





November 2023



Monarch House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Church Services			1	2	3	4
8:30am- New Creations 9:00am- Emanuel Lutheran 10:00am- Good Shepard Lutheran 10:00am- St. Barnabas Episcopal			9:00 PH Yoga w/ Sana (AN) 10:00 SO Eldergrow 1:00 EM November Door Decor (BIS) 2:30 SO Pie O'Clock (BIS) 3:30 SO Puzzles (BIS) 4:00 EM Where in the World? (BN)	9:30 PH Movin' & Groovin' with Jenny Mcclendon (BIS) 10:30 EM Music & the World w/ Shane 1:30 PH Staying Fit with Kim (BN) 2:00 EM National Deviled Egg Day (BIS) 4:00 DR View Point (DR) 4:30 IN Dinner Theater (BIS)	9:30 PH Pilates (AN) 10:00 SO Eldergrow 12:30 IN Brain Games 2:30 SO Happy Hour (BIS) 3:00 SO Funny Friday (BIS)	9:30 PH Morning Stretches (BIS) 10:00 SO Pictionary (BIS) 1:00 SO Mocktails (BIS) 2:30 EM Saturday Cinema (AN) 3:30 Memory Lane (CY)
5	6	7	8	9	10	11
9:30 PH Ball Game (AN) 10:00 EM Art Club (BIS) 1:00 EM Are You Ready For Some Football? 2:00 SO Sunday Smoothies 3:00 Sensory Sundays (BIS)	9:30 SP Meditation Monday (BIS) 10:00 SO Eldergrow 1:30 EM Live Music with Jamie (AN) 2:30 SO Happy Hour (BIS) 3:00 IN This Week in History (DR)	9:30 PH Zumba Class (BIS) 10:30 Book Club w/ Sandy (RR) 1:00 EM Baking class (BIS) 2:00 SO Sippin' Social (BIS) 4:00 EM Did You Know? (BIS)	9:00 PH Yoga w/ Sana (AN) 10:00 SO Eldergrow 1:00 EM Piece Of Me Charms (BIS) 2:30 SO Pie O'Clock (BIS) 3:30 SO Puzzles (BIS) 4:00 EM Where in the World? (BN)	9:30 PH Movin' & Groovin' with Jenny Mcclendon (BIS) 10:30 EM Music & the World w/ Shane 1:30 PH Staying Fit with Kim (BN) 2:00 SO Everybody Loves Parfait (BIS) 4:00 DR View Point (DR) 4:30 IN Dinner Theater (BIS)	9:30 PH Pilates (AN) 10:00 SO Eldergrow 12:30 IN Brain Games 2:30 SO Happy Hour (BIS) 3:00 SO Funny Friday (BIS)	9:30 PH Morning Stretches (BIS) 10:00 SO Pictionary (BIS) 1:00 SO Mocktails (BIS) 2:30 EM Saturday Cinema (AN) 3:30 Memory Lane (CY)
12	13	14	15	16	17	18
9:30 PH Ball Game (AN) 10:00 EM Art Club (BIS) 1:00 EM Are You Ready For Some Football? 2:00 SO Sunday Smoothies 3:00 Sensory Sundays (BIS)	9:30 SP Meditation Monday (BIS) 10:00 SO Eldergrow 10:30 SO Lunch Bunch (OS) 1:30 EM Live Music with Jimmy (AN) 2:30 SO Happy Hour (BIS) 3:00 IN This Week in History (DR)	9:30 PH Zumba Class (BIS) 10:30 Book Club w/ Sandy (RR) 1:00 EM What's Cookin' (BIS) 2:00 SO Sippin' Social (BIS) 4:00 EM Did You Know? (BIS)	9:00 PH Yoga w/ Sana (AN) 10:00 SO Eldergrow 1:00 EM Juice Box Pumpkins (BIS) 2:30 SO Pie O'Clock (BIS) 3:30 SO Puzzles (BIS) 4:00 EM Where in the World? (BN)	9:30 PH Movin' & Groovin' with Jenny Mcclendon (BIS) 10:30 EM Music & the World