

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Monark Grove Madison Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>9:30 Early Chat &amp; Coffee, BSR 10:00 Catholic church, MR 10:30 Armchair Fitness with Jessica, MR 11:30 New Year's Trivia, BSR 1:30 Card Game with Friends, BSR 3:00 Classical Piano Concert with Miriam, LB 4:00 Brain Game Challenge, BSR</p> <p>New Year's Day</p>	<p>9:30 Tea Tasting with Friends, BSR 10:00 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 January Trivia, BSR 1:30 Pokeno Hour, MR 3:00 Cornhole &amp; indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>9:00 Shopping at Publix, LB 10:30 Fun Fitness with Amy, MR 11:00 Friendly Visit with Jaxson, Pet's Therapy, LB 11:30 Virtual Simple Samba Dance for Beginner, MR 1:30 Activities, Wine &amp; Chat Meeting, PB 3:00 Devotional Hour with Ken, MR 3:30 Happy Hour with Friends, PUB 4:00 Fun Quiz Friday Packet, BSR</p>	<p>9:00 Morning Stroll (Independent) 10:00 Senior Sit &amp; be Fit (Video), MR 11:00 Saturday Brains Exercise Package, BSR 1:30 Rummikub Challenge with Friends (Independent), MR 3:00 Afternoon Stroll, (Independent) 6:00 Movie Night "Forrest Gump" THR</p>
5	6	7	8	9	10	11
<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 Sunday Positive Packet, BSR</p>	<p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 Around the World Armchair Traveling "Brazil", BSR 11:30 Residents Choice Outing 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen, Brazilian Cheese Bread "Pao De Queijo", BSR 11:30 Share Your Recipe Corner, BSR 1:30 Card Corner, BSR 3:30 Communion with Father Chris, MR 5:40 BUNCO! Club, MR</p>	<p>9:30 Early Chat &amp; Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 Lunch Bunch at Phil Sandoval's, LB 1:45 Mexican Train Table, MR 3:00 Classical Piano Concert with Miriam, LB 4:00 Brain Game Challenge, BSR</p>	<p>9:30 Tea Tasting with Friends, BSR 10:00 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 Virtual Tour "Beaches of Brazil" THR 1:45 The Gentlemen's Club, PUB 3:00 Chili Tasting Judging, PUB 4:00 Brain Game Package, BSR</p>	<p>9:00 Shopping at Food City, LB 10:30 Fun Fitness with Amy, MR 11:00 Inspirational Series with Randy from Gentiva Hospice, LB 1:45 Pokeno Hour, MR 3:00 Devotional Hour with Ken, MR 3:30 Happy Hour Taste of Brazil, The caipirinha (kai-purr-REEN-yah), PUB 4:00 Fun Quiz Friday Packet, BSR</p>	<p>9:00 Morning Stroll (Independent) 10:00 Armchair Exercise, MR 10:30 Morning Stroll (Independent) 11:00 Saturday Brains Exercise Package, BSR 1:30 Mexican Train (Independent), MR 2:30 Free Style Painting (Independent), CR 4:00 Afternoon Stroll, (Independent) 6:00 Movie Night "Our Souls at Night, THR</p>
12	13	14	15	16	17	18
<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 Sunday Positive Packet, BSR</p>	<p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 Quick Watch &amp; Learn "Carnival Rio Documentary", THR 11:30 Resident's Choice Outing, LB 1:30 B-I-N-G-O, MR 3:00 Wine &amp; Wellness with Preferred Care at Home &amp; Beltone, PUB 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen, Fresh Spring Roll, BSR 11:30 Share Your Recipe Corner, BSR 1:30 Bridge Club, MR 2:30 Creative Corner, Make your Own Carnival's Mask, CR 3:30 Communion with Father Chris, MR 5:40 BUNCO! Club, MR</p>	<p>9:30 Early Chat &amp; Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 12:00 Murder Mystery Lunch Club, PUB 1:45 Canasta Corner, MR 3:00 Classical Piano Concert with Miriam, LB 4:00 Brain Game Challenge, BSR</p>	<p>9:30 Tea Tasting with Friends, BSR 10:00 Town Hall Meeting &amp; Meet Our Residents Ambassadors, DN 11:00 Penny Auction with Center well, BSR 11:00 Dudley's bible study, MR 1:30 Veterans &amp; Patriotic Club, PUB 3:00 Cornhole &amp; indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>9:00 Shopping at Publix, LB 10:30 Fun Fitness with Amy, MR 11:00 Funtastic Friday Documentary, Secrets of the Cerrado Grasslands, THR 1:45 Around the Table "Canasta", MR 3:00 Devotional Hour with Ken, MR 3:30 Happy Hour Taste of Brazil, "Batidas" PUB 4:00 Fun Quiz Friday Packet, BSR</p>	<p>9:00 Morning Stroll (Independent) 10:00 Senior Sit &amp; be Fit (Video), MR 11:00 Saturday Brains Exercise Package, BSR 1:30 Good Old Time with Tim Goff, LB 3:00 Afternoon Stroll, (Independent) 6:00 Movie Night "The Last Laugh", THR</p>
