

Solstice Senior Living @ Las Cruces January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (Band and Ball Exercise-sitting down position) Activity Room (Bingo) Activity Room (Coffee and Donuts) Activity Room (Connect w/ Family and Friends-Face Time Calls) Activity Room (Craft Day) Activity Room (Jigsaw Puzzles) Activity Room (Join us for Yoga/exercise takes place in sitting position) Activity Room (Knitting and Stitching) Activity Room (Meditative Coloring) Activity Room (Movie Matinee) Activity Room (National Popcorn Social) Activity Room (Poker Game) Activity Room (Scrabble) Activity Room (Spanish Activity/Loteria Mexican Bingo) Activity Room (Sudoku and Crossword Puzzles)	LOCATION Activity Room (Tai Chi) Atrium (Join us for a competition of bean bag baseball) Chapel (Church Service-Doug Jenkins) Dining Room (Chef Chat) Drive/Bus (Dripping Springs) Drive/Bus (Drive Down 185 to Hatch, NM) Drive/Bus (Lorenzo's Italian Restaurant) Drive/Bus (Texas Road House) Front Desk (Daily Temperature Checks) Game Room (Coffee Hour) Game Room (Foosball and Pool) Game Room (Tea Party) Game Room (Wine Hour) Library (Game of Cards) Outside (Walk around community)	LOCATION Own Room (Start your day with Personal Prayer) Swimming Pool (Aqua Water Fitness) T.V. Room (Movie Matinee/Resident Choice) activity room (Movie Matinee) activity room (Popcorn Social) own room (Nimble Fingers) own room (personal prayer)	ACTIVITY LEGEND 🍌 Be Adventurous 🍌 Be Challenged 🍌 Be Connected 🍌 Be Family 🍌 Be Inspired 🍌 Be Social 🍌 Be Well	🍌 Daily Temperature Check (Daily Temperature Checks) 1 8:30 🍌 Personal Prayer (Start your day with Personal Prayer) 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Yoga/Sitting Position (Join us for Yoga/exercise takes place in sitting position) 11:00 🍌 Bean Bag Baseball (Join us for a competition of bean bag baseball) 2:00 🍌 Bingo (Bingo) 3:00 🍌 Bingo (Bingo) 4:30 🍌 Movie Matinee/Resident Choice (Movie Matinee/Resident Choice)	🍌 Daily Temperature Check (Daily Temperature Checks) 2 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Foosball and Pool (Foosball and Pool) 1:00 🍌 Popcorn Social (Popcorn Social) 1:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)
🍌 Daily Temperature Check (Daily Temperature Checks) 3 8:00 🍌 Personal Prayer Time (personal prayer) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Movie Matinee/Resident Choice (Movie Matinee) 1:00 🍌 Popcorn Social (Popcorn Social) 2:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 4 8:00 🍌 Nimble Fingers (Nimble Fingers) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Knitting and Stitching (Knitting and Stitching) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Face Time Calls (Connect w/ Family and Friends-Face Time Calls) 2:30 🍌 Meditative Coloring (Meditative Coloring)	🍌 Daily Temperature Check (Daily Temperature Checks) 5 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Craft Day (Craft Day) 4:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 6 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Tai Chi Exercise/Sitting Position (Tai Chi) 10:00 🍌 Drive to Dripping Springs and Aguirre Springs (Dripping Springs) 11:00 🍌 Loteria Mexican Bingo (Spanish Activity/Loteria Mexican Bingo) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Game of Cards (Game of Cards) 3:00 🍌 Aqua Water Aerobics/If Weather Permits (Aqua Water Fitness) 4:00 🍌 Scrabble (Scrabble)	🍌 Daily Temperature Check (Daily Temperature Checks) 7 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Poker Game (Poker Game) 2:00 🍌 Tea Party (Tea Party) 4:00 🍌 Jigsaw Puzzles (Jigsaw Puzzles) 5:00 🍌 Sudoku and Crossword Puzzles (Sudoku and Crossword Puzzles)	🍌 Daily Temperature Check (Daily Temperature Checks) 8 8:30 🍌 Personal Prayer (Start your day with Personal Prayer) 