



# October 2026

## Monarch House

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p><u>Quote of the Month:</u></p> <p>“We can’t practice compassion with other people if we can’t treat ourselves kindly.”<br/>- Brené Brown</p>                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>PDR – Private Dining Room<br/>BIS – Bistro<br/>CR – Community Room<br/>LL – LifeLoop App</p> <p>♥ Indicates Physical Exercise or a Movement Based Physical Activity. #</p>                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Red – Arts &amp; Crafts</b><br/><b>Blue – Outdoor Excursions</b><br/><b>Green – Outside Guests</b><br/><b>Purple – Documentary</b><br/><b>Orange – Travelogue</b></p> <p>* Personalized 1:1 Visits<br/>Daily   9:00–9:30 AM<br/>Individualized engagement based on residents’ interests, preferences &amp; abilities.<br/>* After Dinner Wind Down<br/>Daily   6:00 PM<br/>Monarch Movie Time </p>                                                                                  | <p>9:30 Exercise with Terri (Gym) ♥<br/>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 White Board Games<br/>1:00 Wheelchair/Walker Wash<br/>1:00 <b>Documentary:</b><br/><b>The Animal Kingdom’s Luckiest Babies</b><br/>2:00 Afternoon Word Games<br/>2:30 Pumpkin Spice “Bars” and Everything Nice Social<br/>3:45 <b>Happy Hour in the Bistro!</b><br/>4:00 Classic Music Videos</p> | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 Cognitive Calisthenics &amp; Bistro Bites/Refreshments<br/>11:30 MH Helping Hands<br/>1:00 Balloon Volleyball ♥ <br/>2:00 <b>Happy Birthday Celebration for Helen!</b><br/>2:30 <b>Happy Birthday Pencil Palette Art</b><br/>3:00 Tovertafel, Tabletop Games &amp; Puzzle Palooza!!<br/>4:15 Fact Finders Club: Trivia!</p>              | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 Cognitive Calisthenics &amp; Bistro Bites/Refreshments<br/>1:00 Saturday Nostalgia: Classic TV &amp; Reminiscing<br/>2:00 <b>Marker Art: Hello October</b> <br/>3:30 Motion Magic!<br/>Balloon Noodle Ball ♥<br/>4:15 Pitch Perfect Fun Sing-Along!</p>             |
| <b>4</b> National Cinnamon Roll Day                                                                                                                                                                                                                                                                                                                                                                                                              | <b>5</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>6</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>8</b>                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>9</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>10</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>9:00 Catholic Sunday Mass<br/>10:00 Seated Chair Exercise (LL) ♥<br/>10:30 Memory Magic<br/>11:15 Sunday Morning Coffee, Lucky Dabbers BINGO<br/>1:00 <b>Armchair Travelogue!</b><br/><b>Patagonia: The Bottom Of the World</b><br/>2:00 <b>Creative Crafting:</b><br/><b>Fall Wreath Door Decor</b><br/>2:30 Sweet Cinnamon Rolls And Coffee Social<br/>3:30 The Mindful Meanders Walking Club ♥<br/>4:15 Pitch Perfect Fun Sing-Along!!</p> | <p>9:30 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:15 Morning Fitness w/ Brian ♥<br/>10:45 Wheel of Fortune (LL) &amp; Bistro Bites (Snacks)!