



# SEPTEMBER 2024

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<p><b>9:30</b> Worship &amp; prayers <b>1</b>  <b>10:30</b> Tai Chi Exercise  <b>2:00</b> Crafting- Pet Rock Day  <b>3:00</b> Pet Therapy with Annie  <b>3:30</b> Book Club</p>	<p><b>10:30</b> Morning Meeting <b>2</b>  <b>11:00</b> Exercise Game  <b>11:30</b> Labor Day BBQ in Monarch  <b>2:00</b> Color Meditation  <b>3:00</b> B-I-N-G-O  <b>4:00</b> Walking Club</p>	<p><b>10:30</b> Morning Meeting <b>3</b>  <b>11:00</b> Chair Yoga Video  <b>1:00</b> Purple Art  <b>2:00</b> Jeopardy  <b>3:00</b> Puzzle Party!  <b>4:00</b> Afternoon Coffee Chat</p>	<p><b>10:30</b> Morning Meeting <b>4</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Sing- Along  <b>3:00</b> Apple Taste Test  <b>4:00</b> Walking Club</p>	<p><b>10:00</b> Music Therapy with Kiemel <b>5</b>  <b>11:00</b> Zumba Exercise  <b>1:30</b> Montessori Activities  <b>2:30</b> Matinee Movie  <b>4:00</b> RELAX with Music</p>	<p><b>10:30</b> Morning Meeting <b>6</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Smart Board Games  <b>3:30</b> Happy Hour!!  <b>4:30</b> Walking Club  <b>5:00</b> Luau BBQ in Bistro</p>	<p><b>10:30</b> Morning Meeting <b>7</b>  <b>11:00</b> Exercise Game  <b>1:30</b> Color By Number  <b>2:00</b> B-I-N-G-O  <b>3:00</b> Puzzles and Popcorn</p>
<p><b>9:30</b> Worship &amp; prayers <b>8</b>  <b>10:30</b> Tai Chi Exercise  <b>2:00</b> Grandparents Day Celebration!  <b>3:00</b> Pet Therapy with Annie  <b>3:15</b> Crafting  <b>3:30</b> Book Club</p>	<p><b>9:30</b> Coffee Outing <b>9</b>  <b>10:30</b> Morning Meeting  <b>11:00</b> Exercise Game  <b>2:00</b> Color Meditation  <b>3:00</b> B-I-N-G-O  <b>4:00</b> Walking Club</p>	<p><b>10:30</b> Morning Meeting <b>10</b>  <b>11:00</b> Chair Yoga Video  <b>2:00</b> Jeopardy  <b>3:00</b> Name That Sound  <b>4:00</b> Afternoon Coffee Chat</p>	<p><b>10:30</b> Morning Meeting <b>11</b>  <b>11:00</b> Exercise Game  <b>2:00</b> ElderGrow Class and Maintenance  <b>3:00</b> Sing- Along  <b>4:00</b> Walking Club</p>	<p><b>10:00</b> Music Therapy with Kiemel <b>12</b>  <b>11:00</b> Zumba Exercise  <b>2:00</b> Matinee Movie with Popcorn  <b>3:30</b> Chocolate Milk Shake Day!  <b>4:00</b> RELAX with Music</p>	<p><b>10:30</b> Morning Meeting <b>13</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Smart Board Games  <b>3:30</b> Happy Hour with Christopher Conroy!!  <b>4:30</b> Walking Club</p>	<p><b>10:30</b> Morning Meeting <b>14</b>  <b>11:00</b> Exercise Game  <b>1:30</b> Color By Number  <b>2:00</b> B-I-N-G-O  <b>3:00</b> Puzzles and Popcorn</p>
