


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MONTAGE RIDGE A GENERATIONS COMMUNITY Memory Care January 2024	10:00am Start the Day 10:30am Exercise 11:15am Hand Care 1:15pm Hopes for the New Year 1:45pm Lacing 2:30pm Dianne's Choice Activity 3:00pm Happy Hour 3:45pm 2023 in Review 5:30pm Resident Choice TV Program	10:00am Start the Day 10:30am Resident Choice Activity 11:15am Makes Me Happy 1:15pm Name that Tune 2:30pm Exercise with Emily - AL LR 3:15pm Afternoon Sing-a-Long 3:45pm Virtual Tour - Resident Choice 5:30pm Evening Chats	10:00am Start the Day 10:30am Morning Stretches with Mena 11:15am Morning Affirmations 1:15pm Dream Job Chat 1:45pm What's Your Favorite...? 2:30pm Visits w/ Jill & Gracie (Dog) 3:00pm Hot Cocoa Social 3:45pm New Years Resolutions 5:30pm Movie Night	10:00am Catholic Church Service - AL VR 10:30am Start the Day 11:15am Doodles 1:15pm Tell Me Something Good 1:30pm Exercise with Emily - AL LR 2:15pm Sensory Hour 3:00pm This or That? 3:30pm Hydration Station 5:30pm Matching & Social Hour	10:00am Start the Day 10:30am Exercise with Silver Strength - AL LR 1:30pm Tea Time 2:15pm Documentary 2:30pm Active Minds Presentation - AL LR 3:45pm Hand Care 5:30pm Sorting & Social Hour	10:00am Current Events 10:45am Start the Day 11:15am Exercise 1:15pm Saturday Matinee 2:15pm Social Hour 3:30pm Saturday Sing-A-Long 5:30pm Evening Documentary
	10:00am Start the Day 10:30am Coffee Social 11:15am Reminisce: News Events 1:15pm Concert Series 1:45pm Noodle Ball 2:30pm Green Mountain Christian Church Service - AL LR 3:30pm Trivia 5:30pm Movie Night TBD Denver Broncos VS Las Vegas Raiders	10:00am Start the Day 10:30am Bread Baking 11:15am Makes Me Sad 1:15pm Random Fact of the Day 1:30pm Exercise with Emily - AL LR 2:30 Music with Steven Smith - AL LR 3:45pm Finish the Phrase 5:30pm Evening Chats	10:00am Start the Day 10:30am Morning Stretches with Mena 11:15am Morning Affirmations 1:15pm Name the Colors of the Rainbow 1:45pm 1:1 Visits with Mena 2:30pm Reminisce: Work Life 3:00pm Darts 3:45pm What's Your Favorite...? 5:30pm Movie Night	10:00am Catholic Church Service - AL VR 10:30am Start the Day 11:15am Coloring & Music 1:15pm Tell Me Something Good 1:30pm Exercise with Emily - AL LR 2:30pm Music with Warren Floyd - AL LR 3:45pm Hydration Station 5:30pm Matching & Social Hour	10:00am Start the Day 10:30am Exercise with Silver Strength - AL LR 1:30pm Tea Time 2:30pm Presentation with Joe Wiggins - AL LR 3:45pm Hand Care 5:30pm Sorting & Social Hour	10:00am Current Events 10:45am Start the Day 11:15am Exercise 1:15pm Saturday Matinee 2:15pm Social Hour 3:30pm Saturday Sing-A-Long 5:30pm Evening Documentary
	10:00am Start the Day 10:30am Coffee Social 11:15am Concert Series 1:15pm Balloon Float 1:45pm Bingo 2:30pm Reminisce: Sunday Best 3:00pm Wheel of Fortune 3:45pm Coupon Clipping 5:30pm Movie Night	10:00am Start the Day 10:30am Exercise with Silver Strength - AL LR 11:15am Hand Care 1:15pm Current Events 1:30pm Rosary - AL Library 1:45pm Painting 2:30pm Recipe Reminisce 3:00pm Happy Hour 3:45pm Today in History 5:30pm Resident Choice TV Program	10:00am Start the Day 10:30am Free Crafting 11:15am Makes Me Excited 1:15pm Brain Teaser 1:30pm Exercise with Emily - AL LR 2:00pm Mark Paulson - Vocals/Piano - AL LR 3:15pm Magazine Scavenger Hunt 3:45pm Dianne's Choice Activity 5:30pm Evening Chats	10:00am Start the Day 10:30am Morning Stretches with Mena 11:15am Morning Affirmations 1:15pm Reminisce: Pros of the Job 1:45pm Math Problems 2:30pm Visits w/ Jill & Gracie (Dog) 3:00pm 1:1 Visits with Mena 3:45pm What's Your Favorite...? 