



NOVEMBER 2024

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<p>Anastasia Hoben Monarch House Life Enrichment Director</p> <p>ahoben@hilltopreserve.com</p> <p>Direct Line: 720-724-7749</p>	<p>Monarch Meal Times: Breakfast 8:00-10:00 Lunch 11:30 Dinner 4:30</p>	<p>Happy Birthday! Priscilla - 9th Linda - 16th Ruth - 19th Diane - 22nd</p>	<p>Highlighted = Sign Up Requested</p> <p>Bolded = Outside Vendor</p>		<p>10:30 Morning Meeting 1 11:00 Exercise 2:00 Smart Board Games 3:30 Happy Hour!! 4:30 Walking Club</p>	<p>10:30 Morning Meeting 2 11:00 Exercise 1:30 Afternoon Movement 2:30 B-I-N-G-O 3:30 Puzzles and Popcorn</p>
<p>3 9:30 Worship and Prayers 10:30 Exercise 2:00 Book Club 3:00 Pet therapy with Annie 3:30 Sunday Sitcom 4:00 Aromatherapy</p>	<p>4 10:30 Morning Meeting 11:00 Exercise 2:00 Trivia 3:00 B-I-N-G-O 4:00 Hot Cocoa Chat</p>	<p>5 10:30 Morning Meeting 11:00 Exercise 1:00 Purple Art 2:00 Jeopardy 3:00 Cooking Class 4:00 Afternoon Coffee Chat</p>	<p>6 10:30 Morning Meeting 11:00 Exercise 2:00 Smores Party! 3:00 Sing- Along 4:00 Walking Club</p>	<p>7 10:00 Music with Kiemel 11:00 Zumba 1:30 Montessori Activities 2:30 Movie Matinee & Popcorn 4:00 RELAX with Music 4:30 Italian Dinner Extravaganza</p>	<p>8 10:30 Morning Meeting 11:00 Exercise 2:00 Smart Board Games 3:30 Happy Hour!! 4:30 Walking Club</p>	<p>9 10:30 Morning Meeting 11:00 Exercise 1:30 Afternoon Movement 2:30 B-I-N-G-O 3:30 Puzzles and Popcorn</p>
<p>10 9:30 Worship and Prayers 10:30 Exercise 2:00 Book Club 3:00 Pet therapy with Annie 3:30 Sunday Sitcom 4:00 Aromatherapy</p>	<p>11 Happy Veterans Day Special Breakfast to Honor our Veterans 10:30 Moring Meeting 11:00 Exercise 1:30 Boxing to the Music! 2:30 B-I-N-G-O 3:30 Eldergrow Class 4:00 Walking Club</p>	<p>12 10:30 Morning Meeting 11:00 Exercise 2:00 Jeopardy 3:00 Crossword and Cookies 4:00 Afternoon Coffee Chat</p>	<p>13 10:00 Coffee Outing 10:30 Morning Meeting 11:00 Exercise 2:00 Sing- Along 3:00 Chip and Dip Party 4:00 Walking Club</p>	<p>14 10:00 Music with Kiemel 11:00 Zumba 1:00 Mindful Movement 2:00 Movie Matinee & Popcorn 4:00 RELAX with Music</p>	<p>15 10:30 Morning Meeting 11:00 Exercise 2:00 Smart Board Games 3:30 Happy Hour!! 4:30 Walking Club</p>	<p>16 10:30 Morning Meeting 11:00 Exercise 1:30 Afternoon Movement 2:30 B-I-N-G-O 3:30 Puzzles and Popcorn</p>
<p>17 9:30 Worship and Prayers 10:30 Exercise 2:00 Book Club 3:00 Pet therapy with Annie 3:30 Sunday Sitcom 4:00 Aromatherapy</p>	<p>18 10:30 Moring Meeting 11:00 Exercise 2:00 Trivia 3:00 B-I-N-G-O 4:00 Hot Cocoa Chat</p>	<p>19 10:30 Morning Meeting 11:00 Exercise 1:00 Purple Art 2:00 Jeopardy 3:00 Putt Master Challenge 4:00 Afternoon Coffee Chat</p>	<p>20 10:30 Morning Meeting 11:00 Exercise 2:00 Sing- Along 3:00 Family Council 4:00 Cubigo Training</p>	<p>21 10:00 Music with Kiemel 11:00 Zumba 1:30 Montessroi Activities: Sensory Outings 2:00 Movie Matinee & Popcorn 4:00 RELAX with Music</p>	<p>22 10:30 Morning Meeting 11:00 Exercise 2:00 Smart Board Games 3:30 Happy Hour to Celebrate November Birthdays!! 4:30 Walking Club</p>	<p>23 10:30 Morning Meeting 11:00 Exercise 1:30 Afternoon Movement 2:30 B-I-N-G-O 3:30 Puzzles and Popcorn</p>
<p>24 9:30 Worship and Prayers 10:30 Exercise 2:00 Rocky Mountain Arsenal Wildlife Drive 3:00 Pet therapy with Annie 3:30 Aromatherapy</p>	<p>25 10:30 Morning Meeting 11:00 Exercise 2:00 Trivia 3:00 B-I-N-G-O 4:00 Walking Club</p>	<p>26 10:30 Morning Meeting 11:00 Exercise 2:00 Jeopardy 3:00 Pie Party 4:00 Afternoon Coffee Chat</p>	<p>27 10:30 Morning Meeting 11:00 Exercise 2:00 Thanksgiving Craft 3:00 Sing-Along 4:00 Walking Club</p>	<p>28 10:30 Morning Meeting 11:00 Zumba 11:30 Thanksgiving Lunch 2:00 Turkey Takedown Challenge 3:00 Movie Matinee & Popcorn 4:00 RELAX with Music</p>	<p>29 10:30 Morning Meeting 11:00 Exercise 2:00 Smart Board Games 3:30 Happy Hour!! 4:30 Walking Club</p>	<p>30 10:30 Morning Meeting 11:00 Exercise 1:30 Afternoon Movement 2:30 B-I-N-G-O 3:30 Puzzles and Popcorn</p>