Wibrant life

		BE VIBRANT. BE YOU.			Solstice Senior Living at Rio Norte	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SOLSTICE SENIOR LIVING AT RIO NORTE	1941 Saul Kleinfield Drive El Paso, TX 79936 915-856-6655	Location Keys Activity Room AR Atrium AT Chapel CH Outside O TV Room TVR	9:30 Chair Exercises (Downstairs) 10:30 Chair Exercise (Upstairs) [AR] 11:00 10 minute walk (Downstairs) [0] 11:30 10 Minute Walk (Upstairs) 1:00 Video Diary 1:30 Riddle Challenge [AR] 2:00 Independent Bible Study [CH] 3:00 Daily Challenge	9:30 Chair Exercises (Downstairs) 10:30 Chair Exercises (Upstairs) 11:00 10 minute walk (Downstairs) [AT] 11:30 10 Minute Walk (Upstairs) 1:00 Video Diary 2:00 Happy Hour Cart 3:00 Daily Challenge [AR]	Support Our Troops: Wear Red/ Share a Memory 9:30 Chair Exercises (Downstairs) 10:30 Chair Exercise (Upstairs) [AR] 11:00 Mobile Library 1:00 Guess Who Challenge 1:30 Brain Games 2:00 Independent Bible Study [AR] 3:00 Mobile Block Party	9:30 → Bird Watching [AT] 10:30 ← Crossword Puzzles 1:30 ★ Creative Writing Challenge 3:00 ← Daily Challenge
9:30 ➤ Independent Prayer [AT] 10:00 ★ Independent Bible Study [CH] 11:00 Turn in Prayer Request to the Activity Room 2:00 ► Cell Phone Challenge [AR] 3:00 ➤ Daily Challenge [TVR]	9:30 Newsletter Distribution [AT] 11:00 Mobile Library 1:00 Guess Who Challenge 1:30 Riddle Challenge 2:00 Independent Bible Study [AR] 3:00 Daily Challenge [AR] 4:00 Make Grocery List	9:30 ♥ Chair Exercises (Downstairs) 10:30 ♥ Chair Exercise (Upstairs) [AR] 11:00 ★ 10 Minute Walk (Downstairs) 11:30 ♥ 10 minute Walk (Upstairs) [AT] 1:00 P Guess Who Challenge [AT] 1:30 P Riddle Challenge 2:00 ★ Independent Bible Study 3:00 Daily Challenge	9:30 Chair Exercises (Downstairs) 10:30 Chair Exercise (Upstairs) [AR] 11:00 10 In minute walk (Downstairs) [O] 11:30 10 In minute walk (upstairs) [O] 1:00 Video Diary 1:30 Riddle Challenge 2:00 Independent Bible Study [AR] 3:00 Daily Challenge [AR]	9:30 Chair Exercises (Downstairs) 10:30 Chair Exercise (Upstairs) 11:00 10 Minute walk (Downstairs) 11:30 10 minute Walk (Upstairs) 1:00 Video Diary [AT] 2:00 Happy Hour Cart 3:00 Daily Challenge	Support Our Troops: Wear Red/ Share a Memory 9:30 Chair Exercises (Downstairs) 10:30 Chair Exercise (Upstairs) 11:00 Mobile Library 1:00 Guess Who Challenge 2:00 Independent Bible Study [AR] 3:00 Mobile Block Party	9:30 ► Easter Word Search 9:45 ★ Easter Coloring Contest [AR] 1:30 ► Riddle Challenge 3:00 ► Daily Challenge
