# November 2026

## Monarch House

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**9:30** Church Service (AN)<br>**10:30** Interactive Morning Stretch (AN)<br>**1:30** Water Pong!! (BN)<br>**2:30** Broncos vs. Chiefs (BIS)<br>**3:30** Corn Hole (BIS)<br>**5:30** Evening Movie (AN) | **2**<br>**9:30** Coffee and Conversations (DR)<br>**10:30** Morning Movement (AN)<br>**12:30** Music Bingo (COM)<br>**1:15** Rick Steves - Travel (AN)<br>**2:00** Yoga W/Whitney (AN)<br>**3:00** Lucky Dice Game<br>**5:30** Evening Movie (AN) | **3**<br>**9:30** Morning Power Walk<br>**10:00** Morning Yoga and Stretches<br>**10:30** Reading Group<br>**12:30** Relaxation Hour (COM)<br>**1:00** Cooking Demo: Spiced Yogurt Apple Dip (BIS)<br>**2:00** Life Loop - Where in the world/Trivia (AN)<br>**5:30** Evening Movie (AN) | **4**<br>**9:30** Morning Movement (COM)<br>**10:00** Wednesday Watering /Plant Care<br>**10:45** Yoga W/Whitney (AN)<br>**11:15** Movie N Feast! (DR)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Balloon Volleyball (AN)<br>**2:00** Snack Social (AN)<br>**3:00** Uno Card Game (AN)<br>**5:30** Evening Movie (AN) | **5**<br>**9:30** Coffee and Current Events (BIS)<br>**10:00** Parachute Play (BN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Detective Puzzles (AN)<br>**2:00** Courtyard Conversations (AN)<br>**3:00** Impressive Fall Foliage Craft (BIS)<br>**5:30** Evening Movie (AN) | **6**<br>**9:30** Morning Power Walk (COM)<br>**10:30** Plant Care (BIS)<br>**12:30** Relaxation Hour (COM)<br>**1:00** "Sense"ational Thanksgiving Dinner (BIS)<br>**2:00** Life Loop - Family Feud (AN)<br>**3:00** Fall Wreath Making (BIS)<br>**5:30** Evening Movie (AN) | **7**<br>**9:30** Good morning Circle (BN)<br>**10:00** Morning Stretch<br>**11:00** Sensory One on One (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Tactile Room Games<br>**1:30** Rick Steves Travel (P)<br>**3:30** Animal Families Documentary (BIS)<br>**5:30** Evening Movie (AN) |
| **8**<br>**9:30** Church Service (AN)<br>**10:30** Interactive Morning Stretch (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:30** Water Pong!! (BN)<br>**2:30** Sunday Sip N Snack (BIS)<br>**3:30** Corn Hole (BIS)<br>**5:30** Evening Movie (AN) | **9**<br>**9:30** Good morning Circle (DR)<br>**10:00** Balance Class: Pilates (AN)<br>**11:00** Cornhole Game (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Afternoon Book Club (BN)<br>**2:00** Yoga W/Whitney (AN)<br>**3:00** Jukebox Sing a Long (AN)<br>**5:30** Evening Movie (AN) | **10**<br>**9:30** Coffee and Current Events (AN)<br>**10:00** Wake Up the Senses (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Veterans Day Paper Poppies Craft (BIS)<br>**2:00** November Pair Up (AN)<br>**2:00** Thank you Letters Writing Group (AN)<br>**3:00** Snack Social (BIS)<br>**5:30** Evening Movie (AN) | **11**<br>**9:30** Morning Movement (COM)<br>**10:00** Wednesday Watering /Plant Care<br>**10:45** Yoga W/Whitney (AN)<br>**11:15** Movie N Feast! (DR)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Bowling (AN)<br>**2:00** Can you Picture This? (AN)<br>**3:00** Veterans Day: Profiles of Courage (RR)<br>**5:30** Evening Movie (AN) | **12**<br>**9:30** Gentle Movement (BIS)<br>**10:00** Coloring Group (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Magazine Sorting Group (AN)<br>**1:30** Courtyard Conversations (AN)<br>**2:30** Hydration Hour (BIS)<br>**5:30** Evening Movie (AN) | **13**<br>**9:30** Exercise Walk (COM)<br>**10:30** Plant Care (BIS)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Pinecone Decorating (BIS)<br>**2:00** Life Loop - Jeopardy (AN)<br>**3:00** Pizza Party! (BIS)<br>**5:30** Evening Movie (AN) | **14**<br>**9:30** Morning Movement & Music (BN)<br>**10:00** Good morning Circle<br>**10:30** Balloon Volleyball (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Tactile Room Games<br>**1:30** Card Game - Skippo (RR)<br>**2:30** Pass The Item (AN)<br>**3:00** Rick Steves Travel (BIS)<br>**5:30** Evening Movie (AN) |
| **15**<br>**9:30** Church Service (AN)<br>**10:30** Interactive Morning Stretch (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Thanksgiving hymns (BN)<br>**2:30** Sunday Sip N Snack (BIS)<br>**3:30** Corn Hole (BIS)<br>**5:30** Evening Movie (AN) | **16**<br>**9:30** Monday Conversations (DR)<br>**10:30** Monday Maintenance/ Plant Care (BIS)<br>**11:00** Afternoon Book Club (COM)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Cooking Demo: Pie Baking (AN)<br>**2:00** Yoga W/Whitney (AN)<br>**3:00** Dance Therapy<br>**5:30** Evening Movie (AN) | **17**<br>**9:30** Wake Up the Senses<br>**10:00** Balloon Volleyball<br>**12:30** Relaxation Hour (COM)<br>**1:00** Holiday Sing a Long (BIS)<br>**2:30** Life Loop - Where in the world/Trivia (AN)<br>**3:00** Thanksgiving Coloring Group<br>**5:30** Evening Movie (AN) | **18**<br>**9:30** Turkey Trot Walking Group (COM)<br>**10:00** Wednesday Watering /Plant Care<br>**10:45** Yoga W/Whitney (AN)<br>**11:15** Movie N Feast! (DR)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Hot Potato Game (AN)<br>**3:30** Dominos (RR)<br>**5:30** Evening Movie (AN) | **19**<br>**9:30** Coffee N Donuts (BIS)<br>**10:30** Board Game - Operation (RR)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Family Council (DR)<br>**1:30** Courtyard Conversations (AN)<br>**2:30** Cider Making (BIS)<br>**5:30** Evening Movie (AN) | **20**<br>**9:30** Good Morning Circle (COM)<br>**10:30** Plant Care (BIS)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Dance Therapy (BIS)<br>**1:30** Life Loop - Family Feud (AN)<br>**3:00** Music w/ Pat and Larry (BIS)<br>**5:30** Evening Movie (AN) | **21**<br>**9:30** Morning Movement & Music (BN)<br>**10:00** Wake Up the Senses<br>**10:30** Balloon Volleyball (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Tactile Room Games<br>**1:30** Card Game - Skippo (RR)<br>**3:30** Photo Album Arrangements (BIS)<br>**5:30** Evening Movie (AN) |

