

MELROSE GARDENS CALENDAR



November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Take time to be kind and to say 'thank you.'"</p> <p>- Zig Ziglar</p>	<p>NOVEMBER DAYS TO NOTE...</p> <p>1 All Saints' Day 1 National Stress Awareness Day 5 Guy Fawkes Day 6 National Nachos Day 10 National Forget-Me-Not Day 12 National Chicken Soup for the Soul Day 13 World Kindness Day 14 National Philanthropy Day 14 Children's Day</p> <p>16 International Day for Tolerance 18 National Adoption Day 19 International Men's Day 19 Citizen's Day 24 Black Friday 25 Blasé Day 27 Cyber Monday 28 National Day of Giving 29 Electronic Greetings Day 30 Cities for Life Day</p>	<p>1</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:00 Brain Memory Bootcamp w/Mary 4:05 Sing Along 6:00 Movie Night</p>	<p>2</p> <p>10:00 Banking & Shopping 10 -12 10:00 Art Class w/Kira 11:30 Word Searches 2:00 Healthy Joints w/Cesar 3:30 "Harvest Spice Cookies Social" 6:00 CNN</p>	<p>3</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Sit & Be Fit 11:30 Bingo! 2:00 Afternoon Walk 4:15 Shabbat Services 6:00 The Oprah Winfrey Show (YouTube)</p>	<p>4</p> <p>10:00 Saddleback Church Services 11:30 Move w/Music 2:00 Piano Recital w/Ronnie 3:30 Bingo! 6:00 Classical Concert Dmitry Korsakov</p>	
<p>5</p> <p><i>Daylight Saving Time Ends</i></p> <p>10:00 Catholic Mass 11:30 Sunday Walk 2:00 Classical Piano Concert w/Dallas 3:30 Bingo! 6:00 Classical Music: Mozart (YouTube)</p>	<p>6</p> <p>9:30 Farmer's Market Trip 10:00 Banana Grams 11:30 Cardio Work Out 2:30 Brain Fitness w/Mary 4:00 Sing Along 6:00 LA News</p>	<p>7</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Hand Massage 2:00 Fancy Nails 4:00 Words Unscramble 6:00 Broadcast Concert Frank Sinatra</p>	<p>8</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:00 Cooking Fun 2:30 Brain Memory Bootcamp w/Mary 4:00 Sing Along 6:00 "Dear Ruth" (YouTube)</p>	<p>9</p> <p>10:00 Banking & Shopping 10 -12 10:00 "100" Words Game 11:30 Music Appreciation w/Rose-Marie 2:00 Healthy Joints w/Cesar 3:30 Pumpkin Pie Social 6:00 "Thanksgiving Promise" (YouTube)</p>	<p>10</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Painting w/Acrylic 11:30 Word Searches 2:00 Nature Walk 4:15 Shabbat Services 6:00 TED Talks <i>"The Power of Mind"</i></p>	<p>11</p> <p><i>Veteran's Day</i></p> <p>10:00 Saddleback Church Services 11:30 Chairobic 2:00 Vocal Performance w/Mathew 3:30 Movie & Popcorn 6:00 Evening News</p>
<p>12</p> <p>10:00 Catholic Mass 11:30 Poinsettia Stroll 2:00 Singing Violin Concert w/Yasha 3:30 Bingo! 6:00 Ted Talk: <i>"Men are from Mars, Woman from Venus"</i></p>	<p>13</p> <p>9:30 Scenic Drive w/Abe 10:00 Word Searches 11:30 Questions & Answers w/Management 2:30 Brain Fitness w/Mary 4:00 Documentary Movie 6:00 "Young at Heart" (YouTube)</p>	<p>14</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Touch Therapy 2:00 Nail Art 4:00 Crosswords & Puzzles 6:00 "The Secrets of The Royal Kitchen" (YouTube)</p>	<p>15</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:00 Cup Cake Decoration 2:30 Brain Memory Bootcamp w/Mary 4:00 Karaoke 6:00 "Bewitched" - Behind the Scenes</p>	<p>16</p> <p>10:00 Banking & Shopping 10 -12 10:00 Art Class w/Kira 2:00 Healthy Joints w/Cesar 3:30 Music Around the World w/Nick & Ayeme 6:00 "The Facts of Life Reunion" (YouTube)</p>	<p>17</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Chairobic w/Ana 11:30 Bingo! 1:00 Resident Birthday Celebration 2:00 Poinsettia Stroll 4:15 Shabbat Services 6:00 Evening News</p>	<p>18</p> <p>10:00 Saddleback Church Services 11:30 Cardio Work Out 2:00 Solo Concert w/Yolly 3:30 Bingo! 6:00 "I Love Lucy"</p>
<p>19</p> <p>9:00 Catholic Mass 11:30 Walking Club 2:00 Piano Concert w/Larysa 3:30 Bingo! 6:00 Movie Night "Three Coins in the Fountains"</p>	<p>20</p> <p>10:00 Pampered Nails 11:30 Sit & Be Fit 2:30 Brain Fitness w/Mary 4:00 Word Games 6:00 "Half-Angel" Frankie Burton</p>	<p>21</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Reflexology & Aromatherapy 2:00 Fancy