


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10-11am - 1-on-1/ Room Visits <b>1</b> 11am - Chair Aerobics (AR) 11am - Broncos vs. Chiefs (MR) 1pm - Bible Study and Hymns (AR) 3pm - Sunday Documentary (MR)  <b>Happy New Year!</b>	10am - Exercises (AR) <b>2</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 130pm - Bridge (L) 3pm - Creative Writing (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>3</b> 1030am - Morning Walk (AR) 1045am - Coffee & Trivia (FL) 11am - Bible Study with Calvary Chapel (MR) 1pm - Wii Bowling (MR) <b>3pm - BINGO (AR)</b> 415pm - Tai Chi (MR) 615pm - Evening Movie (MR)	<b>930am - Grocery Shopping 4</b> 10am - Exercises (AR) 1030am - Morning Walk (AR) 1045am - Coffee & Chat (FL) <b>1pm - Monthly Culture Topic: Wellbeing Checkup, Activity Tracker (AR)</b> <b>130pm - Music with Ed (DR)</b> 3pm - Matinee Movie (MR) 3pm - Book Club (L) 1pm - Resident Led Activity: After Dinner Card Games (L)	10am - Exercises (AR) <b>5</b> 1030am - Morning Walk (AR) 1045am - Coffee & This Week in History (FL) 11am - Newspaper Meeting (L) <b>130pm - Paul Music in the Dining Room (DR)</b> <b>3pm - BINGO (AR)</b> 4pm - Bible Study with Dillard (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>6</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 1pm - Scenic Drive with Craig 1230pm - Resident Led Activity: Card Games (L) <b>3pm - Happy Hour (CR)</b> 615pm - Evening Movie (MR)	10am - Morning Stretch (AR) <b>7</b> 1030am - Morning Walk (AR) 1045am - Coffee & Word Games (FL) 1pm - Cooking: Muddy Buddies (CR) <b>3pm - BINGO (AR)</b> 615pm - Evening Movie (MR)		
10am - 1-on-1/ Room Visits <b>8</b> 11am - Chair Zumba (AR) 1pm - Bible Study and Hymns (AR) 3pm - Sunday Documentary (MR) Broncos Game (TBD)	10am - Exercises (AR) <b>9</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 130pm - Bridge (L) 3pm - Scrabble (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>10</b> 1030am - Morning Walk (AR) 1045am - Coffee & Trivia (FL) 11am - Bible Study with Calvary Chapel (MR) 1pm - Wii Bowling (MR) <b>2pm - Resident Council (AR)</b> <b>3pm - BINGO (AR)</b> 415pm - Tai Chi (MR) 615pm - Evening Movie (MR)	<b>930am - Grocery Shopping 11</b> 10am - Exercises (AR) 1030am - Morning Walk (AR) 1045am - Coffee & Chat (AR) <b>1130am - Lunch Outing</b> 3pm - Matinee Movie (MR) 3pm - Book Club (L) 6pm - Resident Led Activity: After Dinner Card Games (L)	10am - Exercises (AR) <b>12</b> 1030am - Morning Walk (AR) 1045am - Coffee & This Week in History (FL) 11-1130am - Beginner Wii Sports (MR) 1pm - DIY Canvas Shopping Bags (AR) <b>3pm - BINGO (AR)</b> 4pm - Bible Study with Dillard (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>13</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 1230pm - Resident Led Activity: Card Games (L) 1pm - Cardio Drumming (AR) 1pm - Scenic Drive with Craig <b>3pm - Happy Hour (CR)</b> 615pm - Evening Movie (MR)	10am - Morning Stretch (AR) <b>14</b> 1030am - Morning Walk (AR) 1045am - Coffee & Word Games (FL) 1pm - Crafting: Homemade Soap (CR) <b>3pm - BINGO (AR)</b> 615pm - Evening Movie (MR)		
