



# DECEMBER 2024

MONARCH HOUSE



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<p><b>1</b></p> <p><b>10:30 Yoga Therapy w/MK</b>  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30</b> Crafts with Maq  <b>4:30</b> Dinner</p>	<p><b>2</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00</b> Word Games  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:15</b> Daily Chronicle  <b>3:30 Live Music Mondays</b>  <b>4:30</b> Dinner</p>	<p><b>3</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Beatles Sing-along  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:15</b> Daily Chronicle  <b>3:00 Purple Art</b>  <b>4:30</b> Dinner</p>	<p><b>4</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00 Boxing with Bret</b>  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:30 Garden with Amelia</b>  <b>3:30</b> Ice Cream Social  <b>4:30</b> Dinner</p>	<p><b>5</b></p> <p><b>10:00</b> Exercise with Maq  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30 Decorate with Linda</b>  <b>4:30</b> Dinner</p>	<p><b>6</b></p> <p><b>10:00 RM Holiday Concert</b>  <b>11:30</b> Lunch  <b>1:30 Baking with Tom</b>  <b>2:30 Shabbat with Rabbi</b>  <b>3:30</b> Aloha Happy Hour  <b>4:30</b> Dinner</p>	<p><b>7</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Songs for the Spirit  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>2:30 Puppy Therapy</b>  <b>3:00 Live Music Saturdays</b>  <b>4:30</b> Dinner</p>
<p><b>8</b></p> <p><b>10:30 Yoga Therapy w/MK</b>  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30</b> Crafts with Maq  <b>4:30</b> Dinner</p>	<p><b>9</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00</b> Word Games  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:15</b> Daily Chronicle  <b>3:30 Live Music Mondays</b>  <b>4:30</b> Dinner</p>	<p><b>10</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Beatles Sing-along  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:15</b> Daily Chronicle  <b>3:30 Yoga Therapy w/MK</b>  <b>4:30</b> Dinner</p>	<p><b>11</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00 Boxing with Bret</b>  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:30 Yoga with Amelia</b>  <b>3:30</b> Ice Cream Social  <b>4:30</b> Dinner</p>	<p><b>12</b></p> <p><b>10:00</b> Exercise with Maq  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30 Piano with Rory</b>  <b>4:30</b> Dinner</p>	<p><b>13</b></p> <p><b>10:00 Music with Kiemel</b>  <b>11:00 Tai Chi with Kelly</b>  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>2:30 Sing with Sarah</b>  <b>3:30</b> Aloha Happy Hour  <b>4:30</b> Dinner</p>	<p><b>14</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Songs for the Spirit  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>2:30 Puppy Therapy</b>  <b>3:00 Live Music Saturdays</b>  <b>4:30</b> Dinner</p>
<p><b>15</b></p> <p><b>10:30 Yoga Therapy w/MK</b>  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30</b> Crafts with Maq  <b>4:30</b> Dinner</p>	<p><b>16</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00 Yoga with Caryn</b>  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:15</b> Daily Chronicle  <b>3:30 Live Music Mondays</b>  <b>4:30</b> Dinner</p>	<p><b>17</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Beatles Sing-along  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:15</b> Daily Chronicle  <b>3:00 Purple Art</b>  <b>4:30</b> Dinner</p>	<p><b>18</b></p> <p><b>10:00</b> Dance with Meeshi  <b>11:00 Boxing with Bret</b>  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:30 East High Choir</b>  <b>3:30 Xmas Happy Hour</b>  <b>4:30</b> Dinner</p>	<p><b>19</b></p> <p><b>10:00</b> Exercise with Maq  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30 Sing with Sarah</b>  <b>4:30</b> Dinner</p>	<p><b>20</b></p> <p><b>10:00 Music with Kiemel</b>  <b>11:00</b> Morning Dance Party  <b>11:30</b> Lunch  <b>1:30 Baking with Tom</b>  <b>3:00 Hanukkah Celebration</b>  <b>4:30</b> Dinner</p>	<p><b>21</b></p> <p><b>10:00</b> Morning Exercise  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>3:00 Live Music Saturdays</b>  <b>4:30</b> Dinner</p>
<p><b>22</b></p> <p><b>10:30 Yoga Therapy w/MK</b>  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30</b> Crafts with Maq  <b>4:30</b> Dinner</p>	<p><b>23</b></p> <p><b>10:00 Eleanor's Singers</b>  <b>11:00</b> Exercise with Regan  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:15 Xmas Gift Exchange</b>  <b>3:30 Live Music Mondays</b>  <b>4:30</b> Dinner</p>	<p><b>24</b></p> <p><b>10:00</b> Exercise with Regan  <b>11:00</b> Sing with Regan  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:15</b> Daily Chronicle  <b>3:00 Piano with Chris</b>  <b>4:30</b> Dinner</p>	<p><b>25</b></p> <p><b>11:30 Christmas Lunch</b>  <b>1:30</b> Games &amp; Puzzles  <b>2:30 "A Christmas Carol"</b>  <b>4:30</b> Dinner</p>	<p><b>26</b></p> <p><b>10:00</b> Exercise with Maq  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30 Piano with Rory</b>  <b>4:30</b> Dinner</p>	<p><b>27</b></p> <p><b>10:00</b> Morning Exercise  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>2:30 Sing with Sarah</b>  <b>3:30</b> Aloha Happy Hour  <b>4:30</b> Dinner</p>	<p><b>28</b></p> <p><b>10:00</b> Morning Exercise  <b>11:30</b> Lunch  <b>2:00</b> Daily Chronicle  <b>2:30 Puppy Therapy</b>  <b>3:00 Live Music Saturdays</b>  <b>4:30</b> Dinner</p>
<p><b>29</b></p> <p><b>10:30 Yoga Therapy w/MK</b>  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:30</b> Crafts with Maq  <b>4:30</b> Dinner</p>	<p><b>30</b></p> <p><b>10:00 Blue Goose Farm</b>  <b>11:00</b> Word Games  <b>11:30</b> Lunch  <b>1:30</b> Games &amp; Puzzles  <b>2:15</b> Daily Chronicle  <b>3:30 Live Music Mondays</b>  <b>4:30</b> Dinner</p>	<p><b>31</b></p> <p><b>10:00</b> Exercise with Meeshi  <b>11:00</b> Beatles Sing-along  <b>11:30</b> Lunch  <b>1:30</b> Afternoon Walk  <b>2:15</b> Daily Chronicle  <b>3:00 Family Council</b>  <b>4:30</b> Dinner</p>				