



ROSEMARK
AT MAYFAIR PARK



JULY 2024

MONARCH HOUSE



SUN	MON	TUE	WED	THU	FRI	SAT
	10:00 50's Music/Exercise 1 11:00 Yoga with Caryn 11:30 Lunch 1:30 Rest & Relaxation 2:00 Move with Shayna 3:00 Monarch Bus Outing 4:30 Dinner	10:00 60's Music/Exercise 2 11:00 GroovaRoo Dance 11:30 Lunch 1:30 Rest & Relaxations 2:00 Travel Tuesdays 3:00 Purple Art Boulder 4:30 Dinner	10:00 70's Music/Exercise 3 11:00 Yoga with Amelia 11:30 Lunch 1:30 Rest & Relaxation 2:30 Active Games 3:30 Red/White/Blue Happy Hour 4:30 Dinner	10:00 Move with Shayna 4 11:30 4th of July BBQ 1:30 Rest & Relaxation 3:00 Sensory Outings 4:30 Dinner	10:00 Music w/Kiemel 5 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Rest & Relaxation 2:30 Fun with Amy 3:30 Friday Dance Party 4:30 Dinner	10:00 40s Music/Exercise 6 11:00 Spiritual Songs 11:30 Lunch 2:00 Trivia Time 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
10:00 Move with Shayna 7 10:30 Lunch 1:30 Rest & Relaxation 3:00 Active Games 4:30 Dinner	10:00 50's Music/Exercise 8 11:00 GroovaRoo Dance 11:30 Lunch 1:30 Rest & Relaxation 2:00 Move with Shayna 3:00 Monarch Bus Outing 4:30 Dinner	10:00 DJDS Farm Outing 9 11:30 Lunch 1:30 Rest & Relaxations 2:00 Travel Tuesdays 3:00 Jazz Music History 4:30 Dinner	10:00 70's Music/Exercise 10 11:00 Boxing with Bret 11:30 Lunch 1:30 Rest & Relaxation 2:30 Active Games 3:30 Open Mic Happy Hour 4:30 Dinner	10:00 Move with Shayna 11 11:30 Lunch 1:30 Rest & Relaxation 2:30 Piano with Rory 4:30 Dinner	10:00 Music w/Kiemel 12 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Rest & Relaxation 2:30 Fun with Amy 3:30 Friday Dance Party 4:30 Dinner	10:00 40s Music/Exercise 13 11:00 Spiritual Songs 11:30 Lunch 2:00 Anne's B-day Party 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
10:00 Move with Shayna 14 11:30 Lunch 1:30 Rest & Relaxation 3:00 Piano with Chris C. 4:30 Dinner	10:00 50's Music/Exercise 15 11:00 Yoga with Caryn 11:30 Lunch 1:30 Rest & Relaxation 2:00 Move with Shayna 3:00 Monarch Bus Outing 4:30 Dinner	10:00 60's Music/Exercise 16 11:00 GroovaRoo MC 11:30 Lunch 1:30 Rest & Relaxation 2:00 Travel Tuesdays 3:00 Purple Art Boulder 4:30 Dinner	10:00 70's Music/Exercise 17 11:00 Yoga with Amelia 11:30 Lunch 1:30 Rest & Relaxation 2:00 Family Council 3:30 Trivia Happy Hour 4:30 Dinner	10:00 Move with Shayna 18 11:30 Lunch 1:30 Rest & Relaxation 3:00 Sensory Outings 4:30 Dinner	10:00 Music w/Kiemel 19 11:00 Travel Songs 11:30 Lunch 1:00 Rest & Relaxation 2:30 Fun with Amy 3:30 Friday Dance Party 4:30 Dinner	10:00 40s Music/Exercise 20 11:00 Spiritual Songs 11:30 Lunch 2:00 Trivia Time 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
10:00 Move with Shayna 21 11:30 Lunch 1:30 Rest & Relaxation 3:00 Piano with Chris C. 4:30 Dinner	10:00 50s Music/Exercise 22 11:00 Yoga with Caryn 11:30 Lunch 1:30p Rest & Relaxation 2:00 Move with Shayna 3:00 Monarch Bus Outing 4:30 Dinner	10:00 Curious Dragonfly 23 11:00 Seated Yoga 11:30 Lunch 1:30 Rest & Relaxation 2:00 Travel Tuesdays 3:00 Crafts with Linda 4:30 Dinner	10:00 70's Music/Exercise 24 11:00 Boxing with Bret 11:30 Lunch 1:30 Rest & Relaxation 2:00 Active Games 3:30 Spa Happy Hour 4:30 Dinner	10:00 Move with Shayna 25 11:30 Lunch 1:30 Rest & Relaxation 2:30 Piano with Rory 4:30 Dinner	10:00 Monthly Vitals 26 11:30 Lunch 1:30 Rest & Relaxation 2:30 Fun with Amy 3:30 Friday Dance Party 4:30 Dinner	10:00 40s Music/Exercise 27 11:00 Spiritual Songs 11:30 Lunch 2:00 Trivia Time 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
10:00 Move with Shayna 28 11:30 Lunch 1:30 Rest & Relaxation 3:00 Active Games 4:30 Dinner	10:00 Blue Goose Farm 29 11:30 Lunch 1:30 Rest & Relaxation 2:00 Move with Shayna 3:00 Monarch Bus Outing 4:30 Dinner	10:00 Nature & Science Museum Outing 30 11:30 Lunch 1:30 Rest & Relaxation 2:00 Travel Tuesdays 3:00 Crafts with Linda 4:30 Dinner	10:00 70's Music/Exercise 31 11:00 Yoga with Amelia 11:30 Lunch 1:30 Rest & Relaxation 2:00 Outdoor Adventures 3:30 Walk to End Alzheimer's Fundraiser 4:30 Dinner			