



MONTAGE HILLS  
A GENERATIONS COMMUNITY

Memory Care

# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 - Chair Yoga 10:45 - Bingo 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Movie Night	<b>2</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Garden Club 06:00 - Movie Night	<b>3</b> 10:00 - Exercise w/Music 10:45 -Daily Chronicle 01:00 - Music with Terry 02:30 - Outdoor I Spy 3:30- Balance Exercises 06:00 - Movie Night	<b>4</b> 10:00 - Chair Yoga 10:30 - Daily Chronicle 01:30 - Baking Cupcakes 02:00 -Pretty Nail Spa 03:00- Daily Chronicle 03:30 - Music Sing-along 06:00 - Relax to Music	<b>5</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives and Art 11:30 - Bean Bag Toss 01:30 - Balance Exercises 02:30 - Ice Cream Social 03:30 - Bowling 06:00 - Movie Night	<b>6</b> 10:00 - Morning Brew 10:30 - Fun 11:00 - Bowling 01:30 - Snacks 02:30 - Daily Chronicle 03:30 - Moving & Grooving
<b>7</b> 10:00 - Balloon Swat 01:30 - Beauty Spa 02:30 - Game Show and Snacks 06:00 - Movie Night	<b>8</b> 10:00 - Chair Yoga 10:45 - Focus on the Positives 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Our Planet	<b>9</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Garden Club 06:00 - Movie Night	<b>10</b> 10:00 - Exercise w/ Music 10:45 - Focus on the Positives and Snacks 01:30 -Bowling and Snacks 03:30 - Balance Exercises 04:00 Worldly Wise 06:00 - Movie Night	<b>11</b> 10:00 - Chair Yoga 10:30 - Crafty Creations 01:30 - History at it's Finest 02:30 - Trivia and Snacks 03:30 - Tea Party on Patio 06:00 - Relax to Music	<b>12</b> 10:00 - Chair Exercise 10:45 - Focus on the Positives and Art 11:15 - Basketball 01:30 - Balance Exercises 02:30 - Ice Cream Social 03:30 -Bowling 06:00 - Movie Night	<b>13</b> 10:00 - Morning Brew 10:30 - Fun 11:00 - Bowling 01:30 - Snacks 02:30 - Daily Chronicle 03:30 - Moving & Grooving
<b>14</b> 10:00 - Balloon Swat 01:30 - Beauty Spa 02:30 - Game Show and Snacks 06:00 - Movie Night	<b>15</b> 10:00 - Chair Yoga 10:45 - Bingo 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - National Parks	<b>16</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Garden Club 06:00 - Movie Night	<b>17</b> 10:00 Exercise w/ Music 10:45 - Focus on the Positives and Snacks 01:00 -Music With Terry 02:30 - Outdoor I Spy 03:30 - Volley Ball 04:00 - Balance Exercises 06:00 - Movie Night	<b>18</b> 10:00 - Chair Yoga 10:30 - Daily Chronicle 01:30 - Baking Cookies 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	<b>19</b> 10:00 - Sit and Be Fit 10:45 - Daily Chronicle 01:30 - Balance Exercises 02:30 - Ice Cream Social 03:30 - Garden Club 06:00 - Movie Night	<b>20</b> 10:00 - Morning Brew 10:30 - Fun 11:00 - Bowling 01:30 - Snacks 02:30 - Daily Chronicle 03:30 - Moving & Grooving
<b>21</b> 10:00 - Balloon Swat 10:45 - Focus on the Positives 01:30 - Beauty Spa 02:30 - Game Show and Snacks 06:00 - Movie Night	<b>22</b> 10:00 - Chair Yoga 10:45 - Focus on the Positives 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Our Planet	<b>23</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives with Art 01:00 - Humongous Words 02:30 - Bingo and Snacks 03:30 - Garden Club 06:00 - Movie Night	<b>24</b> 10:00 - Exercise w/Music 10:45 - Focus on the Positives 01:30 - Bowling and Snacks 03:30 - Worldly Wise 04:00 - Balance Exercises 06:00 - Movie Night	<b>25</b> 10:00 - Chair Yoga 10:30 -Daily Chronicle Noon- August Birthday's Party! 01:30 - Bowling and Snacks 03:30 -Tea Party on Patio 06:00 -Relax to Music	<b>26</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives and Art 11:15 - Bean Bag Toss 02:30 - Ice Cream Social 03:30 - Garden Club 06:00 - Movie Night	<b>27</b> 10:00 - Morning Brew 10:30 - Fun 11:00 - Bowling 01:30 - Snacks 02:30 - Daily Chronicle 03:30 - Moving & Grooving
<b>28</b> 10:45 - Focus on the Positives 01:30 - Beauty Spa 06:00 - Movie Night	<b>29</b> 10:00 - Chair Yoga 10:45 - Focus on the Positives 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Our Planet	<b>30</b> 10:00 - Sit and Be Fit 10:45 - Focus on the Positives with Art 01:00 - Music with Terry 02:30 - Bingo and Snacks 03:30 - Garden Club 06:00 - Movie Night	<b>31</b> 10:00 - Exercise w/Music 10:45 - Focus on the Positives 01:30 - Music with Terry 03:30 - Worldly Wise 04:00 - Balance Exercises 06:00 - Movie Night			

