

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2022



MONTAGE CREEK
A GENERATIONS COMMUNITY

<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>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 *Marshalls, Ross and Natural Grocers Shopping Center Outing* 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) 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) 11 Bridge (L) 1 Hand Therapy (AR) 3 Afternoon Movie (MR) 3 Book Club 515 Evening Meditation</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 11 1 on 1 Visits 130-230 Music in the Dining Room: Paul, Guitar (DR) 3 BINGO! (AR) 415 Tai Chi (MR) 6 Fireside Hot Chocolate w/ Jan (FL)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 11 Resident Newspaper Meeting/ Printing (L) 1 *Scenic Drive* 3 HAPPY HOUR! (CR) 4 Pool (CR) 5 Friday Night Movie (MR)</p>	<p>10 Morning Stretch (AR) 1030 Walk (AR) 11 Short Stories (FL) 1 Self Care (AR) 3 BINGO! (AR) 4 Evening Tea (CY)</p>
<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Board Games (L) 1 Bible Study/ Group Hymns (AR) 3 Sunday Documentary (AR/MR) 415 Evening Walk (AR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 *Marshalls, Ross and Natural Grocers Shopping Center Outing* 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) 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) 11 Bridge (L) 1 Holiday DIY Cards (AR) 3 Afternoon Movie (MR) 3 Book Club (L) 515 Evening Meditation</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 1 Western Slope History w/ Glenda (L) 3 BINGO! (AR) 415 Chair Tai Chi (MR) 6 Fireside Hot Chocolate w/ Jan (FL)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 *Scenic Drive* 3 HAPPY HOUR! (CR) 430 Veterans Steak Dinner/ Veteran Exclusive (DR) 5 Friday Night Movie (MR)</p>	<p>10 Morning Stretch (AR) 1030 Walk (AR) 11 Short Stories (FL) 1 Crafting DIY (AR) 3 BINGO! (AR) 4 Evening Tea (CY)</p>
<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Board Games (L) 11 Broncos Game (MR) 1 Bible Study/ Group Hymns (AR) 3 Sunday Documentary (AR/MR) 415 Evening Walk (AR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 *Downtown Shopping w/ Jan* 3 Boggle (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 Bridge (L) 130 Science 101 w/ Craig (L) 3 Afternoon Movie (MR) 3 Book Club (L) 515 Evening Meditation</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Morning Trivia & Coffee (FL) 11 Scrabble (L) 130-230 Music in the Dining Room: Paul, Guitar (DR) 3 BINGO! (AR) 415 Tai Chi (MR) 6 Fireside Hot Chocolate w/ Jan (FL)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 Watercolors (AR) 1 *Scenic Drive* 3 HAPPY HOUR! (CR) 4 Happy Hour Games (CR) 5 Friday Night Movie (MR)</p>	<p>10 Morning Stretch (AR) 1030 Walk (AR) 11 Short Stories (FL) 1 Cooking w/ Xirez (CR) 3 BINGO! (AR) 4 Evening Tea (CY)</p>
<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Board Games (L) 1 All Saints Communion (MR) 205 Broncos Game (MR) 3 Sunday Documentary (AR) 415 Evening Walk (AR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1 Cornucopia Table Decorations (AR) 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) 11 Family & Friendsgiving 1st Seating 1 Family & Friendsgiving 2nd Seating 1 Wii Bowling (MR) 230 Library Stop & Presentation (L) 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 Bridge 1 1-on-1 Visits 3 Afternoon Movie (MR) 3 Book Club (L) 515 Evening Meditation</p>	<p>Thanksgiving Holiday! Vitality open from 10am-3pm w/ Holiday activities and 1-on-1 Visits</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Current Events & Coffee (FL) 1 1 on 1 Visits 1 *Scenic Drive* 3 HAPPY HOUR! (CR) 4 Happy Hour Games (CR) 5 Friday Night Movie (MR)</p>	<p>10 Morning Stretch (AR) 1030 Walk (AR) 11 Short Stories (FL) 1 Crafting DIY (AR) 3 BINGO! (AR) 4 Evening Tea (CY)</p>
<p>10 Exercises (AR) 1030 Coffee Talk (FL) 11 Board Games (L) 11 Broncos Game (MR) 1 Bible Study/ Group Hymns (AR) 3 Sunday Documentary (AR) 415 Evening Walk (AR)</p>	<p>10 Exercises (AR) 1030 Walk (AR) 1045 Coffee & Riddles (FL) 1115 *Lunch Outing* 3 Newspaper Meeting 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) 1 Beading (AR) 3 Afternoon Movie (MR) 3 Book Club (L) 515 Evening Meditation</p>	<p>Assisted Living 1968 Sunrise Drive Montrose, CO 81401 #9702400600 *All activities are subject to change, lunch outings will be billed to rooms, outings are subject to change due to weather and bus availability</p>		