



ROSEMARK

AT MAYFAIR PARK

JULY 2024

ASSISTED LIVING

SUN

MON

TUE

WED

THU

FRI

SAT

	11:00 Curls & Crunches (FF) 1 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour	10:00 Purple Art Class 2 11:00 Seated Yoga (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class	10:00 Coffee Talk (IR) 3 11:00 Resident Council 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Red, White, & Blue Happy Hour	10:00 Morning Walk 4 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 2:00 Sparklers Celebration 3:00 Seated Massage Therapy (FF)	10:00 Coffee Talk (IR) 5 11:00 Fitness Zumba (FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour	10:00 Coffee Talk (IR) 6 11:00 Mystery Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:00 Cards Club 3:00 Live Music Saturdays
10:00 Church Service 7 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:00 Cycling without age (FL) 3:30 Resident Led Pickle Ball (FF)	11:00 Curls & Crunches (FF) 8 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Bloody Mary Happy Hour	10:00 Farm Outing 9 11:00 Seated Yoga (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class	10:00 Coffee Talk (IR) 10 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Open Mic Happy Hour	10:00 Morning Walk 11 11:00 10-10-10 Fitness (FF) 1:00 Active Minds Lecture: Paris: Biography of a City 2:30 Piano with Rory 3:00 Nail Care	10:00 Coffee Talk (IR) 12 11:00 Fitness Zumba (FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour	10:00 Coffee Talk (IR) 13 11:00 Mystery Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:00 Cards Club 3:00 Live Music Saturdays
10:00 Church Service 14 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:30 Bingo 3:00 Piano with Chris	11:00 Curls & Crunches (FF) 15 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour	10:00 Purple Art (IR) 16 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class	10:00 Coffee Talk (IR) 17 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Elvis in Hawaii Happy Hour	10:00 Morning Walk 18 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 3:00 Seated Massage Therapy (FF)	10:00 Coffee Talk (IR) 19 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour	10:00 Coffee Talk (IR) 20 11:00 Mystery Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:00 Cards Club 3:00 Live Music Saturdays
10:00 Church Service 21 10:00 Nail Care 11:00 10-10-10 Fitness 1:00 TV Series: Bridgerton (MH) 2:30 Bingo 3:00 Piano with Chris	11:00 Curls & Crunches (FF) 22 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour	10:00 Coffee Talk (IR) 23 11:00 Seated Yoga (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art class	10:00 Coffee Talk (IR) 24 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Self Care Spa Happy Hour	10:00 Morning Walk 25 11:00 10-10-10 Fitness (FF) 1:00 Movie (MH) 1:30 Shopping Outing 2:30 Piano with Rory 3:00 Seated Massage Therapy (FF)	10:00 Coffee Talk (IR) 26 11:00 Fitness Zumba(FF) 1:00 Movie (MH) 2:30 Bingo 3:30 Happy Hour	10:00 Coffee Talk (IR) 27 11:00 Mystery Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:00 Cards Club 3:00 Live Music Saturdays
10:00 Church Service 28 10:00 Nail Care 11:00 10-10-10 Fitness (FF) 1:00 TV Series: Bridgerton (MH) 2:30 Bingo 3:30 Resident Led Pickle Ball (FF)	10:00 Blue Goose Farm (IR) 29 11:00 Curls & Crunches (FF) 1:00 Movie (MH) 2:00 Dance with Meeshi (FF) 2:30 Rummikub 3:30 Happy Hour	10:00 Coffee Talk (IR) 30 11:00 Seated Yoga with Lindsey (FF) 1:00 Movie (MH) 2:00 Active Games (FF) 2:30 Bingo 3:30 Art Class	10:00 Coffee Talk (IR) 31 11:00 Boxing with Bret & Tripp (FF) 1:00 Movie (MH) 2:00 Outdoor Adventures 3:30 Piano with Ron Happy Hour			