

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

February 2025

Monark Grove Madison Independent Living



<p>2</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 Sunday Positive Packet, BSR</p> <p>Groundhog Day</p>	<p>3</p> <p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 ATW/ Virtual Tour "Iceland", THR 11:30 Resident's Choice, LB 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>4</p> <p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 ATW/ Creative Kitchen, Icelandic Pancakes, BSR 11:30 Chocolate Trivia, BSR 1:30 Bridge Club, PUB 2:00 Ladies & Spa Hour, S 3:30 Communion with Father Chris, MR 5:30 Bunco Club, MR</p>	<p>5</p> <p>9:30 Early Chat & Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 ATW/ Map Quest "Iceland", BSR 1:30 ATW/ Volcano Art Painting, CR 3:00 Classical Piano Concert with Miriam, LB 4:00 Brain Game Challenge, BSR</p>	<p>6</p> <p>9:30 Alzheimer's Fundraiser Bake Sale, BSR 10:00 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 February Trivia, BSR 1:30 Pokeno Hour, MR 3:00 Cornhole & indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>7</p> <p>9:00 Shopping at Kroger, LB 10:30 Fun Fitness with Amy, MR 11:00 Friendly Visit with Jaxson, Pet's Therapy, LB 11:30 ATW/ Fun Fact about Iceland, BSR 1:30 Activities, Wine & Chat Meeting, PB 3:00 Devotional Hour with Ken, MR 4:00 Fun Quiz Friday Packet, BSR</p>	<p>8</p> <p>9:00 Morning Stroll (Independent) 10:00 Senior Sit & 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 "Maid in Manhattan" THR</p>
<p>9</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 Sunday Positive Packet, BSR</p>	<p>10</p> <p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 ATW/ Iceland Trivia, BSR 11:30 Resident's Choice, LB 1:30 B-I-N-G-O, MR 3:00 Show & Tell with Marilyn Blue, MR 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>11</p> <p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 ATW/ Creative Kitchen, Icelandic Caramelized Potatoes, BSR 1:45 Wine & Winterize Your Health with Right at Home, PUB 3:00 Craft Corner "Valentines Charms" CR 3:30 Communion with Father Chris, MR 5:30 Bunco Club, MR</p> <p>Tu B'Shevat Begins</p>	<p>12</p> <p>9:30 Early Chat & Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 Lunch Out Club Thai Elephant, LB 1:30 ATW/ Craft Corner Make your own community fairy garden for elves and fairies, CR 3:00 Classical Piano Concert with Miriam, LB</p>	<p>13</p> <p>9:30 Alzheimer's Fundraiser Bake Sale, BSR 10:00 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 ATW/ Iceland Words with Friends, BSR 1:30 Craft Corner President's Poster War, CR 2:30 Men's Group Meeting, PUB 3:00 Cornhole & indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>14</p> <p>9:00 Shopping at Publix, LB 10:30 Fun Fitness with Amy, MR 11:00 Inspirational Series with Randy from Gentiva Hospice, LB 11:30-1:00 Sweetheart Luncheon with Elvis, DN 1:45 Pokeno Hour, MR 3:00 Devotional Hour with Ken, MR 3:30 ATW/ Happy Hour Taste of Iceland "Blue Lagoon Cocktail" 4:00 Fun Quiz Friday Packet, BSR</p> <p>Valentine's Day</p>	<p>15</p> <p>9:00 Morning Stroll (Independent) 10:00 Senior Sit & 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 "In the Heart of the Sea", THR</p>
<p>16</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 Sunday Positive Packet, BSR</p>	<p>17</p> <p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 President's Day Trivia, BSR 11:30 Resident's Choice, LB 1:30 B-I-N-G-O, MR 3:00 MGM Book Club, PUB 4:00 Fun Facts and Quick Quiz, BSR</p> <p>Presidents' Day (U.S.)</p>	<p>18</p> <p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 ATW/ Creative Kitchen, Icelandic Cinnamon Roll, BSR 1:30 Bridge Club, PUB 1:30 Creative Writing, My Story Club, MR 3:00 Banana Pudding Contest, PUB 3:30 Communion with Father Chris, MR 5:30 Bunco Club, MR</p>	<p>19</p> <p>9:30 Early Chat & 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>20</p> <p>9:30 Tea Tasting with Friends, BSR 10:00 Town Hall Meeting & Meet Our Residents Ambassadors, DN 11:00 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 1:30 Veterans & Patriotic Club, PUB 3:00 Cornhole & indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>21</p> <p>9:00 Shopping at Kroger, LB 10:30 Fun Fitness with Amy, MR 11:00 MGM Points Auction for Motivation with Julie, CR 1:45 Food Chat with Keith, PUB 3:00 Devotional Hour with Ken, MR 3:30 ATW/ Happy Hour Taste of Iceland "Frozen Jello Cubes" PUB 4:00 Fun Quiz Friday Packet, BSR</p>	<p>22</p> <p>9:00 Morning Stroll (Independent) 10:00 Senior Sit & be Fit (Video), MR 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 "The Miracle Club", THR</p>
<p>23</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 Sunday Positive Packet, BSR</p>	<p>24</p> <p>9:30 Gardening Club Meeting, LB 10:30 Early Riser Exercise with Amy, MR 11:00 Monday Music Trivia Madness, BSR 11:30 Resident's Choice, LB 1:30 B-I-N-G-O, MR 3:00 Wine Down & Wellness with Preferred Care and Beltone, Oak Street Health, PUB 4:00 Fun Facts and Quick Quiz, BSR</p>	<p>25</p> <p>8:00 Doctors Appointments, LB 9:30 Exercise Class with Dr. Angela, MR 10:30 ATW/ Creative Kitchen, Marriage Bliss Hónabandssæla, BSR 11:30 1:30 Bridge Club, PUB 2:30 Ladies & Spa Hour, S 3:30 Communion with Father Chris, MR 5:30 Bunco Club, MR</p>	<p>26</p> <p>9:30 Early Chat & Coffee, BSR 10:00 Catholic church, MR 10:45 Exercise Class with Dr. Angela, MR 11:30 Lunch Out Club "Ted's BBQ", LB 1:45 Cards Game Corner, BSR 3:00 Classical Piano Concert with Miriam, LB 4:00-6:00 Signature Dinner "Iceland" Theme, DN</p>	<p>27</p> <p>9:30 Alzheimer's Fundraiser Bake Sale, BSR, 10:30 Armchair Exercise with Amy, MR 11:00 Dudley's bible study, MR 11:30 ATW/ Flag Collection "Iceland", BSR 2:00 February Birthday Bash with The Barbershop Quartet, LB 3:00 Cornhole & indoor game! LB 4:00 Brain Game Package, BSR</p>	<p>28</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 & Spa, Salon 3:00 Devotional Hour with Ken, MR 3:30 ATW/ Happy Hour Taste of Iceland "Herb & Orange Brennivín Cocktail", PUB 4:00 Fun Quiz Friday Packet, BSR</p> <p>Ramadan Begins</p>	 <p>Key: ATW- Around the World "Iceland" 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</p>

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