

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2020 Montage Creek Assisted Living		9:30 Bible Study with Terry & Karen Ch. 60 10:00 Walking Group CY 3:00 Bingo AR 4:15 Evening Stretch DR	10:00 Morning Walk CY 2:30 Paul Chamberlain Music 4:00 Sip and Shine DR 6:30 Word Games FL	10:00 Lower Body Exercise DR 10:30 Walking Group CY 3:00 Bingo AR 4:00 Vets Coffee Talk CCR	10:00 Upper Body Exercise DR 10:30 Walking Group CY 2:00 Happy Hour C (Blackberry whisky Lemonade) 6:30 Fireside Chat with Rae FL	10:00 Chair Yoga AR 1:30 Self Care Saturday AR (Carmel apple lip balm) 3:00 The Mountains of Colorado AR
10:00 Pastries and Paper RCP 6 1:30 Worship Ch 60 3:00 Movie Matinee & Popcorn (The Irishman) Ch 60	10:00 Cardio Exercise DR 7 10:30 Walking Group CY 2:00 Arts/Crafts AR (Apple Stress Ball) 3:00 Specialty Drink Day C (Apple Cups) 6:30 What Year? FL	9:30 Bible Study with Terry & Karen Ch. 60 10:00 Walking Group CY 1:30 Resident Council DR 3:00 Bingo AR 4:15 Evening Stretch DR	10:00 Morning Walk CY 9 2:00 Menu Chat with Melissa/Liz AR 3:00 Painting AR (Singing in the Rain) 4:00 Evening Exercise DR 6:30 Word Games FL	10:00 Lower Body Exercise DR 10 10:30 Walking Group CY 2:00 Billiards 3:00 Bingo AR	10:00 Upper Body Exercise DR 11 10:30 Walking Group CY 2:00 Happy Hour C (Honey Crisp Apple Sangria) 3:00 Support Group L (What is Agism) 6:30 Crosswords FL	10:00 Chair Yoga AR 12 2:00 Tea Time on the Patio CY 3:00- Garden Club CY
10:00 Pastries and Paper RCP 13 1:30 Worship Ch 60 3:00 Movie Matinee & Popcorn (The Mule) Ch 60	10:00 Cardio Exercise DR 14 10:30 Walking Group CY 2:00 Pottery Time DR 3:00 Specialty Drink Day C (Root Beer Floats) 6:30 Current Events FL	9:30 Bible Study with Terry & Karen Ch. 60 10:00 Walking Group CY 1:00 Tech Time with Dede 3:00 Bingo AR 4:15 Evening Stretch DR	10:00 Morning Walk CY 16 2:30 Harps and Hammers 4:00 Evening Exercise DR 6:30 Word Games FL	9:30 Vets Coffee Talk CCR 17 10:00 Lower Body Exercise DR 10:30 Walking Group CY 2:00 Flex your Brain 3:00 Bingo AR	10:00 Upper Body Exercise DR 18 10:30 Walking Group CY 2:00-4:00 End of Summer BBQ 6:30 Fireside chat with Rae FL	10:00 Chair Yoga AR 19 1:30 Self Care Saturday AR (Rose Water) 3:00 How's it Made AR
10:00 Pastries and Paper RCP 20 1:30 Worship Ch 60 3:00 Movie Matinee & Popcorn (The Age Of Adaline) Ch 60	10:00 Cardio Exercise DR 21 2:00 Arts/Crafts AR 3:00 Specialty Drink Day C (Apple Pomegranate Spritzers) 6:30- What Year? FL	9:30 Bible Study with Terry & Karen Ch. 60 10:00 Walking Group CY 1:30 Ice Cream Cones C 3:00 Bingo AR 4:15 Evening Stretch DR	10:00 Morning Walk -CY 23 2:00 Farmers Market DR 3:00 Painting -AR 4:00 Evening Exercise-DR 6:30 Word Games -FL	10:00 Lower Body Exercise DR 24 10:30 Walking Group CY 2:00 Bridge AR 2:30 Mini Horses 3:30 Bingo AR	10:00 Upper Body Exercise DR 25 10:30 Walking Group CY 2:00 Happy Hour C (Very cherries) 6:30 Our Community FL (How can we help?)	10:00 Chair Yoga AR 26 2:00 Tea Time on the Patio CY 3:00 Animal Adventures AR (Bears)
10:00 Pastries and Paper RCP 27 1:30 Worship Ch 60 3:00 Movie Matinee & Popcorn (The Hero) Ch 60	10:00 Cardio Exercise DR 28 1:00 Good Neighbor (Making Welcome Baskets) 3:00 Specialty Drink Day C (Purple Cow) 6:30 Trivia FL	9:30 Bible Study with Terry & Karen -Ch. 60 10:00 Walking Group CY 2:00 Health Talk AR 3:00 Bingo AR 4:15 Evening Stretch DR	10:00 Morning Walk -CY 30 2:00 Birthday Celebration/ Dance Party DR 4:00 Evening Stretch DR 6:30 Word Games FL	LOCATION KEY FL -Front Lobby P -Patio CCR -Coca Cola Room DR -Dining Room CY -Courtyard C -Cart AR -Activities Room L -Library Ch. 60 -Channel 60		
ALL Activities are subject to change w/ posting or per resident preference/interest. 1:1 available per need, outside walks weather permitting. Please make a note of time changes to regularly scheduled activities.						

