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Sunday	M onday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monark Grove of Madi Memory Care	lober	10:00 Easy Fitness Session with Dr. Angela 10:30 Fresh Air & Snacks 11:00 Scenic Ride with Friends 1:30 NP/Creative Kitchen Cooking Club, "Blue Berry Muffins" 3:00 Puzzle Corner 4:00 Traveling Video "Grand	9:30 Our Daily Bread 10:00 Easy Fitness Session with Dr. Angela 10:30 Hydration & Music 11:00 Musical Armchairs Parachute 1:30 National Park Soda Pop & Paint	10:00 Easy Sit to be Fit 10:30 N/P Grand Tetons National Park Virtual Tour, BSL 11:00 Dudley's bible study, IL/ MR 1:30 Colorful Uno with Friends 2:30 Ladies and Spa Hour, SALON 3:30 Sunset Happy Mocktail Hour	All Day Always Available Activities 9:30 Your Weekly Horoscopes & Chat 10:00 Easy Physical Fitness 10:30 Quick Stop & Cookies 11:00 Safe Strides Challenge 1:30 N/P Western Movie & Matinee, THR 3:00 Short Story with Friends 3:30 Sunset Scarecrow Trail Walk 4:00 Fun Quiz Friday Packet	All Day Always Available Activities (College Football) 9:00 Coffee & Social 10:00 Senior Sit & be Fit 10:30 Musical Kickball Circle 11:00 Creative Color Table 1:30 NP/Birds Bingo 3:00 Afternoon Snacks & Music 4:00 Saturday Fun Packet & Fresh air
9:30 Virtual Armchair Yoga Video 10:00 Quick Snacks & Service, TV 10:15 Communion 11:00 Kickball & Music 11:30 Old Hymns Trivia, YouTube 1:30 Church Service 3:00 Afternoon Refreshment & Soft	9:30 At the Garden Strollers 10:00 Fun Physical Movements 10:30 Short Break & Fresh Air 11:00 NP/ Monday Trivia Madness & Rivers Tour "Grand Tetons 11:30 Pool Noodles Balloon Buster 1:30 B-I-N-G-O for Chocolate 2:30 Make over Monday & Spa	10:00 Easy Fitness Session with Dr. Angela 10:30 Refresh & Refill 11:00 Scenic Ride with Friends 1:30 Creative Kitchen Cooking Club, "Pumkin Patch Dirt Cups" 3:00 Country Air & Music	 10:00 Easy Fitness Session with Dr. Angela 10:30 Hydration & Music 11:00 Musical Kickball Circle 1:30 Karaoke Hour 3:00 Classical Piano with Miriam, LB/IL 	10:00 Scenic Ride & Quick Stop 11:00 Dudley's bible study, IL/ MR 11:30 Travel Log "Grand Tetons" 1:30 NP/ Rock Craze, Rock Garden 3:00 Afternoon Breeze &	All Day Always Available Activities 9:30 Your Weekly Horoscopes & Chat 10:00 Armchair Parachute 11:00 Inspirational Series with Randy from Gentiva Hospice, IL/LB 1:30 NP/ Trail Mixed & Rivers Chat 3:00 Camp Fire Word Search 4:00-6:00 Harvest Festival, POOL Yom Kippur Begins	All Day Always Available Activities (College Football) 9:30 Coffee & Social 10:00 Senior Sit & be Fit (Video) 10:30 Musical Beach Ball 11:00 Good Old Time with Tim Goff 1:30 Colorful Nails & Spa Hour 3:00 Afternoon Snacks & Music 4:00 Saturday Fun Packet & Fresh air
 10:00 Quick Snacks & Service, TV 10:15 Communion 11:00 Kickball & Music 11:30 Sunday Karaoke 1:30 Church Service 3:00 Nails Care & Spa Hour 3:30 Back Yard & Fresh air 	10:00 Early Riser Exercise Session 10:30 Refreshment & Soft Melody 11:00 Columbus Day Trivia 1:30 B-I-N-G-O for Chocolate 2:30 Make Over Monday & Spa Hour 3:30 Backyard & Music 4:00 Fun Facts and Quick Quiz	10:00 Easy Fitness Session with Dr. Angela 10:30 Refresh & Refill 11:00 Scenic Ride with Friends 1:30 Creative Kitchen Cooking Club, "Apple Cinnamon Donut" 3:00 Karaoke 1940's Music 4:00 Fresh Air & Fun Facts about	 10:00 Easy Fitness Session with Dr. Angela 10:30 Hydration & Music 11:00 Musical Armchairs Parachute 1:30 NP/ Root beer Float & Paint Rock Craze Garden 	10:00 Scenic Ride & Quick Stop 11:00 