Wibrant life

	BE VIBRANT, BE YOU.				Solstice Senior Living at Corpus Christi		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Daylight Saving Time Begins Tech Time With Priscilla 9:00 ♥ Breathing Cycle Exercise 9:30 ★ Live Catholic Mass On KDF-TV Channel 12:30 10:00 ★ Rivers Of Living Waters Church (self Lead) [CH] 11:00 ♥ Walk Club 3:00 PHorse Racing !!!! [AT] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	Coat & Sweaters Drive 9:00 ★ Recycling Day (Batteries) [AR] 10:00 ❤ Chair Exercise with Bill [TV] 11:00 ► Mail Pick 11am-12pm 1:00 ► Word Search Work Sheet (Front Desk) 3:00 ► Bingo!!! [AR]	Doctor Transport Day 9am-2pm Election Day 8:00 National Day Information 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Blood Pressure Checks [BR] 7:00 Church Unlimited Online (Churchunlimited.com)	8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 1:30 Art (making sand globes) [AR] 3:00 Bingo!!! [AR]	NATIONAL DOUGHNUT DAY 8:00 National Day Information 10:00 Doughnut Social [AR] 11:00 Mail Pick 11am-12pm 11:30 Book Club [CH] 1:00 Daily Delight Fun Work Sheets (Delivered) 7:00 Church Unlimited Online (Churchunlimited.com)	8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 10:30 Scenic Drive (MUST SIGN UP) [OT] 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 2:00 Resident Store 2pm-3pm 3:00 Bingo!!! [AR]	8:00 National Day Information 9:30 Catholic Prayer Group (Self Lead) [CH] 11:00 Mail Pick 11am-12pm 11:30 Get Strong 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Crochet Quilting Club 3:30 Chalupa (Mexican Bingo) [AR] 4:00 Happy Hour (Jack Daniel w/ Coke) [AR] 7:00 Church Unlimited Online (Churchunlimited.com)	
Tech Time With Priscilla 9:00 → Breathing Cycle Exercise 10:00 ★ Rivers Of Living Waters Church (self Lead) [CH] 10:30 → Chair Exercise In Your Room 3:00 → Horse Racing !!!! [AT] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	9:00 Recycling Day (Batteries) [AR] 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Word Search Work Sheet (Front Desk) 3:00 Bingo!!! [AR]	9am-2pm Marine Corps Birthday 8:00 National Day Information	Veterans Day 8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 2:30 Party Popcorn [AT] 3:00 Bingo!!! [AR]	8:00 National Day Information 10:00 Yoga Flow 11:00 Mail Pick 11am-12pm 11:30 Book Club [CH] 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Meet and Greet [AR] 7:00 Church Unlimited Online (Churchunlimited.com)	World Kindness Day 8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 10:30 Drop Off Coats & Sweaters (TBD) [OT] 11:00 Mail Pick 11am-12pm 1:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 2:00 Resident Store 2pm-3pm 3:00 Bingo!!! [AR]	8:00 National Day Information 9:30 ★ Catholic Prayer Group (Self Lead) [CH] 11:00 Mail Pick 11am-12pm 11:30 Get Strong 1:00 Paily Delight Fun Work Sheets (Delivered) 3:00 ★ Crochet Quilting Club 3:00 ★ Happy Hour (Wine Coolers) [AR] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	
Tech Time With Priscilla 9:00 ♥ Breathing Cycle Exercise 10:00 ★ Rivers Of Living Waters Church (self Lead) [CH] 10:30 ♥ Chair Exercise In Your Room 3:00 ₱ Horse Racing !!!! [AT] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	9:00 ★ Recycling Day (Batteries) [AR] 10:00 ❤ Chair Exercise with Bill [TV] 11:00 ♠ Mail Pick 11am-12pm 1:00 ♠ Word Search Work Sheet (Front Desk) 3:00 ♠ Bingo!!! [AR]	Doctor Transport Day 9am-2pm 8:00 National Day Information 11:00 Nail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Blood Pressure Checks [BR] 7:00 Church Unlimited Online (Churchunlimited.com)	COPD Day (Chronic obstructive pulmonary disease) 8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 12:30 Ambassador's Input and Lunch [AR] 1:00 Daily Delight Fun Work Sheets (Delivered) 2:00 COPD Walk 3:00 Bingo!!! [AR]	8:00 National Day Information 10:00 Paint Wreaths [AR] 11:00 Mail Pick 11am-12pm 11:30 Book Club [CH] 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Decorate Christmas Wreath [AR] 7:00 Church Unlimited Online (Churchunlimited.com)	Gold Key Appreciation 8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 2:00 Resident Store 2pm-3pm 3:00 Bingo!!! [AR]	8:00 National Day Information 9:30 ★ Catholic Prayer Group (Self Lead) [CH] 11:00 Mail Pick 11am-12pm 11:30 Get Strong 1:00 Paily Delight Fun Work Sheets (Delivered) 3:00 ★ Crochet Quilting Club 3:00 ★ Happy Hour (Smirnoff) [AR] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	
Tech Time With Priscilla 9:00 ♥ Breathing Cycle Exercise 9:30 ★ Live Catholic Mass On KDF-TV Channel 12:30 10:00 ★ Rivers Of Living Waters Church (self Lead) [CH] 10:30 ♥ Chair Exercise In Your Room 3:00 ➡ Horse Racing !!!! [AT] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	9:00 Recycling Day (Batteries) [AR] 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Word Search Work Sheet (Front Desk) 3:00 Bingo!!! [AR]	Doctor Transport Day 9am-2pm 8:00 National Day Information 11:00 Nail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 Blood Pressure Checks [BR] 7:00 Church Unlimited Online (Churchunlimited.com)	8:00 National Day Information 10:00 Chair Exercise with Bill [TV] 11:00 Mail Pick 11am-12pm 1:00 Daily Delight Fun Work Sheets (Delivered) 2:00 Chef Talk [AR] 3:00 Thanksgiving Prize Bingo!!! [AR]	Thanksgiving 8:00 P Daily Delight Fun Work Sheets (Delivered) 8:00 National Day Information 1:30 P Thanksgiving Work Sheets in AR [AR] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	Information 10:00 Chair Exercise with Bill [TV]	8:00 National Day Information 9:30 ★ Catholic Prayer Group (Self Lead) [CH] 11:00 Mail Pick 11am-12pm 11:30 Get Strong 1:00 Daily Delight Fun Work Sheets (Delivered) 3:00 ★ Crochet Quilting Club 3:00 ★ Happy Hour (Apple Cider Rum) [AR] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	
Tech Time With Priscilla 9:00 ♥ Breathing Cycle Exercise 9:30 ★ Live Catholic Mass On KDF-TV Channel 12:30 10:00 ★ Rivers Of Living Waters Church (self Lead) [CH] 10:30 ♥ Chair Exercise In Your Room 3:00 ₱ Horse Racing !!!! [AT] 7:00 ★ Church Unlimited Online (Churchunlimited.com)	CYBER MONDAY 9:00 ★ Recycling Day (Batteries) [AR] 10:00 ❤ Chair Exercise with Bill [TV] 11:00 ♠ Mail Pick 11am-12pm 1:00 ♠ Word Search Work Sheet (Front Desk) 3:00 ♠ Bingo!!! [AR]	SOLSTICE SENIOR LIVING AT CORPUS CHRISTI	5518 Lipes Blvd Corpus Christi, TX 78413 361-986-0655	Location Keys Activities Room AR Atrium AT Billiards Room BR Church CH Outing OT TV Room TV	 Be Adventurous Be Challenged Be Connected ★ Be Inspired ★ Be Social ♥ Be Well 		