



SEPTEMBER 2024

MONARCH HOUSE



SUN

MON

TUE

WED

THU

FRI

SAT

<p>1</p> <p>PH 9:30 Ball Game (AN) EM 10:30 Art Club (BIS) SO 1:30 Bingo! (BIS) SO 2:30 Sunday Smoothies IN 3:00 Sensory Sundays (BIS) EM 3:30 Sunshine Therapy (CY)</p>	<p>2</p> <p>IN 8:30 This Week in History SO 9:30 Monday Morning Conversation 11:15 Brunch @ Bonfire Coffee SO 12:30 Eldergrow 1:30 Live Music with Jamie PH 2:00 Yoga with Sana 2:30 Labor Day Party IN 5:30 Mystery Mondays</p>	<p>3</p> <p>EM 8:30 Did You Know? SO 9:30 Think Tank SO 10:30 Book Club w/Sandy PH 1:30 Zumba Class SO 2:30 Sippin' Social (BIS) EM 3:30 Painting Group (BIS) EM 5:30 Sci-Fi Movie Night</p>	<p>4</p> <p>EM 8:30 Where in the World? CE 9:30 Coffee & Donuts (DR) SO 12:30 Eldergrow EM 1:30 T.V Show- White Collar SO 2:30 Pie O'Clock (BIS) SO 3:30 Puzzles (BIS) EM 5:30 Western Wednesdays</p>	<p>5</p> <p>SO 8:30 View Point (DR) SO 9:30 Rise and Shine PH 10:30 Grandparents Day Bookmarks PH 1:30 Staying Fit with Kim SO 2:30 Cheese Pizza Day PH 3:30 Movin and Groovin with Jenny IN 4:30 Dinner Theater (BIS)</p>	<p>6</p> <p>SO 8:30 Funny Friday SO 9:30 Friday Coffee Social (BIS) PH 10:30 Pilates (AN) EM 12:30 Eldergrow IN 1:30 Live Music with Pat IN 2:30 Happy Hour (BIS) IN 3:00 Bingo EM 5:30 Romance Movie Night (AN)</p>	<p>7</p> <p>PH 9:30 Morning Stretches (BIS) PH 10:00 Wii Sports (BN) SO 1:00 Mocktails (BIS) EM 2:30 Saturday Cinema (AN) EM 3:30 Sunshine Therapy (CY)</p>
<p>8</p> <p>PH 9:30 Ball Game (AN) EM 10:30 Art Club (BIS) SO 1:30 Dominoes! (BIS) SO 2:30 Sunday Smoothies IN 3:00 Sensory Sundays (BIS) EM 3:30 Sunshine Therapy (CY)</p>	<p>9</p> <p>IN 8:30 This Week in History SO 9:30 Monday Morning Conversation PH 10:00 Walk in the Park SO 12:30 Eldergrow EM 1:30 Live Music with Jamie PH 2:00 Yoga with Sana SO 2:30 Happy Hour IN 5:30 Mystery Mondays</p>	<p>10</p> <p>EM 8:30 Did You Know? PH 9:30 Think Tank SO 10:30 Book Club w/Sandy PH 1:30 Zumba Class SO 2:30 Sippin' Social (BIS) EM 3:30 Painting Group (BIS) EM 5:30 Sci-Fi Movie Night</p>	<p>11</p> <p>EM 8:30 Where in the World? CE 9:30 Coffee & Donuts (DR) SP 10:00 Reiki with Temple Polish SO 12:30 Eldergrow EM 1:30 T.V Show- White Collar SO 2:30 Pie O'Clock (BIS) SO 3:30 Puzzles (BIS)</p>	<p>12</p> <p>SO 8:30 View Point (DR) SO 9:30 Rise and Shine PH 10:30 Chocolate Milkshake Day! PH 1:30 Staying Fit with Kim CE 2:00 Alzheimers Fundraising Event PH 3:30 Movin and Groovin with Jenny IN 4:30 Dinner Theater (BIS)</p>	<p>13</p> <p>SO 8:30 Funny Friday SO 9:30 Friday Coffee Social (BIS) PH 10:30 Pilates (AN) EM 12:30 Eldergrow IN 1:30 Brain Games IN 2:30 Happy Hour (BIS) IN 3:00 Bingo EM 5:30 Romance Movie Night (AN)</p>	<p>14</p> <p>PH 9:30 Morning Stretches (BIS) PH 10:00 Wii Sports (BN) SO 1:00 Mocktails (BIS) EM 2:30 Saturday Cinema (AN) EM 3:30 Sunshine Therapy (CY)</p>
