ROS AT	MAYFAIR PARK		EMB	ER	2024	
SUN	MON	MONARCH HOUS TUE	WED	ТНО	FRI	SAT
					10:00 Music with Kiemel 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Sun with Duffy 2:30 Piano with Sarah 3:30 Aloha Happy Hour 4:30 Dinner	10:00 Exercise with Meeshi ² 11:00 Songs for the Spirit 11:30 Lunch 2:00 Creative Storytelling 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
3 10:00 Morning Walk 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Rest & Relaxation 2:30 Crafts with Maq 4:30 Dinner	4 10:00 50's Music/Exercise 11:00 Yoga with Caryn 11:30 Lunch 1:30 Sun with Duffy 2:15 Nature Talk 3:00 Painting with Polly 4:30 Dinner	5 10:00 60's Music/Exercise 11:00 Brain Games 11:30 Lunch 1:30 Walk with Duffy 2:15 Travel Tuesdays 3:00 Purple Art 4:30 Dinner	6 10:00 70's Music/Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Sun with Duffy 2:30 Yoga with Amelia 3:30 Live Music Weds 4:30 Dinner	7 10:00 Exercise with Maq 11:30 Lunch 1:30 Walk with Duffy 3:00 Piano with Sarah 4:30 Dinner	8 10:00 Music with Kiemel 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Baking with Tom 2:30 Shabbat with Rabbi 3:30 Aloha Happy Hour 4:30 Dinner	10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Creative Storytelling 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
10 10:00 Morning Walk 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Rest & Relaxation 2:30 Crafts with Maq 4:30 Dinner	10:00 50's Music/Exercise 11:00 Word Games 11:30 Lunch 1:30 Sun with Duffy 2:15 Nature Talk 3:30 Veteran's Happy Hour 4:30 Dinner	10:00 60's Music/Exercise 11:00 Brain Games 11:30 Lunch 1:30 Walk with Duffy 2:15 Bingo with Linda 3:00 Yoga Therapy w/MK 4:30 Dinner	10:00 70's Music/Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Sun with Duffy 2:30 Garden with Amelia 3:30 Live Music Weds 4:30 Dinner	14 10:00 Exercise with Maq 11:30 Lunch 1:30 Walk with Duffy 3:00 Piano with Rory 4:30 Dinner	15 10:00 Music with Kiemel 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Sun with Duffy 2:30 Dementia & Holidays 3:30 Aloha Happy Hour 4:30 Dinner	16 10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Creative Storytelling 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
17 10:00 Morning Walk 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Rest & Relaxation 2:30 Crafts with Maq 4:30 Dinner	10:00 50's Music/Exercise 11:00 Yoga with Caryn 11:30 Lunch 1:30 Sun with Duffy 2:15 Nature Talk 3:00 DMNS Bus Outing 4:30 Dinner	10:00 60's Music/Exercise 11:00 Brain Games 11:30 Lunch 1:30 Walk with Duffy 2:15 Travel Tuesdays 3:00 Purple Art 4:30 Dinner	10:00 70's Music/Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Sun with Duffy 2:30 Yoga with Amelia 3:30 Live Music Weds 4:30 Dinner	21 10:00 Exercise with Maq 11:30 Lunch 1:30 Walk with Duffy 3:00 Piano with Sarah 4:30 Dinner	10:00 Music with Kiemel 11:00 Tai Chi with Kelly 11:30 Lunch 1:30 Baking with Tom 2:30 Shabbat with Rabbi 3:30 Aloha Happy Hour 4:30 Dinner	10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Creative Storytelling 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner
24 10:00 Morning Walk 10:30 Yoga Therapy w/MK 11:30 Lunch 1:30 Rest & Relaxation 2:30 Crafts with Maq 4:30 Dinner	25 10:00 Blue Goose Farm 11:30 Lunch 1:30 Sun with Duffy 2:15 Nature Talk 3:00 Ice Cream Social 4:30 Dinner	10:00 Curious Dragonfly 11:00 Stretch with Maq 11:30 Lunch 1:30 Walk with Duffy 2:15 Travel Tuesdays 3:00 Family Council 4:30 Dinner	27 10:00 70's Music/Exercise 11:00 Boxing with Bret 11:30 Lunch 1:30 Sun with Duffy 2:30 Garden with Amelia 3:30 Live Music Weds	28 10:00 Exercise with Maq 11:30 Thanksgiving Lunch 1:30 Walk with Duffy 3:00 Piano with Rory 4:30 Dinner	29 10:00 Music with Meeshi 11:00 Morning Dance 11:30 Lunch 1:30 Sun with Duffy 2:30 Piano with Sarah 3:30 Aloha Happy Hour 4:30 Dinner	10:00 Exercise with Meeshi 11:00 Songs for the Spirit 11:30 Lunch 2:00 Creative Storytelling 2:30 Puppy Therapy 3:00 Live Music Saturdays 4:30 Dinner

