



# HILLTOP RESERVE

# OCTOBER 2024



## MONARCH HOUSE

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| <p><b>Monarch Mealtimes are as follows unless otherwise noted:</b><br/>7:30-9 Breakfast<br/>11:30 Lunch<br/>4:45 Dinner</p>   | <p><b>Flu &amp; Covid Shot Clinic</b><br/><b>October 25th</b><br/><b>3rd Floor Activity Room</b><br/><b>@ 10:00-12:00</b></p>  | <p><b>10:30</b> Morning Meeting <b>1</b><br/><b>11:00</b> Exercise Video<br/><b>1:00</b> Purple Art<br/><b>2:00</b> Eldergrow Class<br/><b>3:00</b> Jeopardy<br/><b>4:00</b> Afternoon Coffee Chat</p>         | <p><b>10:30</b> Morning Meeting <b>2</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Pumpkin Spice Party!<br/><b>3:00</b> Sing-Along<br/><b>3:30</b> Rosh Hashana Celebration in the Bistro<br/><b>4:00</b> Walking Club</p> | <p><b>10:30</b> Morning Meeting <b>3</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Movie Matinee &amp; Popcorn<br/><b>3:00</b> Aromatherapy<br/><b>4:00</b> RELAX with Music</p>   | <p><b>10:30</b> Morning Meeting <b>4</b><br/><b>11:00</b> Exercise<br/><b>1:30</b> Sensory Outings<br/><b>2:00</b> Smart Board Games<br/><b>3:30</b> Happy Hour!!<br/><b>4:30</b> Walking Club</p> | <p><b>10:30</b> Morning Meeting <b>5</b><br/><b>11:00</b> Exercise Game<br/><b>1:30</b> Afternoon Movement<br/><b>2:30</b> B-I-N-G-O<br/><b>3:30</b> Puzzles and Popcorn</p>  |
| <p><b>9:30</b> Worship &amp; prayers <b>6</b><br/><b>10:30</b> Exercise<br/><b>11:00</b> Rosh Hashanah Celebration in Monarch<br/><b>2:00</b> Book Club<br/><b>3:00</b> Pet Therapy with Annie<br/><b>3:30</b> Sunday Sitcom &amp; Snacks</p> | <p><b>10:30</b> Morning Meeting <b>7</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Trivia<br/><b>3:00</b> B-I-N-G-O<br/><b>4:00</b> Walking Club</p>  | <p><b>10:30</b> Morning Meeting <b>8</b><br/><b>11:00</b> Exercise Video<br/><b>1:00</b> Memory Café: Clay Sculpting with ReCreative Denver<br/><b>3:00</b> Jeopardy<br/><b>4:00</b> Afternoon Coffee Chat</p> | <p><b>10:30</b> Morning Meeting <b>9</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Tea Party<br/><b>3:00</b> Sing-Along<br/><b>4:00</b> Walking Club</p>   | <p><b>10:00</b> Music Therapy with Kiemel <b>10</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Movie Matinee &amp; Popcorn<br/><b>3:30</b> Aromatherapy<br/><b>4:00</b> RELAX with Music</p>  | <p><b>10:30</b> Morning Meeting <b>11</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Smart Board Games<br/><b>3:30</b> Happy Hour!!<br/><b>4:30</b> Walking Club</p>                                | <p><b>10:30</b> Morning Meeting <b>12</b><br/><b>11:00</b> Exercise Game<br/><b>1:30</b> Afternoon Movement<br/><b>2:30</b> B-I-N-G-O<br/><b>3:30</b> Puzzles and Popcorn<br/><b>5:00</b> Break the Fast in the Bistro (Sing up needed and \$15 Charge)</p> |
| <p><b>9:30</b> Worship &amp; prayers <b>13</b><br/><b>10:30</b> Exercise<br/><b>2:00</b> Book Club<br/><b>3:00</b> Pet Therapy with Annie<br/><b>3:30</b> Sunday Sitcom &amp; Snacks</p>  | <p><b>10:30</b> Morning Meeting <b>14</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Hudson Gardens Jack-O-Lantern Display<br/><b>2:00</b> Trivia<br/><b>3:00</b> B-I-N-G-O<br/><b>4:00</b> Walking Club</p> | <p><b>10:30</b> Morning Meeting <b>15</b><br/><b>11:00</b> Exercise Video<br/><b>1:00</b> Purple Art<br/><b>2:00</b> Eldergrow Class<br/><b>3:00</b> Jeopardy<br/><b>4:00</b> Afternoon Coffee Chat</p>        | <p><b>10:30</b> Morning Meeting <b>16</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Sing-Along<br/><b>3:00</b> Family Council<br/><b>4:00</b> Soup Cook Off!