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Yoga/Sitting Position (Join us for Yoga/exercise takes place in sitting position) 11:00 🍌 Bean Bag Baseball (Join us for a competition of bean bag baseball) 2:00 🍌 Bingo (Bingo) 3:00 🍌 Bingo (Bingo) 4:30 🍌 Movie Matinee/Resident Choice (Movie Matinee/Resident Choice)	🍌 Daily Temperature Check (Daily Temperature Checks) 9 8:00 🍌 Coffee and Donuts (Coffee and Donuts) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Foosball and Pool (Foosball and Pool) 1:00 🍌 Popcorn Social (Popcorn Social) 1:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)
🍌 Daily Temperature Check (Daily Temperature Checks) 10 8:00 🍌 Personal Prayer Time (personal prayer) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Movie Matinee/Resident Choice (Movie Matinee) 1:00 🍌 Popcorn Social (Popcorn Social) 2:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 11 8:00 🍌 Nimble Fingers (Nimble Fingers) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Knitting and Stitching (Knitting and Stitching) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Face Time Calls (Connect w/ Family and Friends-Face Time Calls) 2:30 🍌 Meditative Coloring (Meditative Coloring)	🍌 Daily Temperature Check (Daily Temperature Checks) 12 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Craft Day (Craft Day) 4:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 13 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Drive Down 185 to Hatch, NM (Drive Down 185 to Hatch, NM) 10:00 🍌 Tai Chi Exercise/Sitting Position (Tai Chi) 11:00 🍌 Loteria Mexican Bingo (Spanish Activity/Loteria Mexican Bingo) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Game of Cards (Game of Cards) 3:00 🍌 Aqua Water Aerobics/If Weather Permits (Aqua Water Fitness) 4:00 🍌 Scrabble (Scrabble)	🍌 Daily Temperature Check (Daily Temperature Checks) 14 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 10:30 🍌 Chef Chat (Chef Chat) 2:00 🍌 Coffee Hour (Coffee Hour) 2:00 🍌 Poker Game (Poker Game) 4:00 🍌 Jigsaw Puzzles (Jigsaw Puzzles) 5:00 🍌 Sudoku and Crossword Puzzles (Sudoku and Crossword Puzzles)	🍌 Daily Temperature Check (Daily Temperature Checks) 15 8:30 🍌 Personal Prayer (Start your day with Personal Prayer) 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Yoga/Sitting Position (Join us for Yoga/exercise takes place in sitting position) 11:00 🍌 Bean Bag Baseball (Join us for a competition of bean bag baseball) 2:00 🍌 Bingo (Bingo) 3:00 🍌 Bingo (Bingo) 4:30 🍌 Movie Matinee/Resident Choice (Movie Matinee/Resident Choice)	🍌 Daily Temperature Check (Daily Temperature Checks) 16 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Foosball and Pool (Foosball and Pool) 1:00 🍌 Popcorn Social (Popcorn Social) 1:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)
🍌 Daily Temperature Check (Daily Temperature Checks) 17 8:00 🍌 Personal Prayer Time (personal prayer) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Movie Matinee/Resident Choice (Movie Matinee) 1:00 🍌 Popcorn Social (Popcorn Social) 2:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 18 8:00 🍌 Nimble Fingers (Nimble Fingers) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Knitting and Stitching (Knitting and Stitching) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Face Time Calls (Connect w/ Family and Friends-Face Time Calls) 2:30 🍌 Meditative Coloring (Meditative Coloring)	🍌 Daily Temperature Check (Daily Temperature Checks) 19 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 11:00 🍌 National Popcorn Day (National Popcorn Social) 2:00 🍌 Craft Day (Craft Day) 4:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 20 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Tai Chi Exercise/Sitting Position (Tai Chi) 11:00 🍌 Loteria Mexican Bingo (Spanish Activity/Loteria