



# DECEMBER 2024

MONARCH HOUSE



**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

<p>9:30 Morning stretches 10:30 Daily Chronicle 10:45 YT Spiritual Eldercare 1:00 YT Musical Concert 3:00 Puzzles <b>3:45 Monarch Decoration</b> 4:00 Walking Group</p> <p><b>1</b></p>	<p>9:30 Morning stretches <b>10:00 Carolers here</b> 1:00 Arts &amp; Crafts 3:00 Eco-Insights 4:45 Dinner</p> <p><b>2</b></p>	<p>9:30 Morning Stretches 10:00 Baking Class <b>10:30 Gym Exercises (Gym)</b> <b>12:00 Lunch (DR)</b> <b>11:00 Catholic Communion (TH)</b> 1:30 Sensory Outings Company 3:30 Coffee Shop Social</p> <p><b>3</b></p>	<p>9:30 Morning Stretches 10:00 Daily Chronicle 10:15 Active Games <b>11:00 Catholic Communion (TH)</b> 1:00 Manicures <b>3:30 Monarch Musical Hour</b></p> <p><b>4</b></p>	<p><b>9:30 Gym Exercises (Gym)</b> <b>10:30 Curious Dragonfly</b> 10:15: Jewelry Making Class 11:15 Radio Drama 1:00 Natgeo Mini Docuseries 2:00 Short Stories Club 3:00 Walking Group <b>4:00 Happy Hour (BIS)</b></p> <p><b>5</b></p>	<p>9:30 Morning Stretches 10:00 Daily Chronicle &amp; Snacks 11:00 History of St. Nicholas <b>1:00 Music Therapy with Kiemal</b> 2:30 YT Finish the Phrase <b>4:00 Shabbat Services (TH)</b></p> <p><b>6</b></p>	<p>9:30 Morning Stretches 10:00 Daily Chronicle &amp; Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Documentary Watch</p> <p><b>7</b></p>
<p>9:30 Morning stretches 10:00 Active Games 10:30 Daily Chronicle &amp; Snacks 10:45 YT Spiritual Eldercare 1:00 YT Travelogues 1:00 Beauty Bar 4:00 Walking Group</p> <p><b>8</b></p>	<p>9:30 Morning stretches 10:00 Daily Chronicle &amp; Snacks 10:15 Tovertafel 1:00 Arts &amp; Crafts 1:30 Let's Give Back <b>3:00 Monthly Birthday Cele. (BIS)</b> 4:00 Eco-Insights 4:30 YT Concert Performances</p> <p><b>9</b></p>	<p>9:30 Morning Stretches 10:00 Baking Class <b>10:30 Gym Exercises (Gym)</b> <b>12:00 Lunch (DR)</b> <b>11:00 Catholic Communion (TH)</b> 1:30 Sensory Outings Company 3:30 Coffee Shop Social</p> <p><b>10</b></p>	<p><b>9:30 Debbie's Dance Class</b> <b>10:30 Nature's Narrative Garden</b> 12:30 Birthday Celebrations 1:00 Lifeloop Comedy Videos <b>3:30 Monarch's Musical Hour</b></p> <p><b>11</b></p>	<p><b>9:30 Gym Exercises (Gym)</b> 10:00 Daily Chronicle &amp; Snacks <b>Purple Art Here 😊</b> 11:30 Let's Give Back 1:00 Jewelry Making 2:00 Monthly Trivia 2:30 Relaxation Hou 3:00 Walking Group <b>4:00 Happy Hour (BIS)</b></p> <p><b>12</b></p>	<p>9:30 Morning Exercises 10:00 Daily Chronicle &amp; Snacks 10:30 Lifeloop Games <b>11:00 Health &amp; Wellness Lecture (TH)</b> 11:15 YT Roulette 1:00 Tovertafel Games 2:30 YT Finish the Phrase <b>4:00 Shabbat Services (TH)</b></p> <p><b>13</b></p>	<p>9:30 Morning Stretches 0:00 Daily Chronicle &amp; Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Documentary Watch</p> <p><b>14</b></p>