<p><b>9:30</b> Worship &amp; prayers <b>15</b>  <b>10:30</b> Tai Chi Exercise  <b>2:00</b> Crafting  <b>3:00</b> Pet Therapy with Annie  <b>4:00</b> Book Club</p>	<p><b>10:30</b> Morning Meeting <b>16</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Color Meditation &amp; Ice Cream Bar  <b>3:00</b> B-I-N-G-O  <b>4:00</b> Walking Club</p>	<p><b>10:30</b> Morning Meeting <b>17</b>  <b>11:00</b> Chair Yoga Video  <b>1:00</b> Purple Art  <b>2:00</b> Monarch Fall Festival  <b>3:00</b> Jeopardy  <b>4:00</b> Afternoon Coffee Chat</p>	<p><b>10:30</b> Morning Meeting <b>18</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Sing- Along  <b>3:00</b> Family Council  <b>4:00</b> Walking Club</p>	<p><b>10:00</b> Music Therapy with Kiemel <b>19</b>  <b>11:00</b> Zumba Exercise  <b>1:30</b> Montessori Activities-Sensory Outings  <b>2:30</b> Matinee Movie with Popcorn  <b>4:00</b> Pizza Night!</p>	<p><b>10:30</b> Morning Meeting <b>20</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Smart Board Games  <b>3:30</b> Happy Hour !!  <b>4:30</b> Walking Club</p>	<p><b>10:00</b> Walk to End Alzheimer's in the Courtyard <b>21</b>  <b>11:00</b> Exercise Game  <b>1:30</b> Color By Number  <b>2:00</b> B-I-N-G-O  <b>3:00</b> Puzzles and Popcorn</p>
<p><b>9:30</b> Worship &amp; prayers <b>22</b>  <b>10:30</b> Tai Chi Exercise  <b>2:00</b> Crafting  <b>2:30</b> Pet Therapy with Annie  <b>3:30</b> Book Club</p>	<p><b>10:30</b> Morning Meeting <b>23</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Dessert Pancake Bar  <b>3:00</b> B-I-N-G-O  <b>4:00</b> Color Meditation</p>	<p><b>10:00</b> Painting with Polly <b>24</b>  <b>11:00</b> Chair Yoga Video  <b>2:00</b> Jeopardy  <b>3:00</b> Puzzle Party!  <b>4:00</b> Afternoon Coffee Chat</p>	<p><b>10:30</b> Morning Meeting <b>25</b>  <b>11:00</b> Exercise Game  <b>2:00</b> ElderGrow Class and Maintenance  <b>3:00</b> Sing- Along  <b>4:00</b> Walking Club</p>	<p><b>10:00</b> Music Therapy with Kiemel <b>26</b>  <b>11:00</b> Zumba Exercise  <b>1:30</b> Aromatherapy  <b>2:00</b> Movie Matinee with Popcorn  <b>4:00</b> RELAX with Music</p>	<p><b>10:30</b> Morning Meeting <b>27</b>  <b>11:00</b> Exercise Game  <b>2:00</b> Smart Board Games  <b>3:30</b> Happy Hour !!  <b>4:30</b> Walking Club</p>	<p><b>10:30</b> Morning Meeting <b>28</b>  <b>11:00</b> Exercise Game  <b>1:30</b> Color By Number  <b>2:00</b> B-I-N-G-O  <b>3:00</b> Puzzles and Popcorn</p>
<p><b>9:30</b> Worship &amp; prayers <b>29</b>  <b>10:30</b> Tai Chi Exercise  <b>2:00</b> Crafting  <b>3:00</b> Pet Therapy with Annie  <b>3:30</b> Book Club  <b>4:30</b> Maggiano's Dinner</p>	<p><b>10:30</b> Morning Meeting <b>30</b>  <b>11:00</b> Exercise Gam  <b>1:30</b> Scenic Fall Drive  <b>2:00</b> Color Meditation  <b>3:00</b> B-I-N-G-O  <b>4:00</b> Walking Club</p>			<p>Monarch Mealtimes are as follows unless otherwise notated:   7:30-9 Breakfast  11:30 Lunch  4:45 Dinner</p>	<p><b>Bold activity = Outside Vendor</b>   <b>Highlighted</b> = Sign up required</p>	<p>Anastasia Hoben  Life Enrichment Director  <a href="mailto:ahoben@hilltopreserve.com">ahoben@hilltopreserve.com</a>  720-724-7749</p>