

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 National Wildlife Day	5 National Hummingbird Day
<u>Quote of the Month:</u> “When the unthinkable happens, the lighthouse is hope. Once we choose hope, everything is possible.” - Christopher Reeve 		9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: Wonders of Alaska 10:30 Exercise with Terri (Gym) 11:00 Catholic Communion ♥ 11:30 MH Helping Hands 1:00 Remember When? 1:30 Sensory Outings Co 2:30 Outing: Dairy Queen 2:30 Documentary: Our Planet/One Planet  4:15 Tickle Me Tuesday! Cinema Silliness!	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Curious Dragonfly  11:30 Name 3 Word Game 1:00 Documentary: 60 Minutes – World’s Most Interesting Places 2:00 Creative Crafting: Scarecrow Mason Jar 3:30 Monarch's Mocktail Musical Hour  4:30 Pitch Perfect Fun Sing-Along!	9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 11:00 Lunch Outing: Bone Fish Grill 1:30 Wheelchair/Walker Wash 1:30 Documentary: BBC Earth A Journey Across Africa 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:30 MH Helping Hands 1:00 Music & Movement: DrumFit ♥ 2:00 Art: Wildlife Watercolor 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 3:30 Shabbat Services 4:15 Fact Finders Club: Trivia!	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles  2:00 Art: Acrylic Marker Hummingbird Painting 3:30 Motion Magic! Beachball Banter ♥ 4:15 Pitch Perfect Fun Sing-Along!
6 National Pet Rock Day	7 Labor Day	8	9 National Teddy Bear Day	10	11 National Day of Remembrance	12
9:00 Catholic Sunday Mass 10:00 Seated Chair Exercise ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Armchair Travelogue! Maine 2:00 Craft: Pet Rock Painting 3:30 The Mindful Meanders Walking Club ♥ 4:15 Pitch Perfect Fun Sing-Along!	9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites (Snacks)! 11:15 SingFit  1:00 Would you Rather? 2:00 Creative Crafting: A Lifetime of Hard Work! 3:30 Motion Magic! Balloon Noodle Ball! ♥ 4:15 Fact Finders Club: Trivia	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: Wonders of Italy 10:30 Exercise with Terri (Gym) 11:00 Catholic Communion 11:30 MH Helping Hands  1:00 Sensory Games 2:00 Stirring Up Smiles! Let’s Bake Sugar Cookies! 3:00 Shall We Dance w/Melissa ♥ 3:30 Memory Magic 4:15 Cinema Silliness!	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:30 Finish the Phrase 1:00 Reminiscing Together 1:30 Creative Crafting: Teddy Bear Memories  2:30 Teddy Bear Picnic 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 1:00 Documentary: Our Planet/ Frozen Worlds 1:00 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Outing: Picnic at Cherry Creek Reservoir 1:00 Music & Movement: Scarf Dancing ♥ 2:00 Curious Dragonfly  3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles 2:00 Creative Crafting: Fall Scratch Art 3:30 Hand Massages With Makenna 3:30 Travelogue: Summer Destinations in Europe 4:30 Senior Sing-Along

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Grandparents Day 9:00 Catholic Sunday Mass 10:00 Chair Yoga (LL) ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Travelogue! Norway 2:00 Craft: Grandparents Day Memory Garden  2:30 Root Beer Float Social 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along	14 National Cream Filled Donut Day 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites (Snacks)! 11:15 SingFit  1:00 Music with Kiemel 2:00 Creative Crafting: Felt Donut Decorating 2:30 Life is better with Donuts! 3:30 Motion Magic! Corn Hole ♥ 4:15 Fact Finders Club: Trivia	15 9:30 Outing: Meow Wolf 9:30 Classic TV I Love Lucy 10:30 Travelogue Tuesday: Rick Steves Iceland & Bistro Bites (Snacks)! 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:00 Remember When?  1:30 Sensory Outings Co 2:30 Cookies and Cocoa Social 3:30 Afternoon Wiggles 4:15 Cinema Silliness!	16 Carillon Casino Night 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: The Louvre 2:00 Pencil Palette Art: Happy Fall Theme 3:30 Monarch's Mocktail Musical Hour 	17 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 1:00 Wheelchair/Walker Wash 1:00 Documentary: Tasmania: The Island at the Edge 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	18 National Red Panda Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 11:30 MH Helping Hands 1:00 Music & Movement: Chair Dancing to the 80's ♥ 2:00 Creative Crafting: Red Panda Felt Craft 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	19 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles  2:00 Creative Crafting: Maple Leaf Button Craft 3:30 Motion Magic: Rainbow Ribbon Dancing ♥ 4:15 Senior Sing-Along
20 9:00 Catholic Sunday Mass 10:00 Sunday Morning Stretches ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Armchair Travelogue! New England Fall Colors 2:00 Marker Art: Fall Leaves  3:30 The Mindful Meanders Walking Club ♥ 4:15 Pitch Perfect Fun Sing-Along!	21 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites (Snacks)! 11:15 SingFit  1:00 Music with Kiemel 2:00 Pencil Palette Art: Kaleidoscope Creativity 3:00 Monarch House Family Neighborhood Meeting 3:30 Motion Magic!  4:15 Fact Finders Club: Trivia	22 First Day of Autumn  9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: Wonders of Africa 10:30 Exercise with Terri (Gym) 11:00 Catholic Communion 11:30 MH Helping Hands 1:00 Sensory Games  2:30 Ice Cream Cone Social! National Ice Cream Cone Day 3:00 Shall We Dance w/Melissa ♥ 3:30 Memory Magic 4:15 Cinema Silliness!	23 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: Uncovering the Ancient History of Stonehenge 2:00 Creative Crafting: Dried Flower Bookmark 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	24 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 1:00 Documentary: The History of Bread 1:00 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:00 What Makes You Smile?  2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	25 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:30 MH Helping Hands 1:00 Music & Movement: Shake Rattle & Roll  2:00 Creative Crafting: Watercolor Maple Leaves 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	26 National Bunny Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles  2:00 Creative Crafting: Fall Bunny 3:30 Motion Magic: Balloon Volleyball ♥ 4:15 Pitch Perfect Fun Sing-Along!
27 National Chocolate Milk Day 9:00 Catholic Sunday Mass 10:00 Flex & Posture Exercise (LL) ♥ 10:00 Sunday Morning Stretches 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Travelogue! Armenia 2:00 Chocolate Milk Memories 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along	28 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune  11:15 SingFit  1:00 Music with Kiemel 2:00 Creative Crafting: Fiesta Fans & Freezer Pops! 3:30 Motion Magic! Indoor Bocce Ball ♥ 4:15 Fact Finders Club: Trivia	29 National Coffee & Biscotti Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: The Wonders of Arizona 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:00 Sensory Games 2:30 Biscotti & Brews (Coffee) 3:00 Afternoon Wiggles ♥ 4:15 Cinema Silliness!	30 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 11:00 Story Time With Molly 1:00 Documentary: Eggs 101 2:00 Creative Crafting: Fall Tree of Memories 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	Red – Arts & Crafts Blue – Outdoor Excursions Green – Outside Guests Purple – Documentary Orange – Travelogue 		Notes: * Personalized 1:1 Visits are offered throughout the week based on each resident's interests, preferences & abilities. * After Dinner Wind Down Daily at 6PM Monarch Movie Time (Caregiver Led)