

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>1</p> <p>10:00 Walking Club [OUT] 12:00 Who, What, When, Where [AR] 2:00 Puzzle Time [AR] 3:00 Ice Cream Social [AR] 4:00 Nondenominational Church Service [CH/L] 4:30 Card Game of Choice [AR] 6:30 Oh No! Card Game [AR]</p>	<p>2</p> <p>9:30 Exercise: Sit and Be Fit [E] 10:00 Chat with Jackie [AR] 10:30 Yahtzee [AR] 12:00 Picture Find [AR] 2:30 Creative Coloring [AR] 3:00 Pinochle [T] 4:30 Aggravation Game [AR] 6:30 Bingo [AR]</p>	<p>3</p> <p>8:00 Breakfast at Pufferbelly [BUS] 9:30 Exercise: Sit and Be Fit [E] 10:00 Knitting & Crocheting for the VA and St. Mary's [AR] 10:30 Letters to Soldiers Writing Group [AR] 12:00 Word Searches [AR] 2:00 Essential Oils with Hope [CH/L] 2:00 Mountain Man Candy [LOB] 3:00 Mexican Train Dominoes [AR] 4:30 Creative Coloring [AR] 6:00 Bluegrass Jam [LOB] 6:30 Oh No! Card Game [AR]</p>	<p>4</p> <p>Bus Transportation for Shopping 9:20 Catholic Communion [CH/L] 9:30 Exercise: Stretching with Matt [E] 12:30 Ambassadors/New Residents Luncheon [DR] 12:30 Friendship Lunch [DR] 1:30 Mesa Store [MS] 2:00 \$5 Jewelry Sale with Dalilah [LOB] 2:00 Community Meeting and Path to Wellness [LOB] 2:30 Bridge Club [AR] 4:30 Current Events Club [AR] 6:30 Skip-Bo [AR]</p>	<p>5</p> <p>Bus Transportation for Medical Appointments 9:30 Exercise: Sit and Be Fit [E] 10:30 Ambassador Meeting [E] 10:30 Rummikub [AR] 12:30 Dress In Black Day [DR] 2:00 Kings in the Corner [AR] 3:00 Pinochle [T] 4:30 Crossword Puzzles [E] 6:30 Bingo [AR]</p>	<p>6</p> <p>9:30 Exercise: Cardio [E] 10:45 Stress Ball Making [AR] 12:30 Dining Room Trivia [DR] 2:00 Bean Bag Baseball with Caprock Kids [E] 4:00 Happy Hour with Twirp [AR] 4:30 Sudoku Puzzles [AR] 6:30 BUNCO [AR] 6:30 Movie Night: Jersey Boys [E] 6:30 Oh No! Card Game [AR]</p>	<p>7</p> <p>9:30 Exercise: Walking Club [E] 10:00 Scrabble [AR] 10:30 Coffee & Doughnuts [AR] 12:30 Name Tag & Great Call Alerts [DR] 2:30 Mexican Train Dominoes [AR] 4:30 Phase 10 [AR] 6:30 Rummikub [AR]</p>		
<p>8</p> <p>Daylight Saving Time Begins 10:00 Walking Club [OUT] 12:00 Who, What, When, Where [AR] 2:00 Puzzle Time [AR] 3:00 Root Beer Floats [AR] 4:00 Nondenominational Church Service [CH/L] 4:30 Card Game of Choice [AR] 6:30 Oh No! Card Game [AR]</p>	<p>9</p> <p>9:00 Foot C's [CH/L] 9:30 Exercise: Sit and Be Fit [E] 10:30 Yahtzee [AR] 12:00 Picture Find [AR] 2:30 Creative Coloring [AR] 3:00 Pinochle [T] 4:30 Aggravation Game [AR] 6:30 Bingo [AR]</p>	<p>10</p> <p>9:30 Exercise: Sit and Be Fit [E] 10:00 Knitting & Crocheting for the VA and St. Mary's [AR] 12:00 Lunch at Edgewater Brewery [BUS] 12:00 Word Searches [AR] 1:30 AAA Hearing [AR] 3:00 Mexican Train Dominoes [AR] 4:30 Creative Coloring [AR] 6:30 Oh No! Card Game [AR]</p>	<p>11</p> <p>Bus Transportation for Shopping 9:20 Catholic Communion [CH/L] 9:30 Exercise: Strengthening [E] 10:00 Board Meeting [CH/L] 12:30 