


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1968 Sunrise Drive, Montrose, CO 81401</p> <p>#(970) 240-0600</p> <p>LN 23S304</p>	<p>10am - Exercises (DR) 1</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Cardio Drumming (AR)</p> <p>3pm - BINGO (AR)</p> <p>415pm - Tech Help (AR)</p>	<p>10am - Exercises (DR) 2</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - This Week in History (FL)</p> <p>11am - Bible Study with Calvary Chapel (MR)</p> <p>1pm - Wii Bowling (MR)</p> <p>3pm - Creative Writing (L)</p> <p>415pm - Tai Chi (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>930am - Grocery Shopping *Walmart* 3</p> <p>10am - Exercises (DR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Newspaper Editing</p> <p>130pm - Music in the Dining Room w/ Paul (DR)</p> <p>3pm - BINGO (AR)</p> <p>4pm - Bible Study with Dillard (L)</p> <p>415pm - Breathe & Stretch (AR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 4</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - The Week's News (FL)</p> <p>1pm - *Scenic Drive with Craig*</p> <p>130pm - Game Table/ Rummikub (AR)</p> <p>3pm - Happy Hour & Cinco De Mayo Margaritas (CR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 5</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Group Cooking with Juliette</p> <p>3pm - BINGO</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 6</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Group Cooking with Juliette</p> <p>3pm - BINGO</p> <p>615pm - Evening Movie (MR)</p>	
<p>Grab and Go activity bags available in Activity Room</p> <p>11am - Independent Crafting (AR)</p> <p>3pm - Sunday Documentary (MR)</p> <p>5pm - Mennonite Youth Choir (DR)</p>	<p>10am - Exercises (DR) 8</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Wildflower Paper (AR)</p> <p>3pm - BINGO (AR)</p> <p>415pm - Book Club (L)</p>	<p>10am - Exercises (DR) 9</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - This Week in History (FL)</p> <p>11am - Bible Study with Calvary Chapel (MR)</p> <p>1pm - Wii Bowling (MR)</p> <p>2pm - Resident Council (AR)</p> <p>415pm - Tai Chi (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>930am - Grocery Shopping *Walmart* 10</p> <p>10am - Exercises (DR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Trivia (FL)</p> <p>12pm - Garden Shopping</p> <p>1pm - Bridge (L)</p> <p>2pm - Matinee Movie(MR)</p> <p>3pm - Mind Your Mental Health (AR)</p> <p>430pm - Tea in the Courtyard (CY)</p>	<p>10am - Exercises (DR) 11</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games & Riddles (FL)</p> <p>1pm - Beginner Wii Bowling (MR)</p> <p>3pm - BINGO (AR)</p> <p>4pm - Bible Study with Dillard (L)</p> <p>415pm - Meditation (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 12</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - The Week's News (FL)</p> <p>1pm - *Scenic Drive with Craig*</p> <p>130pm - Game Table/ Uno (AR)</p> <p>3pm - Happy Hour (CR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 13</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - DIY</p> <p>3pm - BINGO</p> <p>615pm - Evening Movie (MR)</p>	
<p>10am - Mothers Day Brunch (DR) 14</p> <p>Grab and Go activity bags available in Activity Room</p> <p>11am - Independent Crafting (AR)</p> <p>3pm - Sunday Documentary (MR)</p>	<p>945am - Tai Chi @ the Pavillion 15</p> <p>10am - Exercise Video in the Activity Room (AR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Cardio Drumming (AR)</p> <p>3pm - BINGO with Dede (AR)</p> <p>415pm - Book Club (L)</p>	<p>10am - Exercises (DR) 16</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - This Week in History (FL)</p> <p>11am - Bible Study with Calvary Chapel (MR)</p> <p>1pm - Wii Bowling (MR)</p> <p>3pm - Creative Writing (L)</p> <p>415pm - Tai