

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Natl Homemade Cookie Day 1 9:00 Brisk Walkers Group (O) 9:30 Coffee and News (TDR) 10:15 Sing-a-long Group (TLR) 11:00 Fellowship Worship (IR) 1:00 Let's Bake Cookies (CS) 2:30 Read a Book Hour (TLR) 2:25 Broncos vs Raiders 3:00 Happy Hour and Snacks 5:30 Sunday Night Movie	Makeover Monday 2 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 11:00 Makeover Monday (CS) 1:00 Group Walk 2:00 Silver Sneaker Fitness with Carolina (FF) 2:45 Revitalize Yourself (TDR) 3:15 Easy Trivia (TDR)	Janet's Birthday Tunes Tuesday 3 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:00 Spouse Support Group 11:00 Sense of Smell (CS) 1:15 Name that Tune and Sing A-long (CS) 2:00 Fitness with Mike (FF) 2:45 Janet's Birthday Social (TDR) 3:15 Flower Arranging (TDR)	National Taco Day 4 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:00 Pumpkin Patch (O) 1:00 Brain Puzzles (CS) 2:00 Silver Sneakers Tai Chi with Carolina (FF) 2:45 Taco in a bag! (IR) 3:15 Bingo (CS) 5:30 Hand Massages (TDR) 6:00 Entertainment – Gino DiQuinzio (B)	National Do Something Nice Day 5 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:30 Mini- Golf (Trellis Hallway) 1:00 Group Walk (C) 1:30 Random Acts of Kindness (CS) 2:00 Drummin It (FF) 2:45 Craft-Scarecrow Pin (CS) 4:00 Life Skills- Let me help set the table (TDR) 5:30 Warm Hand Towel Massage	National Noodle Day 6 9:00 Morning Exercise (SR) 9:30 Water Coloring with Pegi (CS) 10:30 Game Show- IN2L (TLR) 1:15 Flower Arranging (TLR) 2:00 Fitness with Carolina (FF) 2:45 Spanish Class 3:30 Happy Hour (Bistro) 5:30 Friday Night Movie (TLR)	9:00 Saturday Morning Opera (MM) 10:00 Scenic Drive (O) 1:30 Bingo (Bistro) 3:30 Happy Hour (Bistro) 5:30 Saturday Night Movie (TDR)
Great Chicago Fire Day 8 9:00 Brisk Walkers Group (O) 9:30 Coffee and News (TDR) 10:15 Sing-a-long Group (TLR) 11:00 Today in History: Great Chicago Fire (TLR) 1:00 Balloon Volleyball (TLR) 2:00 Read a Book Hour (TLR) 3:00 Happy Hour and Snacks 5:30 Sunday Night Movie	Sneakers Day 9 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:45 Sneaker Parade – Walk the building and look for Sneakers 1:00 Group Walk 2:00 Silver Sneaker Fitness with Carolina (FF) 2:45 Revitalize Yourself (TDR) 3:15 Finish the Lyrics (TDR)	9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:30 Sense of Smell (CS) 1:00 Walking Group (C) 1:30 Matching (CS) 2:00 Fitness with Mike (FF) 2:45 Revitalize Yourself 3:15 Flower Arranging (TDR) 5:30 Adult Children Support Group (IR)	National Fossil Day 11 9:00 Light Morning Exercise 10:00 Daily Chronicles and Brain Games (CS) 10:00 Museum Of Nature and Science (O) 1:00 Brain Puzzles (CS) 2:00 Silver Sneakers Tai Chi with Carolina (FF) 2:45 Revitalize Yourself (IR) 3:15 Bingo (CS) 5:30 Hand Massages (TDR) 6:00 Entertainment – Guz Meza	Fire Fighter Visit 12 9:30 Light Morning Exercise (SR) 10:30 Mini- Golf (Trellis Hallway) 11:00 Firefighter's Meet and Greet (B) 1:00 Bessie's Hope (TDR) 2:00 Kick Ball (FF) 2:45 Craft- Autumn Porcupine (CS) 4:00 Life Skills- Fall Door Decorating 5:30 Warm Hand Towel Massage	Navy's Birthday 13 9:00 Morning Exercise (SR) 9:30 Water Coloring with Pegi (CS) 10:30 IN2L – Navy Documentary (TLR) 1:15 Card Games (IR) 2:00 Fitness with Carolina (FF) 2:45 Individual Puzzles (TDR) 3:30 Happy Hour (Bistro) 5:30 Friday Night Movie (TLR)	9:00 Saturday Morning Opera (MM) 10:00 Scenic Drive (O) 1:30 Bingo (Bistro) 3:30 Happy Hour and Entertainment – Stuart Simon 5:30 Saturday Night Movie (TDR)