AN = A Neighborhood, BN = B Neighborhood, BIS = Bistro, DR = Dining Room, COM = Community, P = Patio, RR = Reading Room

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **22**<br>**9:30** Church Service (AN)<br>**10:30** Interactive Morning Stretch (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:30** Chair Soccer (BN)<br>**2:30** Sunday Sip N Snack (BIS)<br>**3:30** Nature Documentary (BIS)<br>**5:30** Evening Movie (AN) | **23**<br>**9:30** Monday Conversations (DR)<br>**10:30** Monday Maintenance/ Plant Care (BIS)<br>**12:30** Library Adventure (COM)<br>**12:30** Relaxation Hour (COM)<br>**1:15** Rick Steves - Travel (AN)<br>**2:00** Yoga W/Whitney (AN)<br>**5:30** Evening Movie (AN) | **24**<br>**10:00** Morning Yoga and Stretches<br>**12:30** Relaxation Hour (COM)<br>**1:30** Cooking Class! (BIS)<br>**2:30** Life Loop - Where in the world/Trivia (AN)<br>**2:30** Rick Steves Travel Channel<br>**5:30** Evening Movie (AN) | **25**<br>**9:30** Morning Movement (COM)<br>**10:00** Wednesday Watering /Plant Care<br>**10:45** Yoga W/Whitney (AN)<br>**11:15** Movie N Feast! (DR)<br>**12:30** Relaxation Hour (COM)<br>**1:30** Balloon Volleyball (AN)<br>**3:30** Uno Card Game (RR)<br>**5:30** Evening Movie (AN) | **26**<br>**9:30** Coffee N Donuts (BIS)<br>**10:30** Board Game - Operation (RR)<br>**11:30** Thanksgiving Family Lunch! (DR)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Courtyard Conversations (AN)<br>**1:30** Bird Watching (AN)<br>**3:00** Charlie Brown Thanksgiving Movie (AN)<br>**5:30** Animal Documentary (AN) | **27**<br>**9:30** Exercise Walk (COM)<br>**10:30** Plant Care (BIS)<br>**12:30** Craft Time! (BIS)<br>**12:30** Relaxation Hour (COM)<br>**1:30** Life Loop - Family Feud (AN)<br>**3:00** Expressions Bingo (AN)<br>**5:30** Evening Movie (AN) | **28**<br>**9:30** Morning Movement & Music (BN)<br>**10:00** Morning Yoga and Stretches<br>**10:30** Balloon Volleyball (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:00** Table Games (RR)<br>**1:30** Sort the Buttons<br>**3:30** Photo Album Arrangements (BIS)<br>**5:30** Evening Movie (AN) |
| **29**<br>**9:30** Church Service (AN)<br>**10:30** Interactive Morning Stretch (AN)<br>**12:30** Relaxation Hour (COM)<br>**1:30** Holiday Decorating (BN)<br>**2:30** Sunday Sip N Snack (BIS)<br>**3:00** Interactive Seated Tai Chi (BIS)<br>**5:30** Evening Movie (AN) | **30**<br>**9:30** Wake Up the Senses (AN)<br>**10:00** Holiday Decorating (BIS)<br>**12:30** Library Adventure (COM)<br>**12:30** Relaxation Hour (COM)<br>**1:15** Rick Steves - Travel (AN)<br>**2:00** Yoga W/Whitney (AN)<br>**5:30** Evening Movie (AN) | **Happy Birthday** 🎂<br>**Nov 18**<br>Sharolyn Barton | | | | |

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