



JANUARY 2025

MONARCH HOUSE



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<p>January Birthdays</p> 	<p>Sarah Hanna 18th Joan Blumberg 30th</p>		<p>9:30 Morning Stretches 1 10:00 Daily Chronicle & Snacks 10:00 Bible Study (Game Rm) 1:00 Manicures 3:30 Monarch's Musical Hour</p>	<p>9:30 Gym Exercises (Gym) 2 9:30 Morning Stretches 10:15: Jewelry Making Class 1:00 Natgeo Mini Docuseries 1:30 Catholic Mass 2:00 Short Stories Club 4:00 Happy Hour (BIS)</p>	<p>9:30 Chair Yoga 3 10:00 Daily Chronicle & Snacks 10:30 Lifeloop Games 11:15 YT Roulette 2:30 YT Finish the Phrase 4:00 Shabbat Services (TH) 4:00 YT Music Record Search</p>	<p>9:30 Morning Stretches 4 10:00 Coffee outing 1:00 Tovertafel Games 1:15 Active Games 3:00 Book Club</p>
<p>5 9:30 Morning Stretches 10:00 Chick'n soup 4 the soul 10:45 Spiritual Eldercare 1:00 YT Travelogues 1:00 Beauty Bar 2:00 Puzzles 4:00 Walking Group</p>	<p>6 9:45 Stretches with Brian 10:00 Daily Chronicle & Snacks 10:15 Tovertafel 1:00 Music with Kiemal 1:30 Let's Give Back 2:00 Trivia 4:00 Eco-Insights</p>	<p>7 9:30 Morning Stretches 10:00 Daily Chronicle & Snacks 10:30 Gym Exercises (Gym) 10:45 Cooking with Wednesday 11:00 Catholic Communion (TH) 12:00 Lunch Outing 1:30 Sensory Outings Company 3:30 Coffee Shop Social</p>	<p>8 9:30 Prize Pursuit 10:00 Daily Chronicle & Snacks 10:00 Bible Study (Game Rm) 1:00 Manicures 3:30 Monarch's Musical Hour</p>	<p>9 9:30 Gym Exercises (Gym) 10:00 Daily Chronicle & Snacks 10:15: PURPLE ART 11:15 Radio Drama 11:00 Catholic Communion (TH) 12:00 Lunch (DR) 1:00 Natgeo Mini Docuseries 3:00 Manicures 4:00 Happy Hour (BIS)</p>	<p>10 9:30 Chair Yoga 10:00 Daily Chronicle & Snacks 10:30 Lifeloop Games 11:15 YT Roulette 2:30 YT Finish the Phrase 4:00 Shabbat Services (TH) 4:00 YT Music Record Search</p>	<p>11 9:30 Morning Stretches 10:30 Daily Chronicle & Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Book Club</p>
<p>12 9:30 Morning Stretches 10:00 Chick'n soup 4 the soul 10:45 Spiritual Eldercare 1:00 YT Travelogues 1:00 Beauty Bar 2:00 Puzzles 4:00 Walking Group</p>	<p>13 9:45 Stretches with Brian 10:00 Daily Chronicle & Snacks 10:45 Tai Chi 1:00 Music with Kiemal 2:00 Trivia 3:00 Monthly Birthday Cele. (BIS) 4:00 Eco-Insights</p>	<p>14 9:30 Morning Stretches 10:00 Daily Chronicle & Snacks 10:30 Gym Exercises (Gym) 11:00 Catholic Communion (TH) 1:30 Bingo 2:30 Word Ladder</p>	<p>15 9:00 Daily Chronicle 10:00 Daily Chronicle & Snacks 10:00 Bible Study (Game Rm) 12:30 Birthday Celebrations 1:00 Manicures 3:30 Monarch's Musical Hour</p>	<p>16 9:30 Gym Exercises (Gym) 10:00 Daily Chronicle & Snacks 10:30 Curious Dragonfly 11:30 Let's Give Back 1:00 NatGeo Mini Docuseries 2:00 Monthly Trivia 2:30 Relaxation Hour 3:00 Walking Group 4:00 Happy Hour (BIS)</p>	<p>17 9:30 Chair Yoga 10:00 Daily Chronicle & Snacks 10:30 Lifeloop Games 1:00 Tovertafel Games 2:30 YT Finish the Phrase 4:00 Shabbat Services (TH) 4:00 YT Music Record Search</p>	<p>Happy Birthday Sarah! 18 9:30 Morning Stretches 10:00 Coffee Outing 1:00 Tovertafel Games 1:15 Active Games 3:00 Book Club</p>