I love Lucy Day 15 9:00 Brisk Walkers Group (O) 9:30 Coffee and News (TDR) 10:15 Sing-a-long Group (TLR) 11:00 Fellowship Worship (IR) 1:00 I Love Lucy Re-Runs (TLR) 1:30 Drummin' It (CS) 2:30 Read a Book Hour (TLR) 3:00 Happy Hour and Snacks 5:30 Sunday Night Movie	Miniature Monday 16 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:45 Miniature Golf (TLR) 1:00 Group Walk 2:00 Silver Sneaker Fitness with Carolina (FF) 2:45 Revitalize Yourself (TDR) 3:15 Category Game (TDR)	Cadillac's Birthday 17 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:30 Cadillac History (CS) 1:00 Walking Group (C) 1:30 Matching (CS) 2:00 Fitness with Mike (FF) 2:45 Revitalize Yourself 3:15 Flower Arranging (TB)	Chocolate Cupcake Day 18 9:00 Light Morning Exercise 10:00 Daily Chronicles and Brain Games (CS) 10:30 Olive Garden (O) 1:00 Cupcake Demo (Bistro) 2:00 Silver Sneakers Tai Chi with Carolina (FF) 2:45 Revitalize Yourself (IR) 3:15 Bingo (CS) 5:30 Hand Massages (TDR) 6:00 Music with Dan McClellan	A Donut Day 19 9:30 Light Morning Exercise (SR) 10:15 Mini- Golf (Trellis Hallway) 10:45 Life Skills- Folding (CS) 1:00 Group Walk (C) 1:30 Connecting (CS) 2:00 Noodle Ball (FF) 2:45 Revitalize Yourself : History of Donuts (TDR) 4:00 Craft- Halloween Décor (CS) 5:30 Warm Hand Towel Massage	Wear Pink Day 20 9:00 Morning Exercise (SR) 9:30 Water Coloring with Pegi (CS) 10:30 Game Show- IN2L (TLR) 1:15 Card Games (IR) 2:00 Fitness with Carolina (FF) 2:45 Individual Puzzles (TDR) 3:30 Happy Hour (Bistro) 5:30 Friday Night Movie (TLR) – Pretty in Pink	Scarecrow Saturday 21 9:00 Saturday Morning Opera (MM) 10:00 Scenic Drive (O) 1:30 Bingo (Bistro) 2:30 Make a Scarecrow (CS) 3:30 Happy Hour and Entertainment – Molly Kaufman 5:30 Saturday Night Movie (TDR)
National Mother-in-law Day 22 9:00 Brisk Walkers Group (O) 9:30 Coffee and News (TDR) 10:15 Sing-a-long Group (TLR) 11:00 What's in the Bag (TLR) 1:00 Noodle Ball (CS) 1:30 Read a Book Hour (TLR) 2:25 Broncos vs Chargers 3:00 Hot Tea and Biscuit Social (TDR) 5:30 Sunday Night Movie	Mysterious Monday 23 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:45 Hidden Pictures (CS) 1:00 Group Walk 2:00 Silver Sneaker Fitness with Carolina (FF) 2:45 Revitalize Yourself (TDR) 3:15 Finish the Phrase (TDR)	World Series Begins 24 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:30 Beanbag Baseball (CS) 1:00 Walking Group (C) 1:30 Matching (CS) 2:00 Fitness with Mike (FF) 2:45 Revitalize Yourself 3:15 Flower Arranging (TB)	National Pretzel Day 25 9:00 Light Morning Exercise 10:00 Daily Chronicles and Brain Games (CS) 10:00 Nick's Garden Pumpkin Patch (O) 1:00 Brain Puzzles (CS) 2:00 Silver Sneakers Tai Chi with Carolina (FF) 2:45 Pretzel Bar (IR) 3:15 Bingo (CS) 5:30 Hand Massages (TDR)	National Pumpkin Day 26 9:30 Light Morning Exercise (SR) 10:15 Mini- Golf (Trellis Hallway) 10:45 Life Skills- Matching (CS) 1:00 Bessie's Hope- Pumpkin Carving (Bistro) 2:00 Balloon Volley Ball (FF) 2:45 Craft- Halloween Decorations 4:00 Life Skills- Let me help set the table (TDR) 5:30 Warm Hand Towel Massage 6:00 Megan Carnarius Workshop	Frankenstein Friday 27 9:00 Morning Exercise (SR) 9:30 Water Coloring with Pegi (CS) 10:30 Game Show- IN2L (TLR) 1:15 Card Games (IR) 2:00 Fitness with Carolina (FF) 2:45 Individual Puzzles (TDR) 3:30 Happy Hour (Bistro) 5:30 Friday Night Movie (TLR) Mel Brooks - Frankenstein	National Make A Difference Day 28 9:00 Saturday Morning Opera (MM) 10:00 Take Blessing Bags to the Shelter – National Make a Difference Day (O) 1:30 Bingo (Bistro) 3:30 Happy Hour (Bistro) 5:30 Saturday Night Movie (TDR)
Oatmeal Day 29 9:00 Brisk Walkers Group (O) 9:30 Coffee and News (TDR) 10:15 Sing-a-long Group 1:00 No Bake Oatmeal Cookies (CS) 2:00 Read a Book Hour (TLR) 3:00 Entertainment and Happy Hour with John Reed Austin (B) 5:30 Sunday Night Movie	Jack-O-Lantern Day 30 9:30 Morning Exercise (SR) 10:00 Daily Chronicles and Brain Games (CS) 10:30 Decorating Pumpkins (CS) 1:00 Group Walk 2:00 Silver Sneaker Fitness with Carolina (FF) 2:45 Revitalize Yourself (TDR) 3:15 Jack-o-Lantern Fun (TDR)	Halloween 31 9:30 Morning Exercise (SR) 10:00 – 11:30 Paddington Station School Costume Parade and Trick or Treat Social 1:00 Walking Group(C) 1:30 Matching (CS) 2:00 Fitness with Mike (FF) 2:45 Revitalize Yourself 3:00 – 4:30 Halloween Party				



ROSEMARK
— AT MAYFAIR PARK —

Trellis Memory Support™ *Activities*

AC Arbor Courtyard
MH Mayfair Hall

AD Arbor Dining
MT Marquee Theatre

B Bistro
O Outing / \$ Costs Money

BB Bud's Billiards
S The Studio

C Concierge
SR Sun Room

CS Create Space
TLR Trellis Living Room

FF Flourish Fitness
TD Trellis Dining

IR Ivy Room
W The Workshop

LB Library