w/ Shane 1:30 PH Staying Fit with Kim (BN) 2:00 SO Favorites Of Fall (BIS) 4:00 DR View Point (DR) 4:30 IN Dinner Theater (BIS)	9:30 PH Pilates (AN) 10:00 SO Eldergrow 12:30 IN Brain Games 1:30 EM Live Music with Jimmy (AN) 2:30 SO Happy Hour (BIS) 3:00 SO Funny Friday (BIS)	9:30 PH Morning Stretches (BIS) 10:00 SO Pictionary (BIS) 1:00 SO Mocktails (BIS) 2:30 EM Saturday Cinema (AN) 3:30 Memory Lane (CY)
19	20	21	22	23	24	25
9:30 PH Ball Game (AN) 10:00 EM Art Club (BIS) 1:00 EM Are You Ready For Some Football? 2:00 SO Sunday Smoothies 3:00 Sensory Sundays (BIS)	9:30 SP Meditation Monday (BIS) 10:00 SO Eldergrow 2:00 SO Kaleido Scoops Outing (OS) 2:30 SO Happy Hour (BIS) 3:00 IN This Week in History (DR)	9:30 PH Zumba Class (BIS) 10:30 Book Club w/ Sandy (RR) 1:00 EM Baking class (BIS) 2:00 SO Sippin' Social (BIS) 4:00 EM Did You Know? (BIS)	9:00 PH Yoga w/ Sana (AN) 10:00 SO Eldergrow 1:00 EM Lovely Legumes (BIS) 2:30 SO Pie O'Clock (BIS) 3:30 SO Puzzles (BIS) 4:00 EM Where in the World? (BN)	9:30 PH Movin' & Groovin' with Jenny Mcclendon (BIS) 10:30 EM Music & the World w/ Shane 12:30 EM November Scrapbook Page 2:00 SO I Cranberry Believe it! (BIS) 4:00 DR View Point (DR) 4:30 IN Dinner Theater (BIS)	9:30 PH Pilates (AN) 10:00 SO Eldergrow 12:30 IN Brain Games 1:30 EM Live Music with Jamie (AN) 2:30 SO Happy Hour (BIS) 3:00 SO Funny Friday (BIS)	9:30 PH Morning Stretches (BIS) 10:00 SO Pictionary (BIS) 1:00 SO Mocktails (BIS) 2:30 EM Saturday Cinema (AN) 3:30 Memory Lane (CY)
26	27	28	29	30	All Activities Are Subject To Change	
9:30 PH Ball Game (AN) 10:00 EM Art Club (BIS) 1:00 EM Are You Ready For Some Football? 2:00 SO Sunday Smoothies 3:00 Sensory Sundays (BIS)	9:30 SP Meditation Monday (BIS) 10:00 SO Eldergrow 10:30 SO Lunch Bunch (OS) 2:30 SO Happy Hour (BIS) 3:00 IN This Week in History (DR)	9:30 PH Zumba Class (BIS) 10:30 Book Club w/ Sandy (RR) 1:00 EM What's Cookin' (BIS) 2:00 SO Sippin' Social (BIS) 4:00 EM Did You Know? (BIS)	9:00 PH Yoga w/ Sana (AN) 10:00 SO Eldergrow 1:00 EM Centerpiece Creations (BIS) 2:30 SO Pie O'Clock (BIS) 3:30 SO Puzzles (BIS) 4:00 EM Where in the World? (BN)	9:30 PH Movin' & Groovin' with Jenny Mcclendon (BIS) 10:30 EM Music & the World w/ Shane 1:30 PH Staying Fit with Kim (BN) 2:00 SO Hot, Hot, Hot, Hot Chocolate! 4:00 DR View Point (DR) 4:30 IN Dinner Theater (BIS)		

Bold activity = Sign up mandatory

AN = A Neighborhood, BIS = Bistro, BN = B Neighborhood, DR = Dining Room, CY = Courtyard, RR = Reading Room, OS = Off Site

IN Intellectual **CE** Community Engagement **PH** Physical **SO** Social **EM** Emotional **SP** Spiritual