



JANUARY 2025

MONARCH HOUSE



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			<p>10:00 Morning Exercise 1 11:00 Boxing with Bret 11:30 Lunch 1:30 Games & Puzzles 2:30 Garden with Amelia 3:30 Ice Cream Social 4:30 Dinner</p>	<p>10:00 Dance with Meeshi 2 11:00 Music History 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Piano with Rory 4:30 Dinner</p>	<p>10:00 Music with Kiemel 3 11:00 Boxing with Tripp 11:30 Lunch 1:30 Baking with Tom 2:30 Shabbat with Rabbi 3:30 Aloha Happy Hour 4:30 Dinner</p>	<p>10:00 Exercise with Meeshi 4 11:00 Songs for the Spirit 11:30 Lunch 2:00 Daily Chronicle 3:00 Live Music Saturdays 4:00 Trivia Time 4:30 Dinner</p>
<p>5 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Afternoon Walk 2:30 Flower Arranging 4:30 Dinner</p>	<p>6 10:00 Dance with Meeshi 11:00 Yoga with Caryn 11:30 Lunch 1:30 Games & Puzzles 2:15 Daily Chronicle 3:30 Live Music Mondays 4:30 Dinner</p>	<p>7 10:00 Exercise with Meeshi 11:00 Beatles Sing-along 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Purple Art 4:30 Dinner</p>	<p>8 10:00 Morning Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Games & Puzzles 2:30 Garden with Amelia 3:30 Donut Social 4:30 Dinner</p>	<p>9 10:00 Dance with Meeshi 11:00 Music History 11:30 Lunch 1:30 Afternoon Walk 2:15 Cooking with Chef 3:30 Elvis Birthday Party 4:30 Dinner</p>	<p>10 10:00 Music with Kiemel 11:00 Boxing with Tripp 11:30 Lunch 1:30 Games & Puzzles 2:30 Sing with Sarah 3:30 Aloha Happy Hour 4:30 Dinner</p>	<p>11 10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Daily Chronicle 3:00 Live Music Saturdays 4:00 Trivia Time 4:30 Dinner</p>
<p>12 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Afternoon Walk 2:30 Flower Arranging 4:30 Dinner</p>	<p>13 10:00 Dance with Meeshi 11:00 Brain Games 11:30 Lunch 1:30 Games & Puzzles 2:15 Daily Chronicle 3:30 Live Music Mondays 4:30 Dinner</p>	<p>14 10:00 Exercise with Meeshi 11:00 Beatles Sing-along 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Painting with Polly 4:30 Dinner</p>	<p>15 10:00 Morning Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Games & Puzzles 2:30 Garden with Amelia 3:30 Ice Cream Social 4:30 Dinner</p>	<p>16 10:00 Dance with Meeshi 11:00 Music History 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Piano with Sarah 4:30 Dinner</p>	<p>17 10:00 Music with Kiemel 11:00 Boxing with Tripp 11:30 Lunch 1:30 Baking with Tom 2:30 Shabbat with Rabbi 3:30 Aloha Happy Hour 4:30 Dinner</p>	<p>18 10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Daily Chronicle 3:00 Live Music Saturdays 4:00 Trivia Time 4:30 Dinner</p>
<p>19 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Afternoon Walk 2:30 Flower Arranging 4:30 Dinner</p>	<p>20 10:00 Dance with Meeshi 11:00 Yoga with Caryn 11:30 Lunch 1:30 Games & Puzzles 2:15 Daily Chronicle 3:30 Live Music Mondays 4:30 Dinner</p>	<p>21 10:00 Exercise with Meeshi 11:00 Beatles Sing-along 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Purple Art 4:30 Dinner</p>	<p>22 10:00 Morning Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Games & Puzzles 2:30 Garden with Amelia 3:30 Donut Social 4:30 Dinner</p>	<p>23 10:00 Dance with Meeshi 11:00 Music History 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Piano with Chris 4:30 Dinner</p>	<p>24 10:00 Music with Kiemel 11:00 Boxing with Tripp 11:30 Lunch 1:30 Games & Puzzles 2:30 Sing with Sarah 3:30 Aloha Happy Hour 4:30 Dinner</p>	<p>25 10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Daily Chronicle 3:00 Live Music Saturdays 4:00 Trivia Time 4:30 Dinner</p>
<p>26 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Afternoon Walk 2:30 Flower Arranging 4:30 Dinner</p>	<p>27 10:00 Blue Goose Farm 11:00 Brain Games 11:30 Lunch 1:30 Games & Puzzles 2:15 Daily Chronicle 3:30 Live Music Mondays 4:30 Dinner</p>	<p>28 10:00 Exercise with Meeshi 11:00 Beatles Sing-along 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Family Council 4:30 Dinner</p>	<p>29 10:00 Morning Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Games & Puzzles 2:30 Garden with Amelia 3:30 Ice Cream Social 4:30 Dinner</p>	<p>30 10:00 Dance with Meeshi 11:00 Music History 11:30 Lunch 1:30 Afternoon Walk 2:15 Daily Chronicle 3:00 Piano with Chris 4:30 Dinner</p>	<p>31 10:00 Music with Kiemel 11:00 Boxing with Tripp 11:30 Lunch 1:30 Baking with Tom 2:30 Shabbat with Rabbi 3:30 Aloha Happy Hour 4:30 Dinner</p>	