

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Assisted Living

1968 Sunrise Drive
Montrose, CO 81401
9702400600



MONTAGE CREEK
A GENERATIONS COMMUNITY

<p>10 Exercises (AR) 1030 Walk (AR) 11 Sunday Morning News (MR) 1 Bible Study/ Streaming Services (L) 3 Music Trivia w/ Rae (L) 415 Reminisce (L)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 *Scenic Drive* 130 Pressed Flowers (L) 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 One-on-Ones w/ Rae 130 Saturday Documentary: Free Solo (MR) 3 BINGO! (AR) 415 Evening Walk (AR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 130-230 Music in the Dining Room: Paul, Guitar (DR) 3 BINGO (AR) 415 Tai Chi (MR) 515 Series: Downton Abbey S.1 Ep.5 (MR) 6 After Dinner Card Games (L)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 1 Water Colors in the Garden (CY) 3 BINGO (AR) 415 Chair Tai Chi (MR) 530 Series: Downton Abbey S.1 Ep.6 (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 11 *Lunch Outing* 1 *Scenic Drive* 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 One-on-Ones w/ Rae 130 Saturday Documentary: The Lost Leonardo (MR) 3 BINGO! (AR) 415 Evening Walk (AR)</p>
<p>10 Exercises (AR) 1030 Walk (AR) 11 Sunday Morning News (MR) 1 Bible Study/ Streaming Services (L) 3 Music Trivia w/ Rae (L) 415 Reminisce (L)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 3 Creative Writing (L) 3-6 Labor Day Formal Dinner (DR) 5 Movie (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee Talk (FL) 11 Bible Study w/ Calvary Chapel (MR) 1 Wii Bowling (MR) 3 BINGO! (AR) 415 Yoga (MR) 6 Movie Night</p>	<p>930 *Shopping* 10 Exercises (AR) 1030 Walk (AR) 1045 Good News & Coffee (FL) 1 Resident Newspaper Meeting(L) 3 Afternoon Movie (MR) 3 Book Club:(L) 415 Evening Meditation (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 1 Water Colors in the Garden (CY) 3 BINGO (AR) 415 Chair Tai Chi (MR) 530 Series: Downton Abbey S.1 Ep.6 (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 11 *Lunch Outing* 1 *Scenic Drive* 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 One-on-Ones w/ Rae 130 Saturday Documentary: The Lost Leonardo (MR) 3 BINGO! (AR) 415 Evening Walk (AR)</p>
<p>10 Exercises (AR) 1030 Walk (AR) 11 Sunday Morning News (MR) 1 Bible Study/ Streaming Services (L) 3 Sing-a-Longs w/ Rae 430 Evening Tea in the Courtyard (CY)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 *Shopping* Hobby Lobby 3 Garden Club (CY) 415 Zumba (AR) 615 Broncos Game (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee Talk (FL) 11 Bible Study w/ Calvary Chapel (MR) 1230 Wii Bowling (MR) 130 Library Lobby Stop, Apple Presentation (DR) 2 Resident Council (AR) 3 BINGO! (AR) 415 Yoga (MR) 6 Movie (MR)</p>	<p>930 *Shopping* 10 Exercises (AR) 1030 Walk (AR) 1045 Good News & Coffee (FL) 1 Fire Safety w/ the Montrose Fire Department 3 Afternoon Movie (MR) 3 Book Club:(L) 415 Evening Meditation (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 130-230 Music in the Dining Room: Paul, Guitar (DR) 3 BINGO (AR) 415 Tai Chi (MR) 515 Series: Downton Abbey S.1 Ep.7 (MR) 6 After Dinner Card Games (L)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 *Scenic Drive* 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Bridge (L) 130 Saturday Documentary: Hiro Dreams of Sushi (MR) 3 BINGO! (AR) 415 Evening Walk (AR)</p>
<p>10 Exercises (AR) 1030 Walk (AR) 11 Sunday Morning News (MR) 1 Bible Study/ Streaming Services (L) 225 Broncos Game (MR) 3 Scrabble 415</p>	<p>10 Exercises (AR) 1030 Walk (AR) 11 *Coffee @ the Blue Corn Café* 2 The Secret Life of Trees w/ Craig (L) 3 Creative Writing (L) 5 Movie (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee Talk (FL) 11 Bible Study w/ Calvary Chapel (MR) 1 Wii Bowling (MR) 3 BINGO! (AR) 415 Yoga (MR) 6 Movie (MR)</p>	<p>930 *Shopping* 10 Exercises (AR) 1030 Walk (AR) 1045 Good News & Coffee (FL) 11 Music in the Dining Room: Barbara, Piano (DR) 2 Menu Chat (AR) 3 Afternoon Movie (MR) 3 Book Club:(L) 415 Evening Meditation (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 1 Food as Fuel & Blue Zones (AR) 3 BINGO (AR) 415 Chair Tai Chi (MR) 515 Series: Downton Abbey S.1 Ep.7 (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 *Scenic Drive* 130 Group Cooking, Blue Zone Recipes (CR) 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Bridge (L) 130 Saturday Documentary: (MR) 3 BINGO! (AR) 415 Evening Walk (AR)</p>
<p>10 Exercises (AR) 1030 Walk (AR) 11 Sunday Morning News (MR) 1 Bible Study/ Streaming Services (L) 3 Uno 415 Evening Tea in the Courtyard (CY) 620 Broncos Game (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 *Shopping* Downtown 3 Garden Club (CY) 430 Veterans Dinner (CR) 5 Movie (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee Talk (FL) 11 Bible Study w/ Calvary Chapel (MR) 1 Wii Bowling (MR) 3 BINGO! (AR) 415 Yoga (MR) 6 Movie (MR)</p>	<p>930 *Shopping* 10 Exercises (AR) 1030 Walk (AR) 11 Montage Relay, Prize KFC 3 Book Club:(L) 415 Evening Meditation (MR) 530 Movie Night (MR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 3 BINGO (AR) 415 Chair Tai Chi (MR) 515 Series: Downton Abbey S.2 Ep.1 (MR) 6 After Dinner Card Games (L)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 11 Resident Newspaper Printing Meeting (L) 1 *Scenic Drive* 3 HAPPY HOUR! (CR/P) 4 Happy Hour Games (CR/P) 5 Friday Night Movie (MR)</p>	<p>AR - Activity Room MR - Media Room L - Library CR - Coke Room DR - Dining Room FL - Front Lobby P - Portico CY - Courtyard</p> <p>*All activities are subject to change, lunch outings will be billed to rooms</p>