19	20	21	22	23	24	25
<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 Sunday Positive Packet, BSR</p> <p>Activity Professionals Week</p>	<p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 Fun Fact about Martin Luther King Jr. Day, BSR 11:30 National Popcorn Day, BSR 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, BSR</p> <p>Martin Luther King Jr. Day</p>	<p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen Brazil Nut &amp; Banana Parfait, BSR 11:30 Share Your Recipe Corner, BSR 1:45 Cards Game Corner, BSR 3:30 Communion with Father Chris, MR 5:40 BUNCO! Club, MR</p>	<p>9:30 Early Chat &amp; Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 Greenbrier Restaurant, LB 1:30 Creative Corner "Brazilian Ceramics Charms", CR 3:00 Classical Piano Concert with Miriam, LB 4:00 Brain Game Challenge, BSR</p>	<p>9:30 Tea Tasting with Friends, BSR 10:30 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 Amazon Rain Forrest Virtual Tour, THR 1:30 Colorful Brazilian Wooden Arts, CR 3:00 Cornhole &amp; indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>9:00 Shopping at Walmart, LB 10:30 Fun Fitness with Amy, MR 11:00 MGM Points Auction for Motivation with Julie, CR 1:45 Food Chat with Keith, PB 3:00 Devotional Hour with Ken, MR 3:30 Happy Hour Taste of Brazil "Colada Brazil" PUB 4:00 Fun Quiz Friday Packet, BSR</p>	<p>9:00 Morning Stroll (Independent) 10:00 Armchair Exercise, MR 10:30 Morning Stroll (Independent) 11:00 Saturday Brains Exercise Package, BSR 1:30 Mexican Train (Independent), MR 2:30 Free Style Painting (Independent), CR 4:00 Afternoon Stroll, (Independent) 6:00 Movie Night "Book Club", THR</p>
26	27	28	29	30	31	
<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 Sunday Positive Packet, BSR</p> <p>Australia Day (Observed)</p>	<p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 Monday Trivia Madness, BSR 11:30 Resident's Choice, LB 1:30 B-I-N-G-O, MR 3:00 Show &amp; Tell with Lucy, MR 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 Creative Kitchen, Taco Tuesday &amp; Brazilian Vinaigrette, BSR 11:30 Share Your Recipe Corner, BSR 1:30 Bridge Club, MR 3:30 Communion with Father Chris, MR 5:40 BUNCO! Club, MR</p>	<p>9:30 Early Chat &amp; Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 Chinese New Year Trivia, BSR 1:45 Chinese New Year Celebration, PUB 3:00 Classical Piano Concert with Miriam, LB 4:00-6:00 Signature Dinner "Brazil" Carnival Theme, DN</p> <p>Chinese New Year (Year of the Snake)</p>	<p>9:30 Tea Tasting with Friends, BSR 10:30 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 Flag Collection "Brazil", BSR 2:00 January Birthday Bash with Your Choice, PUB 3:00 Cornhole &amp; indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>9:00 Shopping at Publix, LB 10:30 Fun Fitness with Amy, MR 11:00 Music Trivia 1940's-1970's, BSR 1:45 Sip &amp; Spa, Salon 3:00 Devotional Hour with Ken, MR 3:30 Happy Hour Taste of Brazil, "Bossa Nova" PUB 4:00 Fun Quiz Friday Packet, BSR</p>	



**MONARK GROVE MADISON**

Location Key:  
DR - Dining Room LB - Lobby CR - Craft Room  
G- Garden FD- Front Desk  
BSR - Bistro MR - Meeting Room PB - Pub  
POOL - Pool GYM - Gym

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