

## Solstice Senior Living at Mesa View

			BE VIBRANT. BE YOU.		Solstice Senior	Living at Mesa View
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Chair Yoga Stretches [R]  11:30 ★ Bible Verses and Devotional Drop Off [R]  2:30  Word Searches [R]  4:00  Brain Teasers [R]	SOLSTICE SENIOR LIVING AT MESA VIEW	601 Horizon Place Grand Junction, CO 81506 970-241-0772	<b>Location Keys</b> Activities Delivered to You R	<ul> <li>Be Challenged</li> <li>★ Be Inspired</li> <li>★ Be Social</li> <li>◆ Be Well</li> </ul>	9:30 Chair Yoga Stretches [R]  11:30 Crossword Puzzles [R]  2:30 Brain Teasers [R]  4:00 Traveling Happy Hour! Wine and Cheese Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ★ Activity Packets [R] 2:30  Spot the Difference Game [R]  4:00  Soduku Puzzles [R]
9:30 ♥ Chair Yoga Stretches [R] 11:30 ★ Bible Verses and Devotional Drop Off [R] 2:30 ₩ Word Searches [R] 4:00 ₩ Brain Teasers [R]	9:30 Morning Chair Exercises [R] 11:30 Poem Pass Out [R] 2:30 Activity Packets [R] 4:00 Origami [R]	9:30 Daily Exercise Challenge [R] 11:30 Short Stories [R] 2:30 Mad Libs [R] 4:00 Cinco de Mayo Facts and Lesson [R]	9:30 Morning Chair Exercises [R]  11:30 Activity Packets [R] 2:30 Drawing Prompt [R] 4:00 Candy, Snacks, Soda Cart! Treats Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ♥ This Week in History [R]  2:30 ★ Memory Joggers [R]  4:00 ₩ Now That's Funny [R]	9:30 Chair Yoga Stretches [R]  11:30 Crossword Puzzles [R]  2:30 Brain Teasers [R]  4:00 Traveling Happy Hour! Wine and Cheese Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ★ Activity Packets [R] 2:30 ₱ Did You Know? [R] 4:00 ₱ Soduku Puzzles [R]
9:30 ♥ Chair Yoga Stretches [R]  11:30 ★ Bible Verses and Devotional Drop Off [R]  2:30 Mother's Day Facts and Lesson [R]  4:00 Mother's Day Gift Delivery:) [R]	9:30 Morning Chair Exercises [R] 11:30 Poem Pass Out [R] 2:30 Activity Packets [R] 4:00 Origami [R]	9:30 ♥ Daily Exercise Challenge [R] 11:30 ♥ It's a bio-t You [R] 2:30 ★ Creative Writing and Journaling Prompt [R] 4:00 ★ Inspirational Quotes [R]	9:30 Morning Chair Exercises [R]  11:30 Activity Packets [R] 2:30 Drawing Prompt [R] 4:00 Candy, Snacks, Soda Cart! Treats Delivered to You! [R]	9:30 ○ Daily Exercise Challenge [R]  11:30 ○ This Week in History [R]  2:30 ★ Armchair Travel: Italy [R]  4:00 ➤ Now That's Funny [R]	9:30 Chair Yoga Stretches [R]  11:30 Funny Short Stories [R] 2:30 Farain Teasers [R] 4:00 Traveling Happy Hour! Wine and Cheese Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ★ Activity Packets [R] 2:30 P Did You Know? [R] 4:00 P Soduku Puzzles [R]
9:30 ♥ Chair Yoga Stretches [R] 11:30 ★ Bible Verses and Devotional Drop Off [R] 2:30 ₩ Word Searches [R] 4:00 ₩ Brain Teasers [R]	9:30 ♥ Morning Chair Exercises [R]  11:30 ★ Forwards and Backwards Word Quiz [R]  2:30 ★ Activity Packets [R] 4:00 ★ Scavenger Hunt [R]	9:30 Daily Exercise Challenge [R]  11:30 Beaded Necklace Kit [R]  2:30 Word Games [R]  4:00 Where is the World? Game [R]	9:30 Morning Chair Exercises [R]  11:30 Activity Packets [R]  2:30 Door Decorating Contest [R]  4:00 Candy, Snacks, Soda Cart! Treats Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ♥ This Week in History [R]  2:30 ★ Armchair Travel: Fiji [R]  4:00 ♥ Now That's Funny [R]	9:30 Chair Yoga Stretches [R]  11:30 Stationary/Letter Writing Material Delivery [R]  2:30 Stationary/Letter Writing Hapry Hour! Wine and Cheese Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ★ Activity Packets [R] 2:30 P Did You Know? [R] 4:00 P Games we Played as Kids Quiz [R]
9:30 ♥ Chair Yoga Stretches [R]  11:30 ★ Bible Verses and Devotional Drop Off [R]  2:30 ▶ Word Searches [R]  4:00 ▶ Brain Teasers [R]	9:30 → Morning Chair Exercises [R]  11:30 ★ Memorial Day Lesson and Facts [R]  2:30 ★ Activity Packets [R]  4:00 ★ Origami [R]	Challenge [R]	9:30 Morning Chair Exercises [R] 11:30 Activity Packets [R] 2:30 Drawing Prompt [R] 4:00 Candy, Snacks, Soda Cart! Treats Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R] 11:30 ♥ This Week in History [R] 2:30 ★ Coloring Kits [R] 4:00 ₩ Now That's Funny [R]	9:30 Chair Yoga Stretches [R]  11:30 Crossword Puzzles [R]  11:30 Stationary/Letter Writing Material Delivery [R]  2:30 Brain Teasers [R]  4:00 Traveling Happy Hour! Wine and Cheese Delivered to You! [R]	9:30 ♥ Daily Exercise Challenge [R]  11:30 ★ Activity Packets [R]  2:30 P Did You Know? [R]  4:00 ★ Window Chalk  Decorating Contest  [R]  Continued at top