<p>19 9:30 Morning Stretches 10:00 Chick'n soup 4 the soul 10:45 Spiritual Eldercare 1:30 Painting with Polly 2:45 Manicures 2:45 Scenic Relaxation 3:45 Resident's Discussion</p>	<p>20 9:45 Stretches with Brian 10:00 Daily Chronicle & Snacks 10:15 Let's Give Back 1:00 Music with Kiemal 3:00 Eco Insights 4:00 YT Concert Performances</p>	<p>21 9:30 Morning Stretches 10:00 Daily Chronicle & Snacks 10:30 Gym Exercises (Gym) 10:45 Cooking with Wednesday 11:00 Catholic Communion (TH) 1:30 Sensory Outings Company 3:30 Coffee Shop Social</p>	<p>22 9:30 Prize Pursuit 10:00 Daily Chronicle & Snacks 10:00 Bible Study (Game Rm) 1:00 Family Gathering (w/gifts) 1:00 Manicures 1:30 Hawk Quest Birds of Prey - TH 3:30 Monarch's Musical Hour</p>	<p>23 9:30 Gym Exercises (Gym) 10:00 Daily Chronicle & Snacks 10:30 PURPLE ART 11:30 MH Luncheon (PDR) 1:00 NatGeo Mini Docuseries 2:00 Short Stories Club 3:00 Walking Group 4:00 Happy Hour (BIS)</p>	<p>24 9:30 Chair Yoga 10:00 Daily Chronicle & Snacks 11:00 Health & Wellness Lecture (TH) 11:15 YT Roulette 1:00 Tovertafel Games 2:30 YT Finish the Phrase 4:00 Shabbat Services (TH) 4:00 YT Music Record Search</p>	<p>25 9:30 Morning Stretches 10:00 Daily Chronicle & Snacks 1:00 Tovertafel Games 1:15 Active Games 3:00 Book Club</p>
<p>26 9:30 Morning Stretches 10:00 Chick'n soup 4 the soul 10:45 Spiritual Eldercare 1:00 YT: Live Musical Concert 1:00 Beauty Bar 3:00 Puzzles</p>	<p>27 9:45 Stretches w/ Brian 10:45 Tai Chi 10:00 Daily Chronicle & Snacks 10:15 Tovertafel 1:00 Music with Kiemal 1:30 Let's Give Back 3:00 Eco-insights</p>	<p>28 9:30 Morning Stretches 10:00 Daily Chronicle & Snacks 10:30 Gym Exercises (Gym) 10:45 Cooking with Wednesday 11:00 Catholic Communion (TH) 1:30 Bingo 2:30 Word Ladder 3:30 Department Appreciation</p>	<p>29 9:30 Morning Movers 10:00 Daily Chronicle & Snacks 10:00 Bible Study (Game Rm) 12:00 Lunch (DR) 1:00 Manicures 2:00 3:30 Monarch's Musical Hour</p>	<p>Happy Birthday, Joan! 30 9:30 Gym Exercises (Gym) 10:00 Daily Chronicle & Snacks 10:30 Curious Dragonfly 11:30 Let's Give Back 12:00 Lunch (DR) 1:00 Relaxation Hour 4:00 Happy Hour (BIS)</p>	<p>31 9:30 Chair Yoga 10:00 Daily Chronicle & Snacks 10:30 Lifeloop Games 1:00 Tovertafel Games 2:30 YT Finish the Phrase 4:00 Shabbat Services (TH) 4:00 YT Music Record Search</p>	<p>BOLD = Outside Vendor to MH Yellow Highlight = outside of MH MH birthdays = Blue</p>