Mexican Bingo) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Game of Cards (Game of Cards) 3:00 🍌 Aqua Water Aerobics/If Weather Permits (Aqua Water Fitness) 4:00 🍌 Scrabble (Scrabble)	🍌 Daily Temperature Check (Daily Temperature Checks) 21 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Poker Game (Poker Game) 2:00 🍌 Wine Hour (Wine Hour) 4:00 🍌 Jigsaw Puzzles (Jigsaw Puzzles) 5:00 🍌 Sudoku and Crossword Puzzles (Sudoku and Crossword Puzzles)	🍌 Daily Temperature Check (Daily Temperature Checks) 22 8:30 🍌 Personal Prayer (Start your day with Personal Prayer) 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Yoga/Sitting Position (Join us for Yoga/exercise takes place in sitting position) 11:00 🍌 Bean Bag Baseball (Join us for a competition of bean bag baseball) 11:00 🍌 Texas Road House (Texas Road House) 2:00 🍌 Bingo (Bingo) 3:00 🍌 Bingo (Bingo) 4:30 🍌 Movie Matinee/Resident Choice (Movie Matinee/Resident Choice)	🍌 Daily Temperature Check (Daily Temperature Checks) 23 8:00 🍌 Coffee and Donuts (Coffee and Donuts) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Foosball and Pool (Foosball and Pool) 1:00 🍌 Popcorn Social (Popcorn Social) 1:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)
🍌 Daily Temperature Check (Daily Temperature Checks) 24 8:00 🍌 Personal Prayer Time (personal prayer) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Movie Matinee/Resident Choice (Movie Matinee) 1:00 🍌 Popcorn Social (Popcorn Social) 2:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 25 8:00 🍌 Nimble Fingers (Nimble Fingers) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Knitting and Stitching (Knitting and Stitching) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Face Time Calls (Connect w/ Family and Friends-Face Time Calls) 2:30 🍌 Meditative Coloring (Meditative Coloring)	🍌 Daily Temperature Check (Daily Temperature Checks) 26 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Craft Day (Craft Day) 4:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)	🍌 Daily Temperature Check (Daily Temperature Checks) 27 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Tai Chi Exercise/Sitting Position (Tai Chi) 11:00 🍌 Loteria Mexican Bingo (Spanish Activity/Loteria Mexican Bingo) 2:00 🍌 Church Service w/ Doug Jenkins (Church Service-Doug Jenkins) 2:00 🍌 Game of Cards (Game of Cards) 3:00 🍌 Aqua Water Aerobics/If Weather Permits (Aqua Water Fitness) 4:00 🍌 Scrabble (Scrabble)	🍌 Daily Temperature Check (Daily Temperature Checks) 28 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Band and Ball Exercise (Band and Ball Exercise-sitting down position) 2:00 🍌 Poker Game (Poker Game) 4:00 🍌 Jigsaw Puzzles (Jigsaw Puzzles) 5:00 🍌 Sudoku and Crossword Puzzles (Sudoku and Crossword Puzzles)	🍌 Daily Temperature Check (Daily Temperature Checks) 29 8:30 🍌 Personal Prayer (Start your day with Personal Prayer) 9:00 🍌 Morning Walk (Walk around community) 10:00 🍌 Yoga/Sitting Position (Join us for Yoga/exercise takes place in sitting position) 11:00 🍌 Lorenzo's Italian Restaurant (Lorenzo's Italian Restaurant) 11:00 🍌 Bean Bag Baseball (Join us for a competition of bean bag baseball) 2:00 🍌 Bingo (Bingo) 3:00 🍌 Bingo (Bingo) 4:30 🍌 Movie Matinee/Resident Choice (Movie Matinee/Resident Choice)	🍌 Daily Temperature Check (Daily Temperature Checks) 30 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Foosball and Pool (Foosball and Pool) 1:00 🍌 Popcorn Social (Popcorn Social) 1:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)
🍌 Daily Temperature Check (Daily Temperature Checks) 31 8:00 🍌 Personal Prayer Time (personal prayer) 9:00 🍌 Morning Walk (Walk around community) 11:00 🍌 Movie Matinee/Resident Choice (Movie Matinee) 1:00 🍌 Popcorn Social (Popcorn Social) 2:00 🍌 Movie Matinee/Resident Choice (Movie Matinee)						