Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novemb	er 2024	ME	MO	Care o	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Favorite Tune 1pm Coloring group 2pm Music By Beth 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Sing along 1pm Drum circle with Shawn 2pm Bowling with Shawn 2:30 Snack Time 3pm Favorite Musical 4pm Relax music
9:30 am Morning Stretching 10am Hymns singing 11am Church Service 1pm Sing Along 2pm Bowling with Shawn 2:30 Snack Time 3pm Favorite Musical 4pm Relax music	9:30 am Morning Stretching 10am Coffee and Reminisces 11am Active games 1pm Funny animals videos 1:30pm Music by George and lynn(DR) 2:30pm Pretty Nails 2:30 Snack Time 3pm Movie Time 4pm Relax music	9:30 am Morning Stretching 10am Trivia 11am Chair Dance Fitness 1pm Baking with Tonja 2pmActive Game 2:30 Snack Time 3pm Movie Time 4pm Relax music	9:30 am Morning Stretching 10am Word Search 11am lucy Show 1pm Coloring group 2:30pm Music by Barb 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Memory Magic 11am Chair Dance 1:30pm Funny animals video 1:30pm Music by Paul 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Favorite Tune 1pm Coloring group 2pm Corn hole 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Sing along 1pm Drum circle with Shawn 2pm Bowling with Shawn 2:30 Snack Time 3pm Johnny Cash concert 4pm Relax music
9:30 am Morning Stretching 10am Hymns singing 11am Church Service 1pm Sing Along	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Active Games 1pm Patriotic music Hour 1:30pm Pretty Nails 2:30 Snack Time 3pm Movie Time 4pm Relax music Veterans Day!	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Chair Dance Fitness 1pm Baking with Tonja 2pm Music by Reymond 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Word Search 11am Golden Oldies Videos 1pm Coloring group 2:pm Bingo 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Memory Magic 11am Chair Dance 1pm Coloring group 2pm Bingo 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Favorite Tune 1pm Coloring group 2pm Corn Hole 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Sing along 1pm Drum circle with Shawn 2pm Bowling with Shawn 2:30 Snack Time 3pm George Strait concert 4pm Relax music
•	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Active Games 1pm Funny animals videos 1:30pm Pretty Nails 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Chair Dance Fitness 1pm Baking with Tonja 2pmActive Game 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Word Search 11am Big Joe Show 1pm Coloring group 2:30pm Music by Barb 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Memory Magic 11am Chair Dance 1pm Coloring group 1:30 pm Music by Paul 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Thanksgiving Stories Family Thanksgiving Lunch 2pm Social and Family time 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Sing along 1pm Drum circle with Shawn 2pm Bowling with Shawn 2:30 Snack Time 3pm Favorite Musical 4pm Relax music
9am The perk 9:30 am Morning Stretching 10am Hymns singing 11am Church Service 1pm Sing Along 2pm Bowling with Shawn 2:30 Snack Time 3pm Favorite Musical 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Active Games 1pm Funny animals videos 1:30pm Pretty Nails 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Chair Dance Fitness 1pm Baking with Tonja 2pm Music by Reymond 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Word Search 11am Country Concert 1pm Coloring group 2:pm Bingo 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Memory Magic 11am Chair dance 1pm Thanksgiving Movie 2pm Bingo with Families 2:30 Snack Time 3pm Movie Time 4pm Relax music Happy Thanksgiving	9am The perk 9:30 am Morning Stretching 10am Coffee and Reminisces 11am Favorite Tune 1pm Coloring group 2pm Birthday Party 2:30 Snack Time 3pm Movie Time 4pm Relax music	9am The perk 9:30 am Morning Stretching 10am Trivia 11am Sing along 1pm Drum circle with Shawn 2pm Bowling with Shawn 2:30 Snack Time 3pm Bing Crosby concert 4pm Relax music CREEK

1896 Sunrise Dr. Montrose, Co 81401 Licence #23S304 All events are subject to change