	7/29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>922 Ohio Street Bangor, ME 04401 207-262-9600</p>	<p>Location Keys</p> <p>Apartment Apt Atrium Atrm Hallway Hall Outside OS TV/Media Room TV activity room AR chapel C dining room DR</p>		<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Sudoku puzzle! [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! First Floor [Apt]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">1</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! Second Floor! [Apt]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">2</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 Adult Coloring [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:30 🦋 Happy Hour Drink Cart! [Apt]</p> <p style="text-align: right;">3</p>	<p>Independence Day</p> <p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>11:00 📖 Knitting and Crocheting! [Apt]</p> <p>12:30 🦋 Oh Say Can You Eat! BBQ!</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 🟩 BINGO! [DR]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p>6:00 🦋 Movie Night-social Distancing "Born on the 4th of July" [TV]</p> <p style="text-align: right;">4</p>	
	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>10:00 ☆ Spiritual Fellowship [C]</p> <p>10:30 ☆ 10:30 Sunday Morning Online Church Service with Pastor Steve [TV]</p> <p>2:00 🦋 Sunday Matinee-The Help, Social Distancing please [TV]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 ☆ Adult Coloring [DR]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">5</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Monday morning Crossword puzzle! [Apt]</p> <p>11:00 📞 Come take an Adventure through a Virtual Tour-Social Distancing please! [TV]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">6</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Puzzles and Things! [Apt]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full of Sunshine! Because you're AMAZING! Third Floor [Apt]</p> <p>3:00 🦋 Hawaiian Day! Luau! [AR]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">7</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Sudoku puzzle! [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>2:00 🦋 Peachy Keen Day! Let's enjoy everything peachy! [AR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! First Floor [Apt]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">8</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! Second Floor! [Apt]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p>6:30 🦋 "Life is like a Box full of Chocolates" Day-It's Tom Hanks Birthday! Movie Time-It's a Beautiful Day in the Neighborhood [TV]</p> <p style="text-align: right;">9</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 Adult Coloring [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:30 🦋 Happy Hour Drink Cart! [Apt]</p> <p style="text-align: right;">10</p>	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>11:00 📖 Knitting and Crocheting! [Apt]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 🟩 BINGO! [DR]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">11</p>
	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>10:00 ☆ Spiritual Fellowship [C]</p> <p>10:30 ☆ 10:30 Sunday Morning Online Church Service with Pastor Steve [TV]</p> <p>2:00 🦋 Sunday Matinee-The Last Laugh, Social Distancing please [TV]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 ☆ Adult Coloring [DR]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">12</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Monday morning Crossword puzzle! [Apt]</p> <p>11:00 📞 Come take an Adventure through a Virtual Tour-Social Distancing please! [TV]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">13</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Puzzles and Things! [Apt]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full of Sunshine! Because you're AMAZING! Third Floor [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">14</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Sudoku puzzle! [Apt]</p> <p>11:00 📞 National Gift Something Away Day! Clothes Drive for the Homeless [Atrm]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! First Floor [Apt]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">15</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Thirsty Thursday! Enjoy an Ice cold Beverage! [Hall]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">16</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 Adult Coloring [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:30 🦋 Happy Hour Drink Cart! [Apt]</p> <p style="text-align: right;">17</p>	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>11:00 📖 Knitting and Crocheting! [Apt]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 🟩 BINGO! [DR]</p> <p>4:00 🟩 Bill Trowell on Piano!! [Atrm]</p> <p style="text-align: right;">18</p>
	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>10:00 ☆ Spiritual Fellowship [C]</p> <p>10:30 ☆ 10:30 Sunday Morning Online Church Service with Pastor Steve [TV]</p> <p>2:00 🦋 Sunday Matinee-Saving Mr Banks, Social Distancing please [TV]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 ☆ Adult Coloring [DR]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">19</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Monday morning Crossword puzzle! [Apt]</p> <p>11:00 📞 Come take an Adventure through a Virtual Tour-Social Distancing please! [TV]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">20</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Puzzles and Things! [Apt]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full of Sunshine! Because you're AMAZING! Third Floor [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>6:30 🦋 Outdoor Patriotic Concert-HJ Crosby Community Band! Social Distancing please! [OS]</p> <p style="text-align: right;">21</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Sudoku puzzle! [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>2:00 🟩 I've Got A Question Day! Trivia [Apt]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! First Floor [Apt]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">22</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! Second Floor! [Apt]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">23</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 Adult Coloring [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:30 🦋 Happy Hour Drink Cart! [Apt]</p> <p style="text-align: right;">24</p>	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>11:00 📖 Knitting and Crocheting! [Apt]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 🟩 BINGO! [DR]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">25</p>
	<p>9:00 ♥ Morning Exercise Challenge [Apt]</p> <p>10:00 ☆ Spiritual Fellowship [C]</p> <p>10:30 ☆ 10:30 Sunday Morning Online Church Service with Pastor Steve [TV]</p> <p>2:00 🦋 Sunday Matinee-The Laundromat, Social Distancing please [TV]</p> <p>2:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p>3:00 ☆ Adult Coloring [DR]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">26</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Monday morning Crossword puzzle! [Apt]</p> <p>11:00 📞 Come take an Adventure through a Virtual Tour-Social Distancing please! [TV]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">27</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Puzzles and Things! [Apt]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full of Sunshine! Because you're AMAZING! Third Floor [Apt]</p> <p>4:00 ♥ Take In The Fresh Air! Walk Around the Community, Social Distancing Recommended!</p> <p style="text-align: right;">28</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>10:00 🟩 Sudoku puzzle! [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! First Floor [Apt]</p> <p>4:00 🖨️ Computer Time with Family and Friends! [Apt]</p> <p style="text-align: right;">29</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 PO-KEN-O! [DR]</p> <p>2:00 🟩 PO-KEN-O! [DR]</p> <p>3:00 🦋 Cart Full Of Sunshine! Because your AMAZING! Second Floor! [Apt]</p> <p>4:00 📖 Visit the Library-Find a Good Book to Read! [Apt]</p> <p style="text-align: right;">30</p>	<p>9:30 ♥ Morning Hallway Sittercise over the intercom [Hall]</p> <p>11:00 🟩 Adult Coloring [Apt]</p> <p>2:00 🟩 BINGO! [DR]</p> <p>3:00 📞 Be A Good Neighbor-Phone A Friend! [Apt]</p> <p>4:30 🦋 Happy Hour Drink Cart! [Apt]</p> <p style="text-align: right;">31</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>