



MONTAGE HILLS
A GENERATIONS COMMUNITY
Memory Care

				09:30 - Music Sing-along 1 10:00 - Chair Yoga 10:30 - Daily Chronicle 11:00 - Moving Art 01:30 - Gardening Club 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	09:00 - Daily Chronicle 2 10:00 - Sit and Be Fit 10:30 Snacks and Refreshments 11;00 - Focus on the Positives with Art 01:00 - - Bean Bag Toss 02:30 - Ice Cream Social	07:30 - Morning Brew 3 09:00 - Slow Yoga 11:00 - Bingo 01:30 - Snacks and Movie 02:30 - Daily Chronicle 03:30 - Moving & Grooving
10:00 - Balloon Swat 4 01:30 - Beauty Spa 02:30 - Game Show and Snacks 06:00 - Movie Night	10:00 - Chair Yoga 5 10:45 - Bingo 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Movie Night	09:00 - Balloon Swat 6 10:00 - Sit and Be fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Trivia	09:00 - Hot Cocoa and Chronicle 7 10:00 - Exercise w/Music 10:45 -Daily Chronicle and snacks 01:00 -Pictionary 02:30 - Bowling and Snacks 3:30- Balance Exercises	09:30 - Music Sing-along 8 10:00 - Chair Yoga 10:30 - Daily Chronicle 11:00 - Moving Art 01:30 - Gardening Club 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	09:00 - Daily Chronicle 9 10:00 - Sit and Be Fit 10:30 Snacks and Refreshments 11;00 - Focus on the Positives with Art 01:00 - - Bean Bag Toss 02:30 - Ice Cream Social	07:30 - Morning Brew 10 09:00 - Slow Yoga 11:00 - Bingo 01:30 - Snacks and Movie 02:30 - Daily Chronicle 03:30 - Moving & Grooving
	Labor Day					
10:00 - Balloon Swat 11 01:30 - Beauty Spa 02:30 - Game Show and Snacks 06:00 - Movie Night	10:00 - Chair Yoga 12 10:45 - Focus on the Positives 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 06:00 -Our Planet	09:00 - Balloon Swat 13 10:00 - Sit and Be fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Trivia	09:00 - Hot Cocoa and Chronicle 14 10:00 - Exercise w/Music 10:45 -Daily Chronicle and snacks 01:00 - Music with Terry 02:30 - Bowling and Snacks 3:30- Balance Exercises	09:30 - Music Sing-along 15 10:00 - Chair Yoga 10:30 - Daily Chronicle 11:00 - Moving Art 01:30 - Gardening Club 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	09:00 - Daily Chronicle 16 10:00 - Sit and Be Fit 10:30 Snacks and Refreshments 11;00 - Focus on the Positives with Art 01:00 - - Bean Bag Toss 02:30 - Ice Cream Social	07:30 - Morning Brew 17 09:00 - Slow Yoga 11:00 - Bingo 01:30 - Snacks and Movie 02:30 - Daily Chronicle 03:30 - Moving & Grooving
	Grandparents Day					Oktoberfest
10:00 -Balloon Swat 18 10:45 - Focus on the Positives 01:30 - Beauty Spa 02:30 - Game Show 06:00 - Movie Night	10:00 - Chair Yoga 19 10:45 -Bingo 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 -National Parks	09:00 - Balloon Swat 20 10:00 - Sit and Be fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Trivia	09:00 - Hot Cocoa and Chronicle 21 10:00 - Exercise w/Music 10:45 -Daily Chronicle and snacks 01:00 -Pictionary 02:30 - Bowling and Snacks 3:30- Balance Exercises	09:30 - Music Sing-along 22 10:00 - Chair Yoga 10:30 - Daily Chronicle 11:00 - Moving Art 01:30 - Gardening Club 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	09:00 - Daily Chronicle 23 10:00 - Sit and Be Fit 10:30 Snacks and Refreshments 11;00 - Focus on the Positives with Art 01:00 - - Bean Bag Toss 02:30 - Ice Cream Social	10:00 - Morning Brew 24 10:30 - Fun 11:00 - Garden Watering 01:30 - Snacks 02:30 - Daily Chronicle 03:30 - Moving & Grooving
				Autumn Begins		
10:45 - Focus on the Positives 25 01:30 - Beauty Spa and Snacks 06:00 - Movie Night	10:00 - Chair Yoga 26 10:45 - Focus on the Positives 01:30 - Daily Chronicle and Snacks 02:30 - Balloon Swat 03:30 - Moving & Grooving 06:00 - Our Planet	09:00 - Balloon Swat 27 10:00 - Sit and Be fit 10:45 - Focus on the Positives with Art 01:30 - Bowling 02:30 - Bingo and Snacks 03:30 - Trivia	09:00 - Hot Cocoa and Chronicle 28 10:00 - Exercise w/Music 10:45 -Daily Chronicle and snacks 01:00 - Music with Terry 02:30 - Bowling and Snacks 3:30- Balance Exercises	09:30 - Music Sing-along 29 10:00 - Chair Yoga 10:30 - Daily Chronicle 11:00 - Moving Art 01:30 - Gardening Club 02:30 - Pretty Nails Spa 03:30 - Music Sing-along 06:00 - Relax to Music	09:00 - Daily Chronicle 30 10:00 - Sit and Be Fit 10:30 Snacks and Refreshments 11;00 - Focus on the Positives with Art 01:00 - - Bean Bag Toss 02:30 - Ice Cream Social	
						September 2022
	Rosh Hashanah Begins					