

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024



Monark Grove Madison Independent Living

1
All Day Always Available Activities
9:00 Shopping at Publix, LB
10:00 Virtual Exercise with Kay, MR
11:00 NP/Fun Facts about Yellowstone National Park, BSR
1:30 Pokeno Hour, MR
3:00 Devotional Hour with Ken, MR
4:00 Fun Quiz Friday Packet, BSR

2
All Day Always Available Activities
Football Game with Friends, THR
9:00 Morning Stroll (Independent)
10:00 Senior Sit & be Fit (Video), MR
11:00 Saturday Brains Exercise Package, BSR
1:30 Challenge with Friends (Independent), MR
2:30 Your Choice of Movie, THR
4:00 Afternoon Stroll, (Independent)

Diwali (Hindu)

3
All Day Always Available Activities
9:30 Virtual Armchair Yoga with Kay, MR
10:00 Group walking club (Independent), LB
10:15 Communion, MR
1:00 MGM Christmas Choral Rehearsal, LB
2:15 Church Service, MR
4:00 Sunday Positive Pack, BSR

4
All Day Always Available Activities
9:30 Gardening Club Meeting, LB
10:30 Early Riser Exercise with Amy, MR
11:00 NP/ Yellow Stone Virtual Tour, BSR
11:30 Resident's Choice, LB
1:30 B-I-N-G-O, MR
3:00 MGM Book Club, PUB
3:00 MGM Christmas Choral Rehearsal, LB
4:30 Fun Facts and Quick Quiz, FD

5
All Day Always Available Activities
8:00 Doctors Appointments, LB
8:30 Let's Go Vote, LB
9:30 Exercise Class with Dr. Angela, MR
10:15 NP/Creative Kitchen Cooking Club, "Walking Apple Pie", BSR
12:30 Resident Ambassadors Meeting, PUB
1:30 Let's Go Vote, LB
3:00 Wine Down & Wellness Check with Preferred Care & VIPCare, PUB
3:30 Communion with Father Chris, MR
5:40 BUNCO! Club, MR

6
All Day Always Available Activities
9:30 Coffee with Friends
10:00 Catholic church, MR
10:45 Exercise Class with Dr. Angela, MR
11:30 Lunch Bunch at Luigi's Italian Grill, LB
1:45 NP/ Creative Craft Corner Make Your Own, Western Earrings, CR
3:00 Classical Piano Concert with Miriam, LB

7
All Day Always Available Activities
9:30 Inspirational Chat & Coffee, BSR
10:30 Armchair Exercise with Amy, MR
11:00 Dudley's bible study, MR
11:30 NP/ Yellowstone Map Quest, BSR
2:00 Spa Hour & Afternoon Delight, Salon
3:00 Cornhole & indoor games! LB
4:00 Brain Games Package, FD

8
All Day Always Available Activities
9:00 Shopping at Kroger, LB
10:00 Virtual Exercise with Kay, MR
11:00 Inspirational Series with Randy from Gentiva Hospice, LB
1:30 Sip & Chat Activities Meeting, PUB
3:00 Devotional Hour with Ken, MR
3:30 Smores & Social, POOL
4:00 Fun Quiz Friday Packet, BSR

9
All Day Always Available Activities
Football Game with Friends, THR
9:30 Garden club & Social, POOL
10:00 Good Old Time with Tim Goff, LB
11:00 Saturday Brains Exercise Package, BSR
1:30 Mexican Train, MR
2:30 Free Style Painting (Independent), CR
4:00 Afternoon Stroll, (Independent)

10
All Day Always Available Activities
9:30 Virtual Armchair Yoga with Kay, MR
10:00 Group walking club (Independent), LB
10:15 Communion, MR
1:00 MGM Christmas Choral Rehearsal, LB
2:15 Church Service, MR
4:00 Sunday Positive Pack, BSR

11
All Day Always Available Activities
9:30 Gardening Club Meeting, BSR
10:00 Veteran's Day Parade, LB
10:30 Virtual Exercise with Kay, MR
1:45 Veterans Wall of Honor Grand Opening & Recognition, PUB
3:00 MGM Christmas Choral Rehearsal, LB
4:30 Fun Facts and Quick Quiz, FD

12
All Day Massages 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, "Thai Coconut Soup", BSR
11:30 NP/ Yellowstone Trivia, BSR
1:30 Bridge Club, MR
3:30 Communion with Father Chris, MR
5:40 BUNCO! Club, MR

13
All Day Always Available Activities
9:30 Coffee with Friends
10:00 Catholic church, MR
10:45 Exercise Class with Dr. Angela, MR
12:00 MGM Thanksgiving Potluck, PUB
1:30 Wine Down Wednesday with Affinity Hospice, PUB
3:00 Classical Piano Concert with Miriam, LB

14
All Day Always Available Activities
9:30 Inspirational Chat & Coffee, BSR
10:30 Armchair Exercise with Amy, MR
11:00 Dudley's bible study, MR
11:30 National Pickle Day Trivia, BSR
1:30 NP/ Creative Craft Corner, Wildflowers Shadow Box, CR
3:00 Cornhole & indoor games! LB

15
All Day Always Available Activities
9:00 Shopping at Publix, LB
9:30 Coffee & Social, BSR
10:00 Virtual Exercise with Kay, MR
11:00 NP/Western Trivia , BSR
1:30 Food Chat with Keith, PUB
2:30 Happy Hour & Solve That Riddles, PUB
3:00 Devotional Hour with Ken, MR
4:00 Fun Quiz Friday Packet, BSR
4:30 Ladies Night Out Cracker Barrel, LB