</p>   | <p><b>10:00</b> Music Therapy with Kiemel <b>17</b><br/><b>11:00</b> Exercise<br/><b>1:30</b> Sensory Outings: Montessori Activities<br/><b>2:00</b> Movie Matinee &amp; Popcorn<br/><b>3:30</b> Aromatherapy<br/><b>4:00</b> RELAX with Music</p> | <p><b>10:30</b> Morning Meeting <b>18</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Smart Board Games<br/><b>3:30</b> Happy Hour!!<br/><b>4:30</b> Walking Club</p>                                | <p><b>10:30</b> Morning Meeting <b>19</b><br/><b>11:00</b> Exercise Game<br/><b>1:30</b> Afternoon Movement<br/><b>2:30</b> B-I-N-G-O<br/><b>3:30</b> Puzzles and Popcorn</p>   |
| <p><b>9:30</b> Worship &amp; prayers <b>20</b><br/><b>10:30</b> Exercise<br/><b>2:00</b> Book Club<br/><b>3:00</b> Pet Therapy with Annie<br/><b>3:30</b> Sunday Sitcom &amp; Snacks</p>  | <p><b>10:30</b> Morning Meeting <b>21</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Trivia<br/><b>3:00</b> B-I-N-G-O<br/><b>4:00</b> Walking Club</p>   | <p><b>10:00</b> Painting with Polly <b>22</b><br/><b>11:00</b> Exercise Video<br/><b>1:00</b> Memory Café: Interactive Drumming<br/><b>3:00</b> Jeopardy<br/><b>4:00</b> Afternoon Coffee Chat</p>             | <p><b>10:30</b> Morning Meeting <b>23</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Sing-Along<br/><b>3:00</b> Cirque De Monarch Performance<br/><b>4:00</b> Walking Club</p>  | <p><b>10:00</b> Music Therapy with Kiemel <b>24</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Movie Matinee &amp; Popcorn<br/><b>2:30</b> Pumpkin Patch<br/><b>3:30</b> Aromatherapy<br/><b>4:00</b> RELAX with Music</p>                          | <p><b>10:30</b> Morning Meeting <b>25</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Smart Board Games<br/><b>3:30</b> Happy Hour!!<br/><b>4:30</b> Walking Club</p>                                | <p><b>10:30</b> Morning Meeting <b>26</b><br/><b>11:00</b> Exercise Game<br/><b>1:30</b> Afternoon Movement<br/><b>2:30</b> B-I-N-G-O<br/><b>3:30</b> Puzzles and Popcorn</p>   |
| <p><b>9:30</b> Worship &amp; prayer <b>27</b><br/><b>10:30</b> Exercise<br/><b>2:00</b> Book Club<br/><b>3:00</b> Hilltop Players Performance<br/><b>3:30</b> Sunday Sitcom &amp; Snacks</p>  | <p><b>10:30</b> Morning Meeting <b>28</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Trivia<br/><b>3:00</b> B-I-N-G-O<br/><b>4:00</b> Walking Club</p>   | <p><b>10:30</b> Morning Meeting <b>29</b><br/><b>11:00</b> Exercise Video<br/><b>2:00</b> Cooking Class: Spooky Treats<br/><b>3:00</b> Jeopardy<br/><b>4:00</b> Afternoon Coffee Chat</p>                      | <p><b>10:30</b> Morning Meeting <b>30</b><br/><b>11:00</b> Exercise Game<br/><b>2:00</b> Costume Planning<br/><b>3:00</b> Sing-Along<br/><b>4:00</b> Walking Club</p>   | <p><b>10:00</b> Music Therapy with Kiemel <b>31</b><br/><b>11:00</b> Exercise<br/><b>2:00</b> Halloween Party!!<br/><b>3:00</b> Costume Contest<br/><b>4:00</b> RELAX with Music</p>   | <p><b>Bold activity = Outside Vendor</b><br/><b>Highlighted=</b> Sign up required for outing</p>   | <p>Anastasia Hoben<br/>Monarch House Life Enrichment Director<br/><a href="mailto:ahoben@hilltopreserve.com">ahoben@hilltopreserve.com</a><br/>(720) 724-7749</p>   |