10am - 1-on-1/ Room Visits <b>15</b> 11am - Chair Aerobics (AR) 1pm - Communion (MR) 3pm - Sunday Documentary (MR)	10am - Exercises (AR) <b>16</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 130pm - Bridge (L) <b>130pm - George Webber Music in the Dining Room (DR)</b> 3pm - Creative Writing (L) 615pm - Evening Movie (MR)  <b>MLK Day!</b>	10am - Exercises (AR) <b>17</b> 1030am - Morning Walk (AR) 1045am - Coffee & Trivia (FL) 11am - Bible Study with Calvary Chapel (MR) 1pm - Wii Bowling (MR) <b>3pm - BINGO (AR)</b> 415pm - Tai Chi (MR) 615pm - Evening Movie (MR)	<b>930am - Grocery Shopping 18</b> 10am - Exercises (AR) 1030am - Morning Walk (AR) 1045am - Coffee & Chat (FL) <b>130pm - Music with Ed (DR)</b> <b>2pm - Menu Chat (AR)</b> 3pm - Matinee Movie (MR) 3pm - Book Club (L) 6pm - Resident Led Activity: Card Games (L)	10am - Exercises (AR) <b>19</b> 1030am - Morning Walk (AR) 1045am - Coffee & This Week in History (FL) <b>130pm - Paul Music in the Dining Room (DR)</b> <b>3pm - BINGO (AR)</b> 4pm - Bible Study with Dillard (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>20</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (AR) <b>11am - Lunar New Year Family Meal (DR)</b> 1pm - Scenic Drive with Craig 1pm - Resident Led Activity: Card Games (L) <b>3pm - Happy Hour (CR)</b> 615pm - Evening Movie (MR)	10am - Morning Stretch (AR) <b>21</b> 1030am - Morning Walk (AR) 1045am - Coffee & Word Games (FL) 1pm - Cooking: Cookies (CR) <b>3pm - BINGO (AR)</b> 615pm - Evening Movie (MR)		
10am - 1-on-1/ Room Visits <b>22</b> 11am - Chair Zumba (AR) 1pm - Bible Study and Hymns (AR) 3pm - Sunday Documentary (MR)  <b>Lunar New Year!</b>	10am - Exercises (AR) <b>23</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) <b>11am - Lunch Outing</b> 130pm - Bridge (L) 3pm - Cardio Drumming (AR) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>24</b> 1030am - Morning Walk (AR) 1045am - Coffee & Trivia (FL) 11am - Bible Study with Calvary Chapel (MR) 1pm - Wii Bowling (MR) 230pm - Library Lobby Stop (L) <b>3pm - BINGO (AR)</b> 415pm - Tai Chi (MR) 615pm - Evening Movie (MR)	<b>930am - Grocery Shopping 25</b> 10am - Exercises (AR) 1030am - Morning Walk (FL) 1045am - Coffee & Chat (FL) 2pm - Science 101 w/ Craig (L) 3pm - Matinee Movie (MR) 3pm - Book Club (L) 6pm - Resident Led Activity: Card Games (L)	10am - Exercises (AR) <b>26</b> 1030am - Morning Walk (AR) 1045am - Coffee & This Week in History (FL) 11-1130am - Beginner Wii Sports (MR) 1pm - Hall Bowling (AR) <b>3pm - BINGO (AR)</b> 4pm - Bible Study with Dillard (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>27</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 1230pm - Resident Led Activity: Card Games (L) 1pm - Scenic Drive with Craig <b>3pm - Happy Hour (CR)</b> 615pm - Evening Movie (MR)	10am - Morning Stretch (AR) <b>28</b> 1030am - Morning Walk (AR) 1045am - Coffee & Word Games (FL) 1pm - Crafting: Homemade Paper (CR) <b>3pm - BINGO (AR)</b> 615pm - Evening Movie (MR)		
10am - 1-on-1/ Room Visits <b>29</b> 11am - Chair Aerobics (AR) 1pm - Bible Study and Hymns (AR) 3pm - Sunday Documentary (MR)	10am - Exercises (AR) <b>30</b> 1030am - Morning Walk (AR) 1045am - Coffee & News (FL) 130pm - Bridge (L) <b>130pm - George Webber Music in the Dining Room (DR)</b> 3pm - Newspaper Meeting (L) 615pm - Evening Movie (MR)	10am - Exercises (AR) <b>31</b> 1030am - Morning Walk (AR) 1045am - Coffee & Trivia (FL) 11am - Bible Study with Calvary Chapel (MR) 1pm - Wii Bowling (MR) <b>3pm - BINGO (AR)</b> 415pm - Tai Chi (MR) 615pm - Evening Movie (MR)	<h1>January 2023</h1> <p>Assisted Living</p> <p>1968 Sunrise Drive, Montrose, CO 81401            #(970) 240-0600</p> <p>All activities are subject to change</p>				 <p><b>MONTAGE CREEK</b>            A GENERATIONS COMMUNITY</p>	