

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

Assisted Living



## MONTAGE CREEK

A GENERATIONS COMMUNITY

|   |   |   |   |  |  |   |
|---|---|---|---|--|--|---|
| <p>Grab and Go activity bags available in Activity Room<br/>11am - Independent Crafting (AR)<br/>3pm - Sunday Documentary (MR)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Word Games &amp; Coffee (FL)<br/>11am - Bridge (L)<br/><b>1pm - Shopping *Marshalls, Ross, Natural Grocers*</b><br/>2pm - Matinee Movie (MR)<br/>3pm - Creative Writing (L)<br/>4pm - Book Club: The Help (L)</p>                | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Trivia &amp; Coffee (FL)<br/>11am - Bible Study with Calvary Chapel (MR)<br/>1pm - Wii Bowling (MR)<br/><b>3pm - BINGO! (AR)</b><br/>415pm - Tai Chi (MR)<br/>615pm - Evening Movie (MR)</p>   | <p><b>930am - Grocery Shopping *Walmart*</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Chat (FL)<br/>1130am - Lunch Outing<br/>130pm - Bridge (L)<br/><b>3pm - Science 101 w/ Craig</b><br/>4pm - Spring Reminisce (L)<br/>615pm - Movie (MR)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - This Week in History &amp; Coffee (FL)<br/>11am - Cardio Drumming (AR)<br/>130pm - Wii Golf (MR)<br/><b>3pm - BINGO! (AR)</b><br/>4pm - Bible Study with Dillard (L)<br/>615pm - Evening Movie (MR)</p>   | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - News &amp; Coffee (FL)<br/>11am - Poker (L)<br/><b>1pm - *Scenic Drive with Craig*</b><br/>130pm - Yahtzee (AR)<br/><b>3pm - Happy Hour (CR)</b><br/>615pm - Evening Movie (MR)</p>   | <p>10am - Morning Stretch (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Word Games (FL)<br/>1pm - Shamrock Shakes (CR)<br/><b>3pm - BINGO! (AR)</b><br/>615pm - Evening Movie (MR)</p>    |
| <p><b>Time Change! Spring Forward!</b><br/>Grab and Go activity bags available in Activity Room<br/>11am - Independent Crafting (AR)<br/>3pm - Sunday Documentary (MR)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Word Games &amp; Coffee (FL)<br/>11am - Bridge (L)<br/><b>1245pm - *Bowling @ Rose Bowl*</b><br/>2pm - Matinee Movie (MR)<br/>4pm - Book Club: The Help (L)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Trivia &amp; Coffee (FL)<br/>11am - Bible Study with Calvary Chapel (MR)<br/>1pm - Wii Bowling (MR)<br/><b>2pm - Resident Council (AR)</b><br/><b>3pm - BINGO! (AR)</b><br/>415pm - Tai Chi (MR)<br/>615pm - Evening Movie (MR)</p>    | <p><b>930am - Grocery Shopping *Walmart*</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Chat (FL)<br/>11am - Scrabble (L)<br/>130pm - Bridge (L)<br/><b>130pm - Music with Ed (DR)</b><br/><b>2pm - Menu Chat (AR)</b><br/><b>3pm - Crafting with Jena (AR)</b><br/>615pm - Movie (MR)</p>                | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - This Week in History &amp; Coffee (FL)<br/>11am - Group Cooking: Soda Bread (CR)<br/><b>130pm - Music in the Dining Room w/ Paul (DR)</b><br/><b>3pm - BINGO! (AR)</b><br/>4pm - Bible Study with Dillard (L)<br/>615pm - Evening Movie (MR)</p>        | <p><b>St Patrick's Dress Up Day!</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/><b>1030am - Hunt for the Gold</b><br/><b>11am - St Patricks Day Lunch (DR)</b><br/><b>1pm - *Scenic Drive with Craig*</b><br/><b>3pm - St Patricks Day Happy Hour, Irish Coffee and Guinness (CR)</b><br/>615pm - Evening Movie (MR)</p> | <p>10am - Morning Stretch (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Word Games (FL)<br/>1pm - Lavender Sachet (AR)<br/><b>3pm - BINGO! (AR)</b><br/>615pm - Evening Movie (MR)</p>    |
