



ROSEMARK

AT MAYFAIR PARK

SEPTEMBER 2024

ASSISTED LIVING



SUN

MON

TUE

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<p>10:00 Church Service 1 10:00 Morning Walk 11:00 Exercise with Maq 1:00 TV Series: Fire Country 2:00 Resident-led Board Games 3:30 Bingo</p>	<p>10:00 Coffee Talk 2 11:00 Strength Training 1:00 TED Talks 2:00 Dance with Meeshi 2:30 Rummikub 3:30 Happy Hour</p>	<p>10:00 Purple Art 3 11:00 Seated Yoga 1:00 Guided Meditation 2:00 My Life Story 3:30 Bingo</p>	<p>10:00 Coffee Talk 4 11:00 Resident Council 1:00 Planet Earth 2:00 Cooking with Maq 3:00 Active Games 3:30 Happy Hour</p>	<p>10:00 Morning Walk 5 11:00 Stretching with Maq 1:00 History Channel 2:00 Fun with Maq 3:00 Seated Massage</p>	<p>10:00 Music with Kiemel 6 11:00 Tai Chi with Kelly 1:00 Guided Meditation 2:30 Bingo 3:30 Happy Hour</p>	<p>10:00 Exercise with Meeshi 7 11:00 Spiritual Songs 1:00 TV Series: Suits 2:00 Resident-Led Cards Club 3:00 Live Music Saturdays 4:00 Trivia with Meeshi</p>
<p>10:00 Church Service 8 10:00 Morning Walk 11:00 Exercise with Maq 1:00 TV Series: Fire Country 2:00 Resident-led Board Games 3:30 Bingo</p>	<p>10:00 Coffee Talk 9 11:00 Strength Training 1:00 TED Talks 2:00 Dance with Meeshi 2:30 Rummikub 3:30 Happy Hour</p>	<p>10:00 Morning Walk 10 11:00 Seated Yoga 1:00 Guided Meditation 2:00 My Life Story 3:00 Piano with Christopher</p>	<p>10:00 Painting with Polly 11 11:00 Boxing with Bret 1:00 Planet Earth 2:00 Cooking with Maq 3:00 Active Games 3:30 Happy Hour</p>	<p>10:00 Morning Walk 12 11:00 Stretching with Maq 1:00 Active Minds 2:30 Piano with Rory 3:00 Seated Massage</p>	<p>10:00 Music with Kiemel 13 11:00 Tai Chi with Kelly 1:00 Guided Meditation 2:30 Bingo 3:30 Happy Hour</p>	<p>10:00 Exercise with Meeshi 14 11:00 Spiritual Songs 1:00 TV Series: Suits 2:00 Resident-Led Cards Club 3:00 Live Music Saturdays 4:00 Trivia with Meeshi</p>
<p>10:00 Church Service 15 10:00 Morning Walk 11:00 Exercise with Maq 1:00 TV Series: Fire Country 2:00 Resident-led Board Games 3:30 Bingo</p>	<p>10:00 Coffee Talk 16 11:00 Strength Training 1:00 TED Talks 2:00 Dance with Meeshi 2:30 Rummikub 3:30 Happy Hour</p>	<p>10:00 Purple Art 17 11:00 Seated Yoga 1:00 Guided Meditation 2:00 My Life Story 3:30 Bingo</p>	<p>10:00 Coffee Talk 18 11:00 Boxing with Bret 1:00 Planet Earth 2:00 Cooking with Maq 3:00 Active Games 3:30 Happy Hour</p>	<p>10:00 Morning Walk 19 11:00 Stretching with Maq 1:00 History Channel 1:30 Shopping Outing 3:00 Seated Massage</p>	<p>10:00 Music with Kiemel 20 11:00 Tai Chi with Kelly 1:00 Guided Meditation 2:30 Bingo 3:30 Happy Hour</p>	<p>8:30 Walk to End Alzheimer's – City Park 21 1:00 TV Series: Suits 2:00 Resident-Led Cards Club 3:00 Live Music Saturdays 4:00 Trivia with Meeshi</p>
<p>10:00 Church Service 22 10:00 Morning Walk 11:00 Exercise with Maq 1:00 TV Series: Fire Country 2:00 Resident-led Board Games 3:30 Bingo</p>	<p>10:00 Coffee Talk 23 11:00 Strength Training 1:00 TED Talks 2:00 Dance with Meeshi 2:30 Piano with Christopher 3:30 Happy Hour</p>	<p>10:00 Curious Dragonfly 24 11:00 Seated Yoga 1:00 Guided Meditation 2:00 My Life Story 3:30 Bingo</p>	<p>10:00 Coffee Talk 25 11:00 Boxing with Bret 1:00 Planet Earth 2:00 Cooking with Maq 3:00 Active Games 3:30 Piano with Ron</p>	<p>10:00 Morning Walk 26 11:00 Stretching with Maq 1:00 History Channel 2:30 Piano with Rory 3:00 Seated Massage</p>	<p>10:00 Music with Kiemel 27 11:00 Tai Chi with Kelly 1:00 Guided Meditation 2:30 Bingo 3:30 Happy Hour</p>	<p>10:00 Exercise with Meeshi 28 11:00 Spiritual Songs 1:00 TV Series: Suits 2:00 Resident-Led Cards Club 3:00 Live Music Saturdays 4:00 Trivia with Meeshi</p>
<p>10:00 Church Service 29 10:00 Morning Walk 11:00 Exercise with Maq 1:00 TV Series: Fire Country 2:00 Resident-led Board Games 3:30 Bingo</p>	<p>10:00 Coffee Talk 30 11:00 Strength Training 1:00 TED Talks 2:00 Dance with Meeshi 2:30 Rummikub 3:30 Happy Hour</p>					