Dudley's bible study, IL/ MR 11:30 Grand Tetons Pod Cast 1:30 Colorful Uno Corner 3:00 Musical Ball Toos 3:30 Sunset Happy Mocktail Hour	All Day Always Available Activities 9:30 Your Weekly Horoscopes & Chat 10:00 Easy Physical Fitness 10:30 Coffee & Chat 11:00 NP/ Button Art 1:30 Afternoon High Tea Party 3:00 Short Story with Friends 3:30 Sunset Scarecrow Trail Walk 4:00 Fun Quiz Friday Packet	All Day Always Available Activities (College Football) 9:00 Coffee & Social 10:00 Senior Sit & be Fit (Video) 10:30 Fun Music & Devotional with Steve & Lorraine 11:00 NP/ Fun Birds Chat & Coffee 1:30 Rock & Roll Armchair Parachute 3:00 Afternoon Snacks & Music 4:00 Saturday Fun Packet & Fresh air
9:30 Virtual Armchair Yoga Video 10:00 Quick Snacks & Service, TV 10:15 Communion 11:00 Kickball & Music 11:30 Old Hymns Trivia, YouTube 1:30 Church Service 3:00 Pumpkin Painting with Girl	9:30 At the Garden Strollers 10:00 Fun Physical Movements 10:30 Short Break & Fresh Air 11:00 Make Over Monday & Spa Hour 1:30 B-I-N-G-O for Chocolate 2:30 Sip & Learn 10 Things to do at Grand Tetons/ NP 4:00 Bubbles & Music Therapy	10:00 Easy Fitness Session with Dr. Angela 10:30 Visiting Cook Museum of Natural Science 1:30 Creative Kitchen Cooking Club, "Crêpe" 3:00 Large Puzzles Corner & Soft Melody	9:30 Our Daily Bread 10:00 Easy Fitness Session with Dr. Angela 10:30 Hydration & Music 11:00 Musical Kickball Circle 1:30 NP/ Creative Corner "Popsicles Raft" 3:00 Classical Piano with Miriam, LB/IL 4:00 Healthy Tips & Trendy Talk	10:30 Penny Auction with Kerri Center Well, BSR 11:00 Dudley's bible study, MR 11:30 Musical Walk with Friends 1:30 NP/ Wildflowers Bookmark 3:00 Afternoon Snacks & Music 4:00-6:00 Halloween Trunk or Treats, Front Parking Simchat Torah Begins	 9:30 Your Weekly Horoscope & Chat 10:00 Easy Physical Fitness 11:00 Autumn Trivia, BSR 11:30 NP/Learning about Grand Tetons Wildlife, BSL 1:30 October Birthday Bash 3:00 Sunset Scarecrow Trail Walk 	All Day Always Available Activities (College Football) 9:00 Coffee & Social 10:00 Senior Sit & be Fit (Video) 10:30 Fun Music & Devotional with Steve & Lorraine 11:00 Creative Color Table 1:30 Birds Bingo 3:00 Afternoon Snacks & Music 4:00 Saturday Fun Packet & Fresh air
9:30 Virtual Armchair Yoga Video 10:00 Quick Snacks & Service, TV 10:15 Communion 11:00 Kickball & Music 11:30 Old Hymns Trivia, YouTube 1:30 Church Service 3:00 Afternoon Refreshment & Soft Melody	10:00 Fun Physical Movements 10:30 Short Break & Fresh Air 11:00 Make Over Monday & Spa Hour 11:30 Rock & Roll Oldies Armchair Parachute 1:30 B-I-N-G-O for Chocolate	10:00 Easy Fitness Session with Dr. Angela 10:30 Refresh & Refill 11:00 Scenic Ride with Friends 1:30 NP/Creative Kitchen Cooking Club, "Monkey Bread"	10:00 Exercise Class with Dr. Angela, 11:00 Easy Old Testament Trivia 2:00 Halloween Line Dancers with Charlie's Angels, IL/LB 3:00 Classical Piano Concert with Miriam, IL/LB	All Day Always Available Activities 9:30 Armchair Exercise 10:00 Scenic Ride & Quick Stop 11:00 Dudley's bible study, MR 11:30 Halloween Trivia, BSR 1:45 Halloween Costumes Fashion Show, IL/LB 3:00 Cornhole & indoor games 3:30 Sunset Happy Mocktail Hour 4:00 Brain Games Package	MONARK GROVE MADISON	LOCATION KEYS DR - Dining Room LB - Lobby CR - Craft Room G- Garden FD- Front Desk BSR - Bistro MR - Meeting Room PB- Pub POOL - Pool GYM - Gym THR - Theater GR - Game Room S-Salon NP-National Park
	All	Activities are subject to cha	ange based on our residen	nts, Thank you for understa	nding	