


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Daylight Saving Time Begins 1 10:00 ♥ Sunday Morning strolls [AB] 11:00 ☆ A Time for Prayer 2:30 🦋 Easter Island Unsolved [TR] 4:00 🚩 Word Search Challenge [LR]	2 10:00 ♥ Independent Exercise 10:30 ☆ Meditation Group [TR] 2:30 📷 Book Club [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	Election Day 3 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 1:30 ♥ Beltone Hearing Aide Services [PDR] 2:30 🦋 Bingo [TR] 4:00 🚩 November Trivia [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Cribbage [B]	4 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Back to the Titanic [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	5 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 ☆ Inspirational Stories [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Poker [B]	6 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:00 🦋 Ice Cream Social [CB] 3:30 🚩 Brain Games [CB] 4:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 6:15 ☆ Worship Service [DR] 7:00 🚩 Pinochle [B]	7 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 ☆ Crafter's Corner: Patriotic Pins [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Phase 10 [B]		
8 10:00 ♥ Sunday Morning strolls [AB] 11:00 ☆ A Time for Prayer 2:30 🦋 Stonehenge Decoded, Secrets Revealed [TR] 4:00 🚩 Word Search Challenge [LR]	9 10:00 ♥ Independent Exercise 10:30 ☆ Meditation Group [TR] 2:30 🦋 Documentary: Paris to Pittsburgh [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	10 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 🚩 Jeopardy [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Cribbage [B]	Veterans Day 11 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🗡️ Honor our Veteran's Happy Hour [DR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	12 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🚩 Miniature Golf [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Poker [B]	13 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:00 🦋 Ice Cream Social [CB] 3:30 🚩 Brain Games [CB] 4:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 6:15 ☆ Worship Service [DR] 7:00 🚩 Pinochle [B]	14 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 ☆ Crafter's Corner: Gratitude Garland [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Phase 10 [B]		
15 10:00 ♥ Sunday Morning strolls [AB] 11:00 ☆ A Time for Prayer 2:30 🦋 Into the Grand Canyon [TR] 4:00 🚩 Word Search Challenge [LR]	16 10:00 ♥ Independent Exercise 10:30 ☆ Meditation Group [TR] 2:30 📷 Book Club [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	17 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 🚩 Jeopardy [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Cribbage [B]	18 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Resident Lecturer: Marge explains the Great Barrier Reef [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	19 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🚩 Miniature Golf [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Poker [B]	20 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:00 🦋 Ice Cream Social [CB] 3:30 🚩 Brain Games [CB] 4:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 6:15 ☆ Worship Service [DR] 7:00 🚩 Pinochle [B]	21 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 ☆ Crafter's Corner: Wooden Turkey Door Decor [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Phase 10 [B]		
22 10:00 ♥ Sunday Morning strolls [AB] 11:00 ☆ A Time for Prayer 2:30 🦋 India's Wild Leopards [TR] 4:00 🚩 Word Search Challenge [LR]	23 10:00 ♥ Independent Exercise 10:30 ☆ Meditation Group [TR] 2:30 🦋 Documentary: Tut's Treasures~Hidden Secrets [TR] 3:00 🚩 Miniature Golf [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	24 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 🚩 Turkey Trivia [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Cribbage [B]	25 9:00 🦶 Podiatrist [GR] 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Birthday Bash with Concert by John Paolilio [DR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	Thanksgiving 26 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Thanksgiving Happy Hour [DR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Poker [B]	27 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:00 🦋 Ice Cream Social [CB] 3:30 ☆ Putting up the Christmas Trees [LR] 4:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 6:15 ☆ Worship Service [DR] 7:00 🚩 Pinochle [B]	28 10:00 ♥ Light & Lively Exercise Class [TR] 11:00 ♥ Light & Lively Exercise Class [TR] 2:30 🦋 Bingo [TR] 4:00 ☆ Crafter's Corner: Winter Wreaths for the Dining Room [TR] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Phase 10 [B]		
29 10:00 ♥ Sunday Morning strolls [AB] 11:00 ☆ A Time for Prayer 2:30 🦋 Sea of Hope, America's Underwater Treasures [TR] 4:00 🚩 Word Search Challenge [LR]	30 10:00 ♥ Independent Exercise 10:30 ☆ Meditation Group [TR] 2:30 📷 Book Club [TR] 3:00 🚩 Miniature Golf [CB] 6:00 ♥ Solstice Strollers/ Nature Walk and Photos [AB] 7:00 🚩 Pinochle [B]	<div style="text-align: center;">  <p>SOLSTICE SENIOR LIVING AT GROTON</p> </div> <p>425 Drozdyk Drive Groton, CT 06340 860-446-2889</p>					Location Keys Around the Building AB Billiards Room B Coffee Bar CB Dining Room DR Game Room GR Living room LR Private Dining Room PDR Television Room TR	📷 Be Adventurous 🚩 Be Challenged 🗡️ Be Connected ☆ Be Inspired 🦋 Be Social ♥ Be Well