Friendship Lunch [DR] 1:30 Mesa Store [MS] 2:00 Kindred Vital Checks [AR] 2:30 Bridge Club [AR] 4:30 Current Events Club [AR] 6:30 Skip-Bo [AR]</p>	<p>12</p> <p>Bus Transportation for Medical Appointments 9:30 Exercise: Sit and Be Fit [E] 10:30 Rummikub [AR] 12:30 Ambassador Appreciation Lunch [DR] 12:30 Dress In Hats [DR] 2:00 Kings in the Corner [AR] 3:00 Pinochle [T] 4:30 Crossword Puzzles [E] 6:30 Bingo [AR]</p>	<p>13</p> <p>9:30 Exercise: Cardio [E] 10:45 Water Colors [AR] 12:30 Dining Room Trivia [DR] 2:00 Bean Bag Baseball with Caprock Kids [E] 3:00 Food for Thought [AR] 4:00 Happy Hour with Jeneve Rose Mitchell [AR] 4:30 Sudoku Puzzles [AR] 6:30 Movie Night: National Treasurer [E] 6:30 Oh No! Card Game [AR]</p>	<p>14</p> <p>9:30 Exercise: Walking Club [E] 10:00 Scrabble [AR] 10:30 Coffee & Doughnuts [AR] 12:30 Name Tag & Great Call Alerts [DR] 2:00 Activities Chat with Hope [AR] 2:30 Mexican Train Dominoes [AR] 4:30 Phase 10 [AR] 6:30 Rummikub [AR]</p>		
<p>15</p> <p>10:00 Walking Club [OUT] 12:00 Who, What, When, Where [AR] 2:00 Puzzle Time [AR] 3:00 Ice Cream Social [AR] 4:00 Nondenominational Church Service [CH/L] 4:30 Card Game of Choice [AR] 6:30 Oh No! Card Game [AR]</p>	<p>16</p> <p>Caring Transitions 9:30 Exercise: Sit and Be Fit [E] 10:30 Yahtzee [AR] 12:00 Picture Find [AR] 2:30 Creative Coloring [AR] 3:00 Pinochle [T] 4:30 Aggravation Game [AR] 6:30 Bingo [AR]</p>	<p>17</p> <p>St. Patrick's Day Trip to the Movies 9:30 Exercise: Sit and Be Fit [E] 10:00 Knitting & Crocheting for the VA and St. Mary's [AR] 12:00 Word Searches [AR] 12:30 Luck of the Irish Lunch [DR] 2:00 Essential Oils with Hope [CH/L] 2:00 Mountain Man Candy [LOB] 3:00 Mexican Train Dominoes [AR] 4:30 Creative Coloring [AR] 6:30 Oh No! Card Game [AR]</p>	<p>18</p> <p>Bus Transportation for Shopping 9:20 Catholic Communion [CH/L] 9:30 Exercise: Strengthening [E] 10:00 Resident Council Meeting [AR] 12:30 Friendship Lunch [DR] 12:30 New Resident Luncheon [DR] 1:30 Mesa Store [MS] 2:30 Bridge Club [AR] 4:30 Current Events Club [AR] 6:30 Skip-Bo [AR]</p>	<p>19</p> <p>Bus Transportation for Medical Appointments 9:30 Exercise: Sit and Be Fit [E] 10:30 Ambassador Meeting [E] 10:30 Rummikub [AR] 12:30 Dress In White Day [DR] 12:30 Gold Key Appreciation [DR] 2:00 Auction [LOB] 2:00 Kings in the Corner [AR] 3:00 Pinochle [T] 4:30 Crossword Puzzles [E] 6:30 Bingo [AR]</p>	<p>20</p> <p>9:30 Exercise: Cardio [E] 10:45 Jewelry Making [AR] 12:30 Dining Room Trivia [DR] 2:00 Bean Bag Baseball with Caprock Kids [E] 4:00 Happy Hour with Tea for Two [AR] 4:30 Sudoku Puzzles [AR] 6:30 Movie Night: The Notebook [E] 6:30 Oh No! Card Game [AR]</p>	<p>21</p> <p>9:30 Exercise: Walking Club [E] 10:00 Scrabble [AR] 10:30 Coffee & Doughnuts [AR] 12:30 Name Tag & Great Call Alerts [DR] 2:00 Quilt Show with Ludene [LOB] 2:30 Mexican Train Dominoes [AR] 4:30 Phase 10 [AR] 6:30 Rummikub [AR]</p>		