<p>9:30 Morning stretches 10:00 Active Games 10:30 Daily Chronicle &amp; Snacks 10:45 YT Spiritual Eldercare 1:00 YT Travelogues 1:00 Beauty Bar 4:00 Walking Group</p> <p><b>15</b></p>	<p>9:30 Morning stretches 10:00 Daily Chronicle &amp; Snacks 10:15 Tovertafel 1:00 Arts &amp; Crafts 1:30 Let's Give Back 4:30 YT Concert Performances</p> <p><b>16</b></p>	<p>9:30 Morning Stretches 10:00 Baking Class <b>10:30 Gym Exercises (Gym)</b> <b>11:00 Catholic Communion (TH)</b> <b>12:00 Lunch (DR)</b> 1:30 Bingo <b>3:00 Premier Fitness With Brian</b> 3:30 Coffee Shop Social</p> <p><b>17</b></p>	<p>9:30 Morning Stretches 10:00 Daily Chronicle &amp; Snacks 10:15 Active Games 11:00 Resident's Choice Trivia 1:00 YT Travelogue w/ Rick Steve 1:00 Manicures <b>3:30 Monarch's Musical Hour</b></p> <p><b>18</b></p>	<p><b>9:30 Gym Exercises (Gym)</b> <b>10:30 Curious Dragonfly</b> 10:30 Jewerly Class 1:00 NatGeo Mini Docuseries 2:00 Short Stories Club 3:00 Walking Group <b>4:00 Happy Hour (BIS)</b></p> <p><b>19</b></p>	<p>9:30 Morning Exercises 10:00 Daily Chronicle &amp; Snacks 10:30 Lifeloop Games <b>1:00 Music Therapy with Kiemal</b> 2:00 Staff/Resident Holiday Party <b>4:00 Shabbat Services (TH)</b></p> <p><b>20</b></p>	<p>10:00 Daily Chronicle &amp; Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Documentary Watch</p> <p><b>21</b></p>
<p>9:30 Morning stretches 10:30 Daily Chronicle &amp; Snacks 10:45 YT Spiritual Eldercare 1:30 Canvas Painting with Polly 2:45 Manicures 2:45 Building Blocks 4:00 Walking Group</p> <p><b>22</b></p>	<p>9:30 Morning stretches 10:00 Daily Chronicle &amp; Snacks 10:15 Let's Give Back 1:00 Arts &amp; Crafts 3:00 Eco Insights 4:00 YT Concert Performances</p> <p><b>23</b></p>	<p>9:30 Morning Stretches 10:00 Baking Class <b>10:30 Gym Exercises (Gym)</b> <b>11:00 Catholic Communion (TH)</b> <b>12:00 Lunch (DR)</b> 1:30 Sensory Outings Company <b>3:00 Premier Fitness with Brian</b> 3:30 Coffee Shop Social</p> <p><b>24</b></p>	<p><b>Happy Hanukkah &amp; Merry Christmas!</b></p> <p>9:30 Morning Stretches 10:00 Daily Chronicle &amp; Snacks 1:00 Manicures <b>3:30 Monarch's Musical Hour</b></p> <p><b>25</b></p>	<p><b>9:30 Gym Exercises (Gym)</b> 10:00 Daily Chronicle &amp; Snacks <b>Purple Art Here 😊</b> 11:30 Let's Give Back 1:00 Jewelry Making 2:00 Short Stories Club 2:30 Relaxation Hour <b>4:00 Happy Hour (BIS)</b></p> <p><b>26</b></p>	<p>9:30 Morning Exercises 10:00 Daily Chronicle &amp; Snacks 10:30 Lifeloop Games <b>11:00 Health &amp; Wellness Lecture (TH)</b> 11:15 YT Roulette 1:00 Tovertafel Games 2:30 YT Finish the Phrase <b>4:00 Shabbat Services (TH)</b></p> <p><b>27</b></p>	<p>10:00 Daily Chronicle &amp; Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Documentary Watch</p> <p><b>28</b></p>
<p>9:30 Morning stretches 10:00 Active Games 10:30 Daily Chronicle &amp; Snacks <b>11:00 Family Meeting</b> 1:00 YT: Live Musical Concert 1:00 Beauty Bar 3:00 Puzzles</p> <p><b>29</b></p>	<p>9:30 Morning stretches 10:00 Daily Chronicle &amp; Snacks 10:15 Tovertafel 1:00 Arts &amp; Crafts 1:30 Let's Give Back 3:00 Eco-insights 4:00 YT Concert Performances</p> <p><b>30</b></p>	<p>9:30 Morning Stretches 10:00 Baking Class <b>10:30 Gym Exercises (Gym)</b> <b>11:00 Catholic Communion (TH)</b> <b>12:00 Lunch (DR)</b> 2:30 Bingo <b>3:00 Premier Fitness with Brian</b> 3:30 Coffee Shop Social</p> <p><b>31</b></p>				