| <p>Grab and Go activity bags available in Activity Room<br/>11am - Independent Crafting (AR)<br/>1pm - Communion with All Saints (MR)<br/>130pm - Singing in the Dining Room with Shawna (DR)<br/>3pm - Sunday Documentary (MR)</p> | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Word Games &amp; Coffee (FL)<br/>11am - Bridge (L)<br/>1pm - Tye Dye T-Shirts (AR)<br/>2pm - Matinee Movie (MR)<br/>3pm - Creative Writing (L)<br/>4pm - Book Club: Britt-Marie was Here (L)<br/><b>First Day of Spring!</b></p> | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Trivia &amp; Coffee (FL)<br/>11am - Bible Study with Calvary Chapel (MR)<br/>1pm - Wii Bowling (MR)<br/><b>3pm - BINGO! (AR)</b><br/>415pm - Tai Chi (MR)<br/>615pm - Evening Movie (MR)</p>   | <p><b>930am - Grocery Shopping *Walmart*</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Chat (FL)<br/>11am - Lunch Outing<br/>130pm - Bridge (L)<br/><b>3pm - Art Lessons with Loretta: Drawing</b><br/><b>4pm - New Resident Orientation, Key Chains &amp; Name Tags (CR)</b><br/>615pm - Movie (MR)</p> | <p><b>Move More Month: Jazzercise Dress Up Day!</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - This Week in History &amp; Coffee (FL)<br/>2pm - Jazzercise Staff &amp; Resident Relay (DR)<br/><b>3pm - BINGO! (AR)</b><br/>4pm - Bible Study with Dillard (L)<br/>615pm - Evening Movie (MR)</p> | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - News &amp; Coffee (FL)<br/>11am - Poker (L)<br/><b>1pm - *Scenic Drive with Craig*</b><br/>130pm - Monopoly (AR)<br/><b>3pm - Happy Hour (CR)</b><br/>615pm - Evening Movie (MR)</p>  | <p>10am - Morning Stretch (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Word Games (FL)<br/>1pm - Homemade Ice Cream (CR)<br/><b>3pm - BINGO! (AR)</b><br/>615pm - Evening Movie (MR)</p> |
| <p>Grab and Go activity bags available in Activity Room<br/>11am - Independent Crafting (AR)<br/>3pm - Sunday Documentary (MR)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Word Games &amp; Coffee (FL)<br/>11am - Bridge (L)<br/>1pm - Dominoes (L)<br/>2pm - Matinee Movie (MR)<br/>3pm - Karaoke (AR)<br/>4pm - Book Club: Britt-Marie was Here (L)</p>  | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Trivia &amp; Coffee (FL)<br/>11am - Bible Study with Calvary Chapel (MR)<br/>1pm - Wii Bowling (MR)<br/><b>230pm - Library Lobby Stop (L)</b><br/><b>3pm - BINGO! (AR)</b><br/>415pm - Tai Chi (MR)<br/>615pm - Evening Movie (MR)</p> | <p><b>930am - Grocery Shopping *Walmart*</b><br/>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - Coffee &amp; Chat (FL)<br/><b>11am - Garden Club Planning Meeting (AR)</b><br/>130pm - Bridge (L)<br/><b>3pm - Crafting with Jena (AR)</b><br/>4pm - Treat Cart (Cart)<br/>615pm - Movie (MR)</p>                              | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - This Week in History &amp; Coffee (FL)<br/>11am - Cardio Drumming (AR)<br/><b>130pm - Museum of the Mountain West Lecture (L)</b><br/><b>3pm - BINGO! (AR)</b><br/>4pm - Bible Study with Dillard (L)<br/>615pm - Evening Movie (MR)</p>                | <p>10am - Exercises (DR)<br/>1030am - Morning Walk (DR)<br/>1045am - News &amp; Coffee (FL)<br/>11am - Newspaper Meeting (L)<br/><b>1pm - *Scenic Drive with Craig*</b><br/>130pm - Rummikub (AR)<br/><b>3pm - Happy Hour (CR)</b><br/>615pm - Evening Movie (MR)</p>  | <p>1968 Sunrise Drive, Montrose, CO 81401<br/>#(970) 240-0600</p>   |