5:30pm Movie Night	10:00am Catholic Church Service - AL VR 10:30am Start the Day 11:15am Winter Coloring 1:15pm Tell Me Something Good 1:30pm Exercise with Emily - AL LR 2:15pm Sensory Hour 3:00pm This or That? 3:30pm Hydration Station 5:30pm Matching & Social Hour	10:00am Current Events 10:45am Start the Day 11:15am Exercise 1:15pm Saturday Matinee 2:15pm Social Hour 3:30pm Saturday Sing-A-Long 5:30pm Evening Documentary
	10:00am Start the Day 10:30am Coffee Social 11:15am Dough Rolling 1:15pm Concert Series 1:45pm Noodle Ball 2:30pm Bear Valley Christian Church Service - AL LR 3:30pm Trivia 5:30pm Movie Night	10:00am Start the Day 10:30am Exercise with Silver Strength - AL LR 11:15am Hand Care 1:15pm Current Events 1:30pm Rosary - AL Library 1:45pm Beading 2:30pm Watch: Lawrence Welk 3:00pm Happy Hour 3:45pm Today in History 5:30pm Resident Choice TV Program	10:00am Start the Day 10:30am Bread Baking 11:15am Makes Me Mad 1:15pm Random Fact of the Day 1:30pm Exercise with Emily - AL LR 2:30pm Music with Christina Shelton - AL LR Birthday Cake To Follow !!!! 5:30pm Evening Chats	10:00am Start the Day 10:30am Morning Stretches with Mena 11:15am Morning Affirmations 1:15pm Reminisce: Work Woes 1:45pm Bowling 2:30pm Hydration Station 3:00pm Name the State 3:45pm What's Your Favorite...? 5:30pm Movie Night	10:00am Catholic Church Service - AL VR 10:30am Start the Day 11:15am Doodles 1:15pm Tell Me Something Good 1:30pm Exercise with Emily - AL LR 2:15pm Sensory Hour 3:00pm No Bake Snack Making 3:30pm Hydration Station 5:30pm Matching & Social Hour	10:00am Current Events 10:45am Start the Day 11:15am Exercise 1:15pm Saturday Matinee 2:15pm Social Hour 3:30pm Saturday Sing-A-Long 5:30pm Evening Documentary
	10:00am Start the Day 10:30am Coffee Social 11:15am Worship Hour Sing-A-Long 1:15pm Concert Series 1:45pm Balloon Float 2:30pm Travel Video: Dianne's Choice 3:00pm Wheel of Fortune 3:45pm What I'm Good At 5:30pm Movie Night	10:00am Start the Day 10:30am Exercise with Silver Strength - AL LR 11:15am Hand Care 1:15pm Current Events 1:30pm Rosary - AL Library 1:45pm Crafting with Dianne 2:30pm Watch: Concert Series 3:00pm Happy Hour 3:45pm Today in History 5:30pm Resident Choice TV Program	10:00am Start the Day 10:30am Dough Rolling 11:15am Memories & Music 1:15pm Brain Teaser 1:30pm Exercise with Emily - AL LR 2:30pm Music with Larry O'Conner - AL LR 3:45pm Vitality Chat for February 5:30pm Evening Chats	10:00am Start the Day 10:30am Morning Stretches with Mena 11:15am Morning Affirmations 1:15pm Name the Season 1:45pm Reminisce: Years of Experience 2:30pm Visits w/ Jill & Gracie (Dog) 2:30pm Music with Scott Hackler - AL LR 3:45pm What's Your Favorite...? 5:30pm Movie Night	<u>Vitality Program Key</u> AL VR - 1st Floor Assisted Living - Vitality Room AL Library - 1st Floor Assisted Living - Library AL LV - 1st Floor Assisted Living - Living Room Entertainment/Classes Special Events Religious Denver Broncos Football Games	