Chi (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>930am - Grocery Shopping *Walmart* 17</p> <p>10am - Exercises (DR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Trivia (FL)</p> <p>1pm - Bridge (L)</p> <p>2pm - Matinee Movie (MR)</p> <p>2pm - Menu Chat (AR)</p> <p>3pm - Art Lessons with Loretta (L)</p> <p>430pm - Tea in the Courtyard (CY)</p>	<p>10am - Exercises (DR) 18</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games & Riddles (FL)</p> <p>130pm - Music in the Dining Room w/ Paul (DR)</p> <p>3pm - BINGO (AR)</p> <p>4pm - Bible Study with Dillard (L)</p> <p>415pm - Breath & Stretch (AR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 19</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - The Week's News (FL)</p> <p>1pm - *Scenic Drive with Craig*</p> <p>130pm - Game Table/ Dominoes (AR)</p> <p>3pm - Happy Hour (CR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 20</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - Group Cooking with Juliette</p> <p>3pm - BINGO</p> <p>615pm - Evening Movie (MR)</p>	
<p>Grab and Go activity bags available in Activity Room</p> <p>11am - Independent Crafting (AR)</p> <p>3pm - Sunday Documentary (MR)</p>	<p>10am - Exercises (DR) 22</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1130am - Lunch Outing</p> <p>130pm - Treat Cart</p> <p>3pm - BINGO with Dede (AR)</p> <p>415pm - Book Club (L)</p>	<p>10am - Exercises (DR) 23</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - This Week in History (FL)</p> <p>11am - Bible Study with Calvary Chapel (MR)</p> <p>1pm - Wii Bowling (MR)</p> <p>3pm - New Resident Orientation and Social Hour (CR)</p> <p>415pm - Tai Chi (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>930am - Grocery Shopping *Walmart* 24</p> <p>10am - Exercises (DR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Trivia (FL)</p> <p>1pm - Bridge (L)</p> <p>2pm - Matinee Movie (MR)</p> <p>3pm - Garden Club (CY)</p> <p>430pm - Tea in the Courtyard (CY)</p>	<p>10am - Exercises (DR) 25</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games & Riddles (FL)</p> <p>1230pm - Activity Committee (AR)</p> <p>2pm - Live Music in the Dining Room</p> <p>3pm - BINGO (AR)</p> <p>4pm - Bible Study with Dillard (L)</p> <p>415pm - Meditation (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 26</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - The Week's News (FL)</p> <p>1pm - *Scenic Drive with Craig*</p> <p>130pm - Game Table/ Poker (AR)</p> <p>3pm - Happy Hour & May Birthday Celebration (CR)</p> <p>615pm - Evening Movie (MR)</p>	<p>10am - Exercises (DR) 27</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Word Games (FL)</p> <p>1pm - DIY with Juliette</p> <p>3pm - BINGO</p> <p>615pm - Evening Movie (MR)</p>	
<p>Grab and Go activity bags available in Activity Room</p> <p>11am - Independent Crafting (AR)</p> <p>3pm - Sunday Documentary (MR)</p>	<p>10am - Exercises (DR) 29</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Memorial Day BBQ</p> <p>3pm - BINGO with Dede (AR)</p> <p>415pm - Book Club (L)</p>	<p>10am - Exercises (DR) 30</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - This Week in History (FL)</p> <p>11am - Bible Study with Calvary Chapel (MR)</p> <p>1pm - Wii Bowling (MR)</p> <p>3pm - Corn Hole (CY)</p> <p>415pm - Tai Chi (MR)</p> <p>615pm - Evening Movie (MR)</p>	<p>930am - Grocery Shopping *Walmart* 31</p> <p>10am - Exercises (DR)</p> <p>1030am - Morning Walk (DR)</p> <p>1045am - Coffee in the Front Lobby (FL)</p> <p>11am - Trivia (FL)</p> <p>1pm - Bridge (L)</p> <p>2pm - Matinee Movie (MR)</p> <p>3pm - Montage Creek Scrapbook (L)</p> <p>430pm - Tea in the Courtyard (CY)</p>	<p>May 2023</p> <p>Assisted Living</p>  <p>MONTAGE CREEK</p> <p>A GENERATIONS COMMUNITY</p>			