Easter 9:30 ★ Independent Prayer [AT] 10:00 ★ Independent Bible Study [CH] 11:00 ◆ Turn In Prayer Request [AT] 2:00 🏲 Journal Entry 3:00 ► Daily Challenge [AR]	9:30 Journey Entry 10:30 Chair Exercise (Upstairs) [AT] 11:00 Mobile Library 1:30 Riddle Challenge 2:00 Independent Bible Study [AR] 3:00 Daily Challenge [AR] 4:00 Make Grocery List	9:30 Chair Exercise (Downstairs) [AT] 10:30 Chair Exercise (Upstairs) [AR] 11:00 10 minute walk (downstairs) 11:30 10 minute walk (upstairs) 1:00 Guess Who Challenge [AT] 1:30 Riddle Challenge 3:00 Daily Challenge	10:30 W Chair Exercise (Upstairs) [AR]	9:30 ★ Journey Entry 10:30 Daily Exercise (Upstairs) 11:00 10 minute walk (downstairs) 11:30 10 minute walk (Upstairs) 1:00 ◆ Video Diary 3:00 Daily Challenge 3:00 ◆ Happy Hour Cart	National Cheese ball Day Support Our Troops: Wear Red/ Share a Memory 9:30 ★ Journey Entry 10:30 ♥ Daily Exercise (Upstairs) 11:00 ♠ Mobile Library 11:30	9:30 Journey Entry 9:45 Card Exchange [AR] 1:30 Riddle Challenge 3:00 Daily Challenge
9:30 ★ Journey Entry 10:00 ★ Independent Bible Study [CH] 11:00 巻 Prayer Request [AT] 2:00 🏲 Journal Entry 2:45 ❤ Sunday Matinee [TVR] 3:00 🏲 Daily Challenge [AR]	9:30 Journey Entry 10:30 Chair Exercise (Upstairs) [AT] 11:00 Mobile Library 1:30 Riddle Challenge 1:45 Shuffle Bowl 2:00 Independent Bible Study [AR] 3:00 Daily Challenge [AR] 4:00 Make Grocery List	9:30 Journey Entry 10:30 Chair Exercises (Upstairs) [AT] 11:00 10 minute walk (downstairs) 11:30 10 minute walk (upstairs) 1:00 Guess Who Challenge [AT] 1:30 Riddle Challenge 3:00 Daily Challenge	9:30 ★ Journey Entry 10:30 ★ Chair Exercise (9:30 ★ Journey Entry 10:30 ❤ Daily Exercise (Upstairs) [AR] 11:00 Daily Walk (Downstairs) 11:30 10 minute walk (upstairs) 1:00 ♥ Video Diary [AT] 3:00 ₱ Daily Challenge [AR] 3:00 ₱ Happy Hour Cart	Support Our Troops: Wear Red/ Share a Memory 9:30 Chair Exercise (Downstairs) [AT] 10:30 Chair Exercises (Upstairs) [AR] 11:00 Mobile Library 2:00 Gold Key Event [AR] 2:00 Independent Bible Study [AR] 3:00 Mobile Block Party	9:30 Journey Entry 9:45 P Jeopardy [AR] 1:30 Riddle Challenge 3:00 Daily Challenge
9:30 ★ Journey Entry 10:00 ★ Independent Bible Study [CH] 11:00 巻 Prayer Request [AT] 2:00 🏲 Journal Entry 2:45 ❤ Sunday Matinee [TVR] 3:00 🏲 Daily Challenge [AR]	9:30 Journey Entry 10:30 Chair Exercise (Upstairs) [AT] 11:00 Mobile Library 1:30 Riddle Challenge 1:45 Shuffle Bowl 2:00 Independent Bible Study [AR] 3:00 Daily Challenge [AR] 4:00 Make Grocery List	National Superhero Day 9:30 Chair Exercise (downstairs) 10:30 Chair Exercises (Upstairs) [AT] 11:00 10 minute walk (downstairs) 11:30 10 Minute Walk (upstairs) 1:00 Video Diary [AT] 1:30 Riddle Challenge 3:00 Daily Challenge	10:30 M Chair Exercise (Upstairs) [AR]	9:30 Chair Exercise Downstairs) [AT] 10:30 Chair Exercise (Upstairs) 11:00 10 Minute Walk (downstairs) 11:30 10 Minute Walk (Upstairs) 1:00 Video Diary [AT] 3:00 Daily Challenge 3:00 Happy Hour Cart	Be Adventurous Be Challenged Be Connected Be Family ★ Be Inspired Be Social Be Well	