<p>22</p> <p>10:00 Walking Club [OUT] 12:00 Who, What, When, Where [AR] 2:00 Puzzle Time [AR] 3:00 Root Beer Floats [AR] 4:00 Nondenominational Church Service [CH/L] 4:30 Card Game of Choice [AR] 6:30 Oh No! Card Game [AR]</p>	<p>23</p> <p>9:30 Exercise: Sit and Be Fit [E] 10:30 Yahtzee [AR] 12:00 Picture Find [AR] 2:30 Creative Coloring [AR] 3:00 Pinochle [T] 4:30 Aggravation Game [AR] 6:30 Bingo [AR]</p>	<p>24</p> <p>9:30 Exercise: Sit and Be Fit [E] 10:00 Knitting & Crocheting for the VA and St. Mary's [AR] 10:30 Wine Tasting [BUS] 12:00 Word Searches [AR] 2:00 Essential Oils with Hope [CH/L] 2:30 Grand Mesa Medical Walker Checks [AR] 3:00 Mexican Train Dominoes [AR] 4:30 Creative Coloring [AR] 6:30 Oh No! Card Game [AR]</p>	<p>25</p> <p>Bus Transportation for Shopping 9:20 Catholic Communion [CH/L] 9:30 Exercise: Strengthening [E] 12:30 Friendship Lunch [DR] 1:30 Mesa Store [MS] 2:00 Kindred Vital Checks [AR] 2:30 Bridge Club [AR] 4:30 Current Events Club [AR] 6:30 Skip-Bo [AR]</p>	<p>26</p> <p>Bus Transportation for Medical Appointments 9:30 Exercise: Sit and Be Fit [E] 10:30 Rummikub [AR] 12:30 Dress In Green Day [DR] 2:00 Activities with Alexa [AR] 3:00 Pinochle [T] 4:30 Crossword Puzzles [E] 6:30 Bingo [AR]</p>	<p>27</p> <p>9:30 Exercise: Cardio [E] 10:30 Nail Painting [AR] 12:30 Dining Room Trivia [DR] 2:00 Bean Bag Baseball with Caprock Kids [E] 4:00 Happy Hour with Hugh [AR] 4:30 Sudoku Puzzles [AR] 6:30 Movie Night: Yours, Mine, and Ours [E] 6:30 Oh No! Card Game [AR]</p>	<p>28</p> <p>Spring Cleaning Weekend 9:30 Exercise: Walking Club [E] 10:00 Scrabble [AR] 10:30 Coffee & Doughnuts [AR] 12:30 Name Tag & Great Call Alerts [DR] 2:30 Mexican Train Dominoes [AR] 3:00 Book Club [CH/L] 4:30 Phase 10 [AR] 6:30 Rummikub [AR]</p>		
<p>29</p> <p>Spring Cleaning Weekend 10:00 Walking Club [OUT] 12:00 Who, What, When, Where [AR] 2:00 Puzzle Time [AR] 2:30 Card Game [AR] 3:00 Ice Cream Social [AR] 4:00 Nondenominational Church Service [CH/L] 4:30 Card Game of Choice [AR] 6:30 Oh No! Card Game [AR]</p>	<p>30</p> <p>Spring Cleaning Weekend 9:30 Exercise: Sit and Be Fit [E] 10:30 Yahtzee [AR] 12:00 Picture Find [AR] 2:30 Creative Coloring [AR] 3:00 Pinochle [T] 4:30 Aggravation Game [AR] 6:30 Bingo [AR]</p>	<p>31</p> <p>9:30 Exercise: Sit and Be Fit [E] 10:00 Knitting & Crocheting for the VA and St. Mary's [AR] 12:00 Word Searches [AR] 2:00 Essential Oils with Hope [CH/L] 2:00 Mountain Man Candy [LOB] 2:30 Ice Cream at Graff Dairy [BUS] 3:00 Mexican Train Dominoes [AR] 4:30 Creative Coloring [AR] 6:30 Oh No! Card Game [AR]</p>	 SOLSTICE SENIOR LIVING AT MESA VIEW 601 Horizon Place Grand Junction, CO 81506 970-241-0772			<p>Location Keys</p> <p>Activity Room AR Chapel/Library CH/L Dining Room DR Exercise Room E Lobby LOB Mesa Store MS Outing BUS Outside OUT Third Floor T</p>		<p> Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well</p>