

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2024

Monak Grove Madison (Independent Living)

LOCATION KEYS

- DR - Dining Room LB - Lobby
- MR - Meeting Room PB - Pub
- POOL - Pool GYM - Gym
- THR - Theater GR - Game Room
- BSR - Bistro
- CR - Craft Room G - Garden
- FD - Front Desk

<p><b>4</b></p> <p>All Day Always Available Activities 9:30 Virtual Armchair Yoga with Kay, MR 10:00 Group walking club (Independent), LB 10:15 Communion, LB 1:30 Games with friends (resident led), BSR 2:15 Church Service, MR 4:00 Summer Breeze with Friends (Independent), POOL</p>	<p><b>5</b></p> <p>All Day Always Available Activities 9:00 Exploring Our City S&amp;J Produce Farms, LB 9:30 Gardening Club Meeting, LB 10:30 Exercise class with Amy, MR 11:00 Go for the Gold Armchair Volleyball Tournament, MR 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, FD</p>	<p><b>6</b></p> <p>All Day Always Available Activities All Day Messages with Dr. Angela (by appointment only) 8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen Cooking Club, Strawberry Cheesecake Pizza, BSR 12:30 Resident Ambassador Meeting, PUB 2:00 Guess the Baby's Picture &amp; Reminisce, PUB 3:30 Communion with Father Chris, MR</p>	<p><b>7</b></p> <p>All Day Always Available Activities 9:30 Morning Sunshine Stroller, (Independent) Sidewalk 10:00 Catholic church, THR 10:45 Exercise Class with Dr. Angela, MR 11:30 Lunch Out at Green Briar, LB 1:45 Ladies &amp; Spa Club, SALON 3:00 Classical Piano with Miriam, LB 4:00 Positive Words &amp; Crossword Challenge, FD</p>	<p><b>8</b></p> <p>All Day Always Available Activities 9:30 Water Aerobic Session with Jessica, POOL 10:30 Summer Olympic, Boat Race Tournament, POOL 11:00 Dudley's bible study, MR 11:30 Vacation Trivia, BSR 1:30 Table Game with Friends, BSR 3:00 Cornhole &amp; indoor games! LB 4:00 Brain Games Package, FD</p>	<p><b>9</b></p> <p>All Day Always Available Activities 9:00 Shopping at Dollar Tree, LB 10:00 Virtual Exercise with Kay, MR 11:00 Inspirational Series with Randy from Gentiva Hospice, DN 1:30 Activities, Wine &amp; Chat Box, PB 3:00 Devotional Hour with Ken, MR 5:40 BUNCO! Club, MR</p>	<p><b>10</b></p> <p>All Day Always Available Activities 9:30 Garden club &amp; Social, POOL 10:30 Senior Sit &amp; be Fit (Video), MR 11:00 Saturday Brains Exercise Package, FD 1:30 Around the Table Mexican Train, (Independent), MR 3:00 Corn Hole Tournament (Independent), LB 4:00 Afternoon Stroll, (Independent)</p>
<p><b>11</b></p> <p>All Day Always Available Activities 9:30 Virtual Armchair Yoga with Kay, MR 10:00 Group walking club (Independent), LB 10:15 Communion, LB 1:30 Games with friends (resident led), BSR 2:15 Church Service, MR 4:00 Summer Breeze with Friends (Independent), POOL</p>	<p><b>12</b></p> <p>All Day Always Available Activities 9:30 Gardening Club Meeting, LB 10:30 Exercise class with Amy, MR 11:00 Monday Mocktail &amp; August Trivia Madness, LB 11:30 Resident Choice, LB 1:30 B-I-N-G-O, MR 2:30 Old Time Hymns with Mike Cole, MR 4:00 Fun Facts and Quick Quiz, FD</p>	<p><b>13</b></p> <p>All Day Always Available Activities All Day Messages with Dr. Angela (by appointment only) 8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen Cooking Club, "Taco Tuesday", BSR 1:30 Bridge Club, MR 3:30 Communion with Father Chris, MR</p>	<p><b>14</b></p> <p>All Day Always Available Activities 9:00 Podiatrist Visit Sign up Required, MR 9:00 Pickleball Tournament, POOL 10:00 Catholic church, THR 10:45 Exercise Class with Dr. Angela, DN 12:00 Murder Mystery Monday Lucheon, PB 1:30 Craft Corner, Let's Resin Coaster, CR 3:00 Classical Piano with Miriam, LB</p>	<p><b>15</b></p> <p>All Day Always Available Activities 9:30 Armchair Yoga with Amy, MR 10:00 Son Shine Singers Mt Zion Choir, LB 11:00 Dudley's bible study, MR 11:15 Town Hall Meeting &amp; Meet Our Residents Ambassadors, DN 1:30 Veterans &amp; Patriotic Club, PUB 3:00 Cornhole &amp; indoor games! LB 4:00 Brain Games Package, FD</p>	<p><b>16</b></p> <p>All Day Always Available Activities 9:00 Shopping at Walmart, LB 9:30 Virtual Exercise with Kay, MR 10:30 Coffee &amp; Social, BSR 11:00 Famous People Trivia, BSR 1:30 Pokemo Hour, MR 3:00 Devotional Hour with Ken, MR 5:40 BUNCO! Club, MR</p>	<p><b>17</b></p> <p>All Day Always Available Activities 9:30 Garden club &amp; Social, POOL 10:00 Good Old Time with Tim Goff, LB 11:00 Saturday Brains Exercise Package, FD 1:30 Netflix &amp; Popcorn, The Notebook* (Independent), THR 3:00 Table Games with friends (Independent), LB 4:00 Afternoon Stroll, (Independent)</p>