16
All Day Always Available Activities
Football Game with Friends, THR
9:00 Morning Stroll (Independent)
10:00 Senior Sit & be Fit (Video), MR
11:00 Saturday Brains Exercise Package, BSR
1:30 Challenge with Friends (Independent), MR
2:30 Your Choice of Movie, THR
4:00 Afternoon Stroll, (Independent)

17
All Day Always Available Activities
9:30 Virtual Armchair Yoga with Kay, MR
10:00 Group walking club (Independent), LB
10:15 Communion, MR
1:00 MGM Christmas Choral Rehearsal, LB
2:15 Church Service, MR
4:00 Sunday Positive Pack, BSR

18
All Day Always Available Activities
9:30 Gardening Club Meeting, LB
10:30 Early Riser Exercise with Amy, MR
11:00 NP/ Yellow Stone Wildlife & Fun Facts, BSR
11:30 Resident's Choice, LB
1:30 B-I-N-G-O, MR
3:00 MGM Book Club, PUB
3:00 MGM Christmas Choral Rehearsal, LB
4:30 Fun Facts and Quick Quiz, FD

19
All Day Always Available Activities
8:00 Doctors Appointments, LB
9:30 Exercise Class with Dr. Angela, MR
10:00 NP/Armchair Travel, Camping at Yellowstone National Park, BSR
11:00-1:00 Friendsgiving, DN
2:30 Wanda Moore 100th Birthday Celebration, PUB
3:30 Communion with Father Chris, MR
5:40 BUNCO! Club, MR

20
All Day Always Available Activities
9:30 Coffee with Friends
10:00 Catholic church, MR
10:45 Exercise Class with Dr. Angela, MR
12:00 Murder Mystery Luncheon, PUB
2:00 Canasta Corner, PUB
3:00 Classical Piano Concert with Miriam, LB

21
All Day Always Available Activities
9:30 Inspirational Chat & Coffee, BSR
10:00 Town Hall Meeting & Meet Our Residents Ambassadors, DN
11:00 Dudley's bible study, MR
1:30 Veterans & Patriotic Club, PUB
3:00 Cornhole & indoor games! LB
5:00 Alzheimer's Support Group, MR

22
All Day Always Available Activities
9:00 Shopping at Kohl's, LB
10:00 Virtual Exercise with Kay, MR
11:00 Creative Craft Corner, Autumn Diamond Coaster, CR
1:30 P-O-K-E-N-O, MR
2:30 Spa Hour & Afternoon Delight, Salon
3:00 Devotional Hour with Ken, MR
4:00 Fun Quiz Friday Packet, BSR

23
All Day Always Available Activities
Football Game with Friends, THR
9:00 Morning Stroll (Independent)
10:00 Senior Sit & be Fit (Video), MR
11:00 Saturday Brains Exercise Package, BSR
1:30 Challenge with Friends (Independent), MR
2:30 Your Choice of Movie, THR
4:00 Afternoon Stroll, (Independent)

24
All Day Always Available Activities
9:30 Virtual Armchair Yoga with Kay, MR
10:00 Group walking club (Independent), LB
10:15 Communion, MR
1:00 MGM Christmas Choral Rehearsal, LB
2:15 Church Service, MR
4:00 Sunday Positive Pack, BSR

25
All Day Always Available Activities
9:30 Gardening Club Meeting, LB
10:30 Early Riser Exercise with Amy, MR
11:30 Resident's Choice, LB
1:30 B-I-N-G-O, MR
2:15 Show & Tell with Ed Few, MR
3:00 MGM Christmas Choral Rehearsal, LB
4:00 Fun Facts and Quick Quiz, FD

26
All Day Massages 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, "National "Cake" Day/Strawberry Cupcake, BSR
11:30 General Knowledge Trivia, BSR
1:30 Bridge Club, MR
3:30 Communion with Father Chris, MR

27
All Day Always Available Activities
9:00 Podiatrist Clinic, MR
10:00 Catholic church, THR
10:45 Exercise Class with Dr. Angela, LB
11:30 Quick Trivia Challenge, BSR
1:30 MGM Auction, CR
3:00 Classical Piano Concert with Miriam, LB

28
All Day Always Available Activities
9:30 Inspirational Chat & Coffee, BSR
10:00 Armchair Exercise with Jessica, MR
10:30 Yellowstone: Americas First National Park Documentary, BSR
11:00 Dudley's bible study, MR
11:00- 1:00 Thanksgiving Brunch, DN
2:00 Table Games with Friends, MR
3:00 Cornhole & indoor games! LB
4:00 Brain Games Package, FD

29
All Day Always Available Activities
9:00 Shopping at Kroger, LB
10:00 Virtual Exercise with Kay, MR
11:00 Creative Craft Corner, Holiday Wreathe, CR
1:30p. November Birthday Bash, PUB
3:00 Devotional Hour with Ken, MR
4:00 Fun Quiz Friday Packet, BSR

30
All Day Always Available Activities
9:00 Coffee & Chat, BSR (Independent)
10:00 Senior Sit & be Fit (Video), MR
11:00 Saturday Brains Exercise Package, BSR
2:00 Alabama vs Auburn, Tailgate Party, PUB
4:00 Afternoon Stroll, (Independent)

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