

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2023

## Monarch House Schedule at Hilltop Reserve

<p>10:00-10:45 Morning Exercise <b>5</b>  10:45-11:30 Spiritual Songs  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-3:30 <b>Pet Therapy w/Annie</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>6</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 B-I-N-G-O  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:30 Morning Exercise <b>7</b>  10:30-11:30 Love  11:30-12:30 Lunch  2:00-3:00 <b>MC Family Council</b>  3:00-4:00 <b>MC Happy Hour</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-11:30 Scenic Drive <b>1</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>AL/MC Social</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>2</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>Sensory Outings</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>3</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Coloring/Painting  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>4</b>  10:45-11:30 B-I-N-G-O  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Family Time  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>
<p>10:00-10:45 Morning Exercise <b>12</b>  10:45-11:30 Spiritual Songs  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:15-4:30 <b>Chris Conroy Piano</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>13</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 B-I-N-G-O  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>14</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>MC Happy Hour</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-11:30 Scenic Drive <b>8</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>AL/MC Social</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>9</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>Chris Wells Travels</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>10</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:30 Daily Chronicle  2:30-3:30 <b>ElderGrow Garden</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>11</b>  10:45-11:30 B-I-N-G-O  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Family Time  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>
<p>10:00-10:45 Morning Exercise <b>19</b>  10:45-11:30 Spiritual Songs  2:00-2:30 Daily Chronicle  2:30-3:00 <b>Hilltop Players</b>  3:00-4:00 <b>Paint &amp; Sip w/Polly</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>20</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 B-I-N-G-O  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:30 Morning Exercise <b>21</b>  10:30-11:30 <b>Ascent Singalong</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>MC Happy Hour</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-11:30 Scenic Drive <b>15</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>AL/MC Social</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>16</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>Sensory Outings</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>17</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Coloring/Painting  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>18</b>  10:45-11:30 B-I-N-G-O  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Family Time  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>
<p>10:00-10:45 Morning Exercise <b>26</b>  10:45-11:30 Spiritual Songs  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Wine Tasting  4:00-4:30 Dance Party  4:30-5:30 <b>MC Support Group</b>  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>27</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 B-I-N-G-O  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>28</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>MC Happy Hour</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-11:30 Scenic Drive <b>22</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:15-4:30 <b>Chris Conroy Piano</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:30 Morning Exercise <b>23</b>  10:30-1:30 <b>Thanksgiving Brunch</b></p> <p style="text-align: center;"><b>Happy Thanksgiving!</b></p>	<p>10:00-10:45 Morning Exercise <b>24</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:30 Daily Chronicle  2:30-3:30 <b>ElderGrow Garden</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>25</b>  10:45-11:30 B-I-N-G-O  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Family Time  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>
<p>10:00-10:45 Morning Exercise <b>5</b>  10:45-11:30 Spiritual Songs  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-3:30 <b>Pet Therapy w/Annie</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>6</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 B-I-N-G-O  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:30 Morning Exercise <b>7</b>  10:30-11:30 Love  11:30-12:30 Lunch  2:00-3:00 <b>MC Family Council</b>  3:00-4:00 <b>MC Happy Hour</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-11:30 Scenic Drive <b>8</b>  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>AL/MC Social</b>  4:00-4:30 Dance Party  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>9</b>  10:45-11:30 Chair Yoga  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 <b>Chris Wells Travels</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>10</b>  10:45-11:30 Word Games  11:30-12:30 Lunch  2:00-2:30 Daily Chronicle  2:30-3:30 <b>ElderGrow Garden</b>  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>	<p>10:00-10:45 Morning Exercise <b>11</b>  10:45-11:30 B-I-N-G-O  11:30-12:30 Lunch  2:00-2:45 Daily Chronicle  2:45-3:00 Guided Meditation  3:00-4:00 Family Time  4:30-5:30 Dinner  5:30-7:00 Movie Night</p>

Veterans Day  
Remembrance Day (Canada)

Diwali (Hindi)

Thanksgiving Day (US)