<p><b>18</b></p> <p>All Day Always Available Activities 9:30 Virtual Armchair Yoga with Kay, MR 10:00 Group walking club (Independent), LB 10:15 Communion, LB 1:30 Games with friends (resident led), BSR 2:15 Church Service, MR 4:00 Summer Breeze with Friends (Independent), POOL</p>	<p><b>19</b></p> <p>All Day Always Available Activities 9:30 Gardening Club Meeting, LB 9:30 Exploring Our City "Cook Museum", LB 11:00 Summer Olympics MGM Chair Volleyball Go for The Gold, MR 11:30 Resident Choice, LB 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, FD</p>	<p><b>20</b></p> <p>All Day Always Available Activities All Day Messages with Dr. Angela (by appointment only) 8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen Cooking Club "Chocolate Oatmeal Cookies", BSR 1:30 Mexican Train Corner, MR 3:30 Communion with Father Chris, MR</p>	<p><b>21</b></p> <p>All Day Always Available Activities 9:30 Quick Chat &amp; Coffee, BSR 10:00 Catholic church, THR 10:45 Fun Fitness with Dr. Angela, MR 11:30 Lunch Out at Frida's Cantina, LB 1:30 National Senior Citizens Day with Aderholt Medical, PUB 2:15 Executive Chef Demo &amp; Meet Your New Neighbors, BSR 3:00 Classical Piano with Miriam, LB 4:00 Positive Words &amp; Crossword Challenge, FD</p>	<p><b>22</b></p> <p>All Day Always Available Activities 9:00 Water Aerobics Club with Mary, POOL 10:30 Armchair Exercise, MR 11:00 Dudley's bible study, MR 11:30 Summer Trivia, BSR 1:30 Food Chat with Keith, PB 3:00 Cornhole &amp; indoor games! LB 4:00 Brain Games Package, FD</p>	<p><b>23</b></p> <p>All Day Always Available Activities 9:00 Shopping at Publix, LB 9:30 Virtual Exercise with Kay, MR 10:30 Penny Auction with Center well, BSR 11:30 Music Trivia, BSR 1:30 Cocktail Tasting with Michelle, PB 3:00 Devotional Hour with Ken, MR 5:40 BUNCO! Club, MR</p>	<p><b>24</b></p> <p>All Day Always Available Activities 9:30 Garden club &amp; Social, POOL 10:00 Senior Sit &amp; be Fit (Video), LB 11:00 Saturday Brains Exercise Package, FD 1:30 Card Games Corner , MR 3:00 Corn Hole Tournament (Independent), LB 4:00 Afternoon Stroll, (Independent)</p>
<p><b>25</b></p> <p>All Day Always Available Activities 9:30 Virtual Armchair Yoga with Kay, MR 10:00 Group walking club (Independent), LB 10:15 Communion, LB 1:30 Games with friends (resident led), BSR 2:15 Church Service, MR 4:00 Summer Breeze with Friends (Independent), POOL</p>	<p><b>26</b></p> <p>All Day Always Available Activities 9:30 Gardening Club Meeting, LB 10:30 Exercise class with Amy, MR 11:00 Monday Mocktail &amp; August Trivia Madness, LB 11:30 Resident Choice, LB 1:30 B-I-N-G-O, MR 2:30 Show &amp; Tell Luara Banta and The Nicholson, MR 4:00 Fun Facts and Quick Quiz, FD</p>	<p><b>27</b></p> <p>All Day Always Available Activities All Day Messages with Dr. Angela (by appointment only) 8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen Cooking Club "Spinach Dip", BSR 1:30 Bridge Club, MR 2:30 What's in The Bag, CR 3:30 Communion with Father Chris, MR</p>	<p><b>28</b></p> <p>All Day Always Available Activities 9:30 Morning Sunshine Stroller, (Independent) Sidewalk 10:00 Catholic church, THR 10:45 Exercise Class with Dr. Angela, MR 12:30 Movie Matinee, THR 1:30 Sip &amp; Solve That Riddle, PB 3:00 Mexican Train Corner, MR 4:30 Signature Dinner Featuring Miriam, DN</p>	<p><b>29</b></p> <p>All Day Always Available Activities 9:00 Water Aerobics Club with Amy, POOL 10:30 Creative Corner "Mini Zen Garden" CR 11:00 Dudley's bible study, MR 1:45 MGM Points Auction, BSR 3:00 Cornhole &amp; indoor games! LB 4:00 Brain Games Package, FD</p>	<p><b>30</b></p> <p>All Day Always Available Activities 9:00 Shopping at Belk, LB 9:30 Virtual Exercise with Kay, MR 11:00 General Knowledge Trivia, BSR 1:30 August Birthday Bash, PUB 3:00 Devotional Hour with Ken, MR 5:40 BUNCO! Club, MR</p>	<p><b>31</b></p> <p>All Day Always Available Activities 9:00 Coffee &amp; Social, BSR 10:00 Senior Sit &amp; be Fit (Video), LB 10:30 Garden club &amp; Social, POOL 1:30 Netflix &amp; Popcorn with Friends, THR 3:00 Rummikub Challenge with Friends (Independent), MR 4:00 Afternoon Stroll, (Independent)</p>

All Activities are subject to change based on our residents, Thank you for understanding.