








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Calendar Key: PDR – Private Dining Room BIS – Bistro LL – LifeLoop App	Red – Arts & Crafts Blue – Refreshing Excursions Green – Outside Guests Purple – Documentary Orange – Travelogue	 Happy Birthday!! January 18 th ~ Sarah Hanna January 30 th ~ Joan Blumberg	<u>Quote of the Month:</u> Even in forgetfulness, love finds a way.  ~Unknown	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Balloon Volleyball 12:00 Lunch 1:00 Soothing Soles Foot Soaks & Paint N Polish Manicures 2:30 Scoops of Fun Ice Cream Social ~ Root Beer Floats! 4:15 Classics Sing-A-Long! 5:00 Dinner 	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Balloon Volleyball 12:00 Lunch 1:00 LifeLoop Trivia (LL) 2:00 Bean Bag Toss 3:30 Shabbat Services 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Scarf Dancing 11:00 Cranium Crunches 12:00 Lunch 1:00 Balloon Volleyball 2:00 Creative Crafting 4:15 Classics Sing-A-Long! 5:00 Dinner
4	5	6	7	8	9	10
8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:45 Spiritual Eldercare 12:00 Lunch 1:00 Documentary: When Worlds Collide – The Beauty of Odd Animal Couples 2:00 Creative Crafting “Abstract Acrylic Painting” 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 LifeLoop Games (LL) 11:00 Would you rather? & Rhyme Time! 12:00 Lunch 1:00 Music with Kiemel 2:00 Creative Crafting “Cool Country Snowman” 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Seated Parachute Games 11:00 BINGO Tuesday! 12:00 Lunch 1:00 Trivia Time! 1:30 Sensory Outings Co. 2:30 January Birthday Celebration! “Join us for Birthday Cake!” 3:30 Mind Aerobics 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Curious Dragonfly 12:00 Lunch 1:00 Classical Hits - Musical Name That Tune 1:30 Creative Crafting “Torn Paper Winter Scene” 3:30 Monarch's Musical Hour 5:00 Dinner 	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Bloom Crafters Club “Flower Arranging” 12:00 Lunch 1:00 Soothing Soles Foot Soaks & Paint N Polish Manicures 2:30 Scoops of Fun! Ice Cream Social ~ Ice Cream Sandwiches! 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle 10:30 Mugs & Muffins Social & Resident Tour of Monarch House at 11am 12:00 Lunch 1:00 Balloon Volleyball 2:00 Bean Bag Toss 3:30 Shabbat Services 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Scarf Dancing 11:00 Cranium Crunches 12:00 Lunch 1:00 Hallway Bowling!  2:00 Creative Crafting 4:15 Classics Sing-A-Long! 5:00 Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:45 Spiritual Eldercare 12:00 Lunch 1:00 Noodle Ball & Kickball 2:00 Sunday Movie Matinee & Popcorn~ Sabrina (1995) 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Family Feud (LL) 11:00 1070s Music Trivia (LL) 12:00 Lunch 1:00 Music with Kiemel 2:00 Creative Crafting “Winter Wonderland” 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 I Love Lucy Classics 11:00 Lunch Outing to Olive Garden (Sign Up Required) 12:00 Lunch 2:00 Stirring up Smiles! Let’s Bake Cookies!  4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Balloon Volleyball 11:00 Travelogue - Top Most Breathtaking Places on Earth 12:00 Lunch 2:00 Documentary: “The Fit Generation” 3:30 Monarch's Musical Hour 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Mind Aerobic Fun! 12:00 Lunch 1:00 Soothing Soles Foot Soaks & Paint N Polish Manicures 2:30 Ice Cream Social ~  Ice Cream Cones! 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 LifeLoop Games (LL) 12:00 Lunch 1:00 60’s Trivia 2:30 Curious Dragonfly 3:30 Shabbat Services 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Book Club: “You’re Only Old Once” 11:00 Scarf Dancing 12:00 Lunch 1:00 Carnival Games! 2:00 Creative Crafting 4:15 Classics Sing-A-Long! 5:00 Dinner
18 Happy Birthday Sarah! 	19	20	21	22	23	24
8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:45 Spiritual Eldercare 12:00 Lunch 1:00 Documentary: “Elvis Presley’s Graceland” 2:00 Creative Crafting: “Acrylic Marker Dot Painting” 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 LifeLoop Games (LL) 12:00 Lunch 1:00 Outing: Butterfly Pavilion (Sign Up Required) 1:00 Music with Kiemel 2:00 Tabletop Games 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Seated Parachute Games 11:00 BINGO Tuesday! 12:00 Lunch 1:00 Trivia Time!  1:30 Sensory Outings Co. 2:30 Cookies & Cocoa Social 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Balloon Noodle Ball 11:00 Travelogue - Rick Steves “Rome: Eternally Engaging” 12:00 Lunch 1:00 Creative Crafting “Salty Snowflakes” 3:30 Monarch's Musical Hour 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Purple Art ~ Watercolor 12:00 Lunch 1:00 Soothing Soles Foot Soaks & Paint N Polish Manicures 2:30 Scoops of Fun Ice Cream Social ~ Waffles & Ice Cream! 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 LifeLoop Games (LL) 12:00 Lunch 1:00 Creative Crafting “Snowflake Garland” 2:30 Bean Bag Toss 3:30 Shabbat Services 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Scarf Dancing 11:00 Cranium Crunches 12:00 Lunch 1:00 Balloon Volleyball! 2:00 Creative Crafting 4:15 Classics Sing-A-Long! 5:00 Dinner
25	26	27	28	29	30 Happy Birthday Joan! 	31
8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:45 Spiritual Eldercare 12:00 Lunch 1:00 Noodle Ball & Kickball 2:00 Sunday Movie Matinee & Popcorn “Rock a Bye Baby” (1958) 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Rick Steves: “Cruising the Mediterranean” 12:00 Lunch 1:00 Music with Kiemel 2:00 Creative Crafting “Bird Seed Ornaments” 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Finish the Phrase 11:00 BINGO Tuesday!  12:00 Pizza Party in Monarch 2:00 Creative Crafting “Snowflake Suncatchers” 3:30 MH Neighborhood Meeting 4:15 Sing-A-Long To Music! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Hallway Bowling 12:00 Lunch 1:00 Musical Documentary: Elvis the Golden Greats! 2:00 Lady’s Tea Party & Gentleman’s Club 3:30 Monarch's Musical Hour 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Seated Parachute Games 11:00 Rhyme Time! 12:00 Lunch 1:00 Soothing Soles Foot Soaks & Paint N Polish Manicures  2:30 Ice Cream Social ~ Sundae 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 LifeLoop Games (LL) 12:00 Lunch 1:00 Creative Crafting “Paper Mache Maracas” 2:30 Bean Bag Toss 3:30 Shabbat Services 4:15 Classics Sing-A-Long! 5:00 Dinner	8:00 Breakfast 9:30 Sit & Stretch Exercise 10:00 Daily Chronicle & Snacks 10:30 Scarf Dancing 11:00 Cranium Crunches 12:00 Lunch 1:00 Noodle Ball & Kickball! 2:00 Creative Crafting 4:15 Classics Sing-A-Long! 5:00 Dinner