<p>15</p> <p>PH 9:30 Ball Game (AN) EM 10:30 Art Club (BIS) SO 1:30 Bingo! (BIS) SO 2:30 Sunday Smoothies IN 3:00 Sensory Sundays (BIS) EM 3:30 Sunshine Therapy (CY)</p>	<p>16</p> <p>IN 8:30 This Week in History SO 9:30 Monday Morning Conversation OS 11:15 Lunch Bunch SO 12:30 Eldergrow 1:30 Brain Games PH 2:00 Yoga with Sana 2:30 Happy Hour IN 5:30 Mystery Mondays</p>	<p>17</p> <p>EM 8:30 Did You Know? SO 9:30 Think Tank SO 10:30 Book Club w/Sandy PH 1:30 Zumba Class SO 2:30 Sippin' Social (BIS) EM 3:30 Painting Group (BIS) EM 5:30 Sci-Fi Movie Night</p>	<p>18</p> <p>EM 8:30 Where in the World? CE 9:30 Coffee & Donuts (DR) SO 12:30 Eldergrow EM 1:30 T.V Show- White Collar SO 2:30 Pie O'Clock (BIS) SO 3:30 Puzzles (BIS) EM 5:30 Western Wednesdays</p>	<p>19</p> <p>SO 8:30 View Point (DR) SO 9:30 Rise and Shine PH 10:30 Butterscotch Pudding Day! PH 1:30 Staying Fit with Kim SO 2:30 Spa Day PH 3:30 Movin and Groovin with Jenny IN 4:30 Dinner Theater (BIS)</p>	<p>20</p> <p>SO 8:30 Funny Friday SO 9:30 Friday Coffee Social (BIS) PH 10:30 Pilates (AN) EM 12:30 Eldergrow IN 1:30 Brain Games IN 2:30 Happy Hour (BIS) IN 3:00 Bingo EM 5:30 Romance Movie Night</p>	<p>21</p> <p>PH 9:30 Morning Stretches (BIS) PH 10:00 Wii Sports (BN) SO 1:00 Mocktails (BIS) EM 2:30 Saturday Cinema (AN) EM 3:30 Sunshine Therapy (CY)</p>
<p>22</p> <p>PH 9:30 Ball Game (AN) EM 10:30 Art Club (BIS) SO 1:30 Dominoes! (BIS) SO 2:00 Sunday Smoothies IN 3:00 Sensory Sundays (BIS) EM 3:30 Sunshine Therapy (CY)</p>	<p>23</p> <p>IN 8:30 This Week in History OS 9:30 Art Class at Carbondale Clay SO 12:30 Eldergrow 1:30 Brain Games PH 2:00 Yoga with Sana 2:30 Happy Hour IN 5:30 Mystery Mondays</p>	<p>24</p> <p>EM 8:30 Did You Know? SO 9:30 Think Tank SO 10:30 Book Club w/Sandy PH 1:30 Zumba Class SO 2:30 Sippin' Social (BIS) EM 3:30 Painting Group (BIS) EM 5:30 Sci-Fi Movie Night</p>	<p>25</p> <p>EM 8:30 Where in the World? CE 9:30 Coffee & Donuts (DR) SP 10:00 Reiki with Temple Polish SO 12:30 Eldergrow EM 1:30 T.V Show-White Collar SO 2:30 Pie O'Clock (BIS) SO 3:30 Puzzles (BIS) EM 5:30 Western Wednesdays</p>	<p>26</p> <p>SO 8:30 View Point (DR) SO 9:30 Rise and Shine PH 10:30 September Scrapbook Page PH 1:30 Staying Fit with Kim SO 2:30 National Dumpling Day PH 3:30 Movin and Groovin with Jenny IN 4:30 Dinner Theater (BIS)</p>	<p>27</p> <p>SO 8:30 Funny Friday SO 9:30 Friday Coffee Social (BIS) PH 10:30 Pilates (AN) EM 12:30 Eldergrow IN 1:30 Live Music with Tim and Melissa IN 2:30 Happy Hour (BIS) IN 3:00 Bingo EM 5:30 Romance Movie Night</p>	<p>28</p> <p>PH 9:30 Morning Stretches (BIS) PH 10:00 Wii Sports (BN) SO 1:00 Mocktails (BIS) EM 2:30 Saturday Cinema (AN) EM 3:30 Sunshine Therapy (CY)</p>
<p>29</p> <p>PH 9:30 Ball Game (AN) EM 10:30 Art Club (BIS) SO 1:30 Bingo! (BIS) SO 2:00 Sunday Smoothies IN 3:00 Sensory Sundays (BIS) EM 3:30 Sunshine Therapy (CY)</p>	<p>30</p> <p>IN 8:30 This Week in History SO 9:30 Monday Morning Conversation SO 12:30 Eldergrow 1:30 Brain Games PH 2:00 Yoga with Sana OS 2:30 Ice Cream Happy Hour at KaleidoScoops IN 5:30 Mystery Mondays</p>		<p>IN Intellectual CE Community Engagement PH Physical SO Social EM Emotional SP Spiritual</p>	<p>Virtual Church Services 8:30am- New Creations Lutheran 9:00am- Emanuel Lutheran 10:00am- Good Shepard Lutheran 10:00am- St. Barnabas Episcopal</p>	<p>BIS = Bistro BN = B Neighborhood DR = Dining Room AN = A Neighborhood CY = Courtyard OS = Off Site RR = Reading Room</p>	<p>All Activities Are Subject To Change</p>