Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABC	10:00am Start the day-LR 10:30am Video Led Exercise-LR 1:30pm What's your New Years Resolution - LR 2:30pm Musical -Singing in the rain/ Happy Hour-LR 6:30pm Movie Night -LR New Year's Day	10:00am Start the day-LR 10:30 News and Current Events-LR 1:30pm Curling-LR 2:30pm Exercise with Emily-LR 3:30pm Resident Council - LR 6:30pm Happy Hour-LR	10:00am Start the day-LR 10:30am-Videoled Exercise-LR 1:30pm Bingo - VR 2:00pm Visits w/ Jill & Gracie (Dog)-LR 3:30pm Jeopardy - LR 6:30pm Documentary - LR	10:00am Catholic Church Service - VR 10:30am Puzzle Club - 3rd 1:30pm Exercise with Emily-LR 3:30pm Card Club-Library 6:30pm Happy Hour with Addie -LR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:30pm Bingo - VR 2:30pm Active Minds Presentation - LR 6:30pm Beading With Dianne - VR	10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Resident Social-LR 2:00pm Saturday Matinee Movie - LR 3:00pm Independent Activity Hour - VR 6:30pm Documentary - LR
10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Bingo - VR 2:30pm Green Mountain Christian Church Service - LR 3:00pm Denver VS Raiders -LR 6:30pm Movie-LR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:15pm Documentary - LR 1:30pm Rosary - Library 3:30pm 6:30pm Musical Monday - Viva Las Vegas-LR	9:45am Trip to Walmart 10:30am Video Led Exercise-LR 1:30pm Exercise with Emily-LR 2:30 Steven Smith-LR 3:30pm Watch Rick Steve's-LR 6:00pm Scott Perry- Prestation on all things football-LR	Library to You 10:00am Start the day-LR 10:30am 1:30pm Bingo -VR 2:30pm Exercise with Emily -LR 3:00pm Watch Rick Steve's-LR 6:30pm Movie Night - LR	10:00am Catholic Church Service - VR 10:30am Puzzle Club - 3rd 1:30pm Exercise with Emily-LR 2:30pm Warren Floyd-LR 3:30pm Resident Ran Card Club-Library 6:30pm Baking With Addie-VR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:30pm Bingo - VR 2:30pm Joe Wiggins-LR 3:30pm 6:30pm Crafting With Dianne - VR	10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Hot cocoa/Apple Cider Social / newsletter planning-LR 2:00pm Saturday Matinee Movie - LR 3:00pm Independent Activity Hour - VR 6:30pm Documentary - LR
10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Bingo - VR 2:30pm Independent Activity Hour - VR 6:30pm Movie Night-LR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:15pm Watch: Rick Steve's Documentary - LR 1:30pm Rosary - Library 2:30pm Musical- Yankee Doodle Dandy/ Happy Hour -LR 6:30pm Movie - LR Martin Luther King Jr. Day	10:30am News and Current Events-LR 10:45am Lunch Outing to Red Lobster 1:30pm Exercise with Emily-LR 2:00pm Mark Paulson-LR 3:00pm Vitality Planning -LR 6:30pm Ice Cream Social-LR	17 10:00am Start the day-LR 10:30am Exercise with Emily-LR 1:30 Bingo - VR 2:00pm Visits w/ Jill & Gracie (Dog)-LR 2:30pm Watch Rick Steve's-LR 3:00pm Blind Taste test-Cheese-LR 6:30pm Movie Night - LR	10:00am Catholic Church Service - VR 10:30am Puzzle Club - 3rd 1:30pm Exercise with Emily-LR 2:30pm Bean bag Toss-LR 3:30pm Resident Ran Card Club-Library 6:30pm Game Night -VR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:30pm Bingo - VR 2:30pm Gio Barbadze-LR 3:30pm Name that tune-LR 6:30pm Beading With Dianne - VR	10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Resident Social -LR 2:00pm Saturday Matinee Movie - LR 3:00pm Independent Activity Hour - VR 6:30pm Documentary - LR
10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Bingo - VR 2:30pm Bear Valley Christian Church Service - LR 3:30pm Documentary-LR 6:30pm movie Night	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:15pm Watch: Rick Steve's Documentary - LR 1:30pm Rosary - Library 2:30pm Musical- Carousel/ Happy Hour- LR 6:30pm Movie- LR	10:00am Start the day-LR 10:30am News and Current Events-LR 1:30pm Exercise with Emily-LR 2:30pm Christina Shelton-LR Birthday Cake To Follow !!!! 6:30pm Trivia-LR	10:00am Start the day-LR 10:30am News and current events-LR 1:30pm Bingo - VR 2:30pm Exercise with Emily -LR 3:30pm Watch Rick Steve's-LR 6:30pm Movie Night - LR	10:00am Catholic Church Service - VR 10:30am Puzzle Club - 3rd 1:30pm Exercise with Emily-LR 2:30pm This or that - Food Edition-LR 3:30pm Resident Ran Card Club-Library 6:30pm Movie Night/Ice cream-LR	10:30am Exercise with Silver Strength - LR 1:30pm Bingo - VR 2:30pm Resident Social-LR 3:30pm Famous Quotes-LR 6:30pm Craft With Dianne - VR	10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Resident Social -LR 2:00pm Saturday Matinee Movie - LR 3:00pm Independent Activity Hour - VR 6:30pm Documentary - LR
Activity Professionals Week 10:00am Start the day-LR 10:30am Video Led Exercise - LR 1:30pm Bingo - VR 2:30pm Independent Activity Hour - VR 3:30pm - LR 6:30pm Movie - LR	10:00am Start the day-LR 10:30am Exercise with Silver Strength - LR 1:15pm Watch: Rick Steve's Documentary - LR 1:30pm Rosary - Library 2:00pm Menu Chat - LR 6:30pm Movie - LR	10:00am Start the day-LR 10:30 News and Current Events-LR 1:30pm Exercise with Emily-LR 2:30pm Larry O'Conner-LR 3:30pm Rick Steve's -LR 6:30pm Popcorn and a Movie-LR	10:00am Start the day-LR 10:30am Exercise with Emily-LR 2:00pm Visits w/ Jill & Gracie (Dog)-LR 2:30pm Scott Hackler-LR 3:30pm Trivia-LR	Montage Ridge January 2024 Assisted Living		2024