<br/>11:15 SingFit <br/>1:00 <b>Music with Kiemel</b><br/>2:00 <b>Creative Crafting:</b><br/><b>Fall Leaf Suncatchers</b><br/>3:30 Motion Magic!<br/>Balloon Noodle Ball! ♥<br/>4:15 Fact Finders Club: Trivia</p>  | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 <b>Travelogue Tuesday:</b><br/><b>Wonders of USA/East Coast</b> &amp; Bistro Bites!<br/>10:30 Exercise with Terri (Gym) ♥<br/>11:00 Catholic Communion<br/>1:00 Remember When<br/>1:30 <b>Sensory Outings Co</b><br/>2:30 Mugs N Muffins <br/>3:00 Motion Magic!<br/>Beach Ball Banter ♥<br/>4:15 Tickle Me Tuesday! Cinema Silliness!</p> | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 <b>Curious Dragonfly</b> <br/>11:00 <b>Story Time with Molly</b><br/>1:00 <b>Documentary: Unlikely Animal Friends   Cat Best Friends</b><br/>2:00 <b>Creative Crafting:</b><br/><b>Fall Magnets</b><br/>3:30 <b>Monarch's Mocktail Musical Hour</b><br/>4:30 Senior Sing-Along </p> | <p>9:30 Exercise with Terri (Gym) ♥<br/>9:30 Sit &amp; Stretch Exercise<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 White Board Games<br/>1:00 <b>Documentary:</b><br/><b>Puppies VS The World!</b><br/>1:00 Soothing Soles: Foot Soaks &amp; Paint N Polish Manicures<br/>2:30 Afternoon Puzzles and Sensory Games<br/>3:45 <b>Happy Hour in the Bistro!</b><br/>4:00 Classic Music Videos</p>                         | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 Cognitive Calisthenics &amp; Bistro Bites/Refreshments<br/>11:00 <b>Lunch Outing with B2B to Olive Garden</b><br/>1:00 Music &amp; Movement: Shake it up with the Beatles ♥<br/>2:00 <b>Creative Crafting: Maple Leaf Bracelets</b> <br/>3:30 Tovertafel, Tabletop Games &amp; Puzzle Palooza!<br/>4:15 Fact Finders Club: Trivia!</p> | <p>9:30 Sit &amp; Stretch Exercise ♥<br/>10:00 Good Morning Gathering &amp; Therapeutic Aroma Scents<br/>10:30 Cognitive Calisthenics &amp; Bistro Bites/Refreshments<br/>1:00 Saturday Nostalgia: Classic TV &amp; Reminiscing<br/>2:00 <b>Marker Art: Cozy Fall Day</b><br/>3:30 <b>Travelogue: Rick Steves European Festivals</b><br/>4:30 Pitch Perfect Fun Sing-Along! </p> |



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>11</b><br>9:00 Catholic Sunday Mass<br>10:00 Chair Yoga (LL) ♥<br>10:30 Memory Magic<br>11:15 Sunday Morning Coffee, Lucky Dabbers BINGO<br>1:00 <b>Armchair Travelogue!</b><br>Norway Impossible Places<br>2:00 <b>Marker Art: Scarecrow</b><br>3:30 The Mindful Meanders Walking Club ♥<br>4:15 Pitch Perfect Fun Sing-Along!!                                                                                                                                                                                                                                  | <b>12</b><br>9:30 Good Morning Gathering & Therapeutic Aroma Scents<br>10:15 Morning Fitness w/ Brian ♥<br>10:45 Wheel of Fortune (LL) & Bistro Bites (Snacks)!<br>11:15 SingFit 🎵<br>1:00 <b>Music with Kiemel</b><br>2:00 <b>Creative Crafting:</b><br>Candy Corn Tie Pillows<br>3:30 Motion Magic! Laundry Basket Tic-Tac-Toe ♥<br>4:15 Fact Finders Club: Trivia                                                                                                       | <b>13</b> National M&M Day<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 <b>Travelogue Tuesday:</b><br>Wonders of Massachusetts<br>10:30 Exercise with Terri (Gym) ♥<br>11:00 Catholic Communion<br>1:00 Sensory Games<br>1:30 <b>Edible Art: Sweet M&amp;M Blooms &amp; Masterpieces</b><br>3:00 <b>Shall We Dance w/Melissa</b> ♥<br>3:30 Cinema Silliness!                                                                                                            | <b>14</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics<br>11:00 <b>Story Time with Molly</b><br>1:00 <b>Documentary: Wildlife of China's Mountains</b> <br>2:00 <b>Art: Watercolor Pumpkin Patch</b><br>3:30 <b>Monarch's Musical Hour</b><br>4:30 Senior Sing-Along                | <b>15</b> National I Love Lucy Day<br>9:30 Exercise with Terri (Gym) ♥<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Wheel of Fortune (LL)<br>1:00 Wheelchair/Walker Wash<br>1:00 Classic TV Reminiscing with I Love Lucy <br>2:30 Tovertafel, Tabletop Games & Puzzle Palooza!<br>4:00 Classic Music Videos | <b>16</b><br>9:30 Sit & Stretch Exercise ♥<br>9:30 <b>Outing: Pumpkin Patch with Bridge to Belonging</b><br>10:00 <b>Documentary:</b><br>30 Rarest & Precious Birds In The World<br>1:00 Music & Movement: Scarf Chair Dancing ♥<br>2:00 <b>Curious Dragonfly</b> <br>3:30 Tovertafel, Tabletop Games & Puzzle Palooza!<br>4:15 Fact Finders Club: Trivia!                                                   | <b>17</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics & Bistro Bites/Refreshments<br>1:00 Saturday Nostalgia: Classic TV & Reminiscing<br>2:00 <b>Marker Art: Autumn Friends</b><br>3:30 Motion Magic: Balloon Noodle Ball ♥<br>4:15 Sing-Along!                                                                                                                                                 |
| <b>18</b> National Chocolate Cupcake Day<br>9:00 Catholic Sunday Mass<br>10:00 Sunday Morning Stretches ♥<br>11:15 Sunday Morning Coffee, Lucky Dabbers BINGO<br>1:00 <b>Armchair Travelogue!</b><br>Wonders of Switzerland<br>2:00 <b>Creative Crafting:</b><br>Pumpkin Scratch Art <br>2:30 Chocolate Cupcakes & Cocoa<br>3:30 The Mindful Meanders Walking Club ♥<br>4:15 Senior Sing-Along  | <b>19</b><br>9:30 Good Morning Gathering & Therapeutic Aroma Scents<br>10:15 Morning Fitness w/ Brian ♥<br>10:45 Wheel of Fortune & Bistro Bites (Snacks)!<br>11:15 SingFit 🎵<br>1:00 <b>Music with Kiemel</b><br>2:00 <b>Pencil Palette Art:</b><br>Pumpkin Patch Picassos<br>3:00 <b>Monarch House Family Neighborhood Meeting</b><br>4:15 Fact Finders Club: Trivia                                                                                                     | <b>20</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 <b>Travelogue Tuesday:</b><br>Wonders of California<br>10:30 Exercise with Terri (Gym) ♥<br>11:00 Catholic Communion<br>1:00 Remember When<br>1:30 <b>Sensory Outings Co</b><br>2:30 Cookies and Cocoa Social<br>3:00 Motion Magic! Bocce Ball ♥<br>4:15 Cinema Silliness!                                                                                                                                       | <b>21</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics<br>11:00 <b>Story Time with Molly</b><br>1:00 <b>Documentary:</b><br>Rescue Dogs Rule <br>2:00 <b>Creative Crafting:</b><br>3D Pumpkin Table Decor<br>3:30 <b>Monarch's Mocktail Musical Hour</b><br>4:30 Senior Sing-Along | <b>22</b><br>9:30 Exercise with Terri (Gym) ♥<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 White Board Games<br>1:00 <b>Documentary: Learn About Farm Friends!</b><br>1:00 Paint N Polish Manicures<br>2:30 Afternoon Word Games<br>3:45 <b>Happy Hour in the Bistro!</b><br>4:00 Classic Music Videos                                                                                         | <b>23</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics<br>11:30 MH Helping Hands<br>1:00 Music & Movement: Chair Dancing Through The Decades ♥ <br>2:00 <b>Creative Crafting:</b><br>Pumpkin Cart Painting<br>3:30 Games & Puzzle Palooza!<br>4:15 Fact Finders Club: Trivia!                                                | <b>24</b><br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics & Bistro Bites/Refreshments<br>1:00 Saturday Nostalgia: Classic TV & Reminiscing<br>2:00 <b>Creative Crafting:</b><br>Halloween Cauldron <br>3:30 Motion Magic: Hallway Bowling ♥<br>4:15 Senior Sing-Along                                           |
| <b>25</b><br>9:00 Catholic Sunday Mass<br>10:00 Sunday Morning Stretches ♥<br>10:30 Memory Magic<br>11:15 Sunday Morning Coffee, Lucky Dabbers BINGO!<br>1:00 <b>Armchair Travelogue!</b><br>Transylvania: It's Not What You Think. <br>2:00 <b>Creative Crafting:</b><br>Tea Light Ghosts<br>3:30 The Mindful Meanders Walking Club ♥<br>4:15 Senior Sing-Along                                                                                                                  | <b>26</b> National Pumpkin Day<br>9:30 Good Morning Gathering & Therapeutic Aroma Scents<br>10:15 Morning Fitness w/ Brian ♥<br>10:45 Wheel of Fortune & Bistro Bites (Snacks)!<br>11:15 SingFit 🎵<br>1:00 <b>Music with Kiemel</b><br>2:00 <b>Creative Crafting:</b><br>Wood Pumpkin Painting<br>2:30 Stirring UP Smiles! <br>3:30 Motion Magic! Corn Hole ♥<br>4:15 Senior Sing-Along | <b>27</b> National Black Cat Day<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 <b>Travelogue Tuesday:</b><br>Unseen Florida<br>10:30 Exercise with Terri (Gym) ♥<br>11:00 Catholic Communion<br>11:00 <b>Lunch Outing:</b><br>Los Dos Potrillos <br>1:30 <b>Art: Black Cat Silhouettes</b><br>3:00 <b>Shall We Dance w/Melissa</b> ♥<br>3:30 Memory Magic<br>4:15 Cinema Silliness! | <b>28</b> National Chocolate Day<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics & Bistro Bites/Refreshments<br>11:00 <b>Story Time with Molly</b><br>1:00 <b>Documentary: 10 Dogs With Incredible Abilities</b><br>2:00 <b>Creative Crafting:</b><br>Pumpkin Decorating<br>3:00 <b>Monarch Halloween Party and Musical Hour</b><br>4:30 Senior Sing-Along                | <b>29</b><br>9:30 Exercise with Terri (Gym) ♥<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 White Board Games<br>1:00 <b>Documentary:</b><br>Modern Marvels - The History of Lighthouses <br>2:00 Afternoon Puzzles and Word Games<br>3:45 <b>Happy Hour in the Bistro!</b><br>4:00 Classic Music Videos   | <b>30</b> National Candy Corn Day<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics & Bistro Bites/Refreshments<br>11:30 MH Helping Hands<br>1:00 Music & Movement: Move N Groove ♥<br>2:00 <b>Creative Crafting:</b><br>Candy Corn Art <br>3:30 Tovertafel, Tabletop Games & Puzzle Palooza!<br>4:15 Fact Finders Club: Trivia! | <b>31</b> National Caramel Apple Day<br>9:30 Sit & Stretch Exercise ♥<br>10:00 Good Morning Gathering & Therapeutic Aroma Scents<br>10:30 Cognitive Calisthenics<br>1:00 Saturday Nostalgia: Classic TV & Reminiscing<br>2:00 <b>Marker Art:</b><br>Happy Halloween <br>2:30 Caramel Apple Bites, Yum!<br>3:30 Motion Magic: "Spooky Moves" & Pass The Pumpkin! ♥<br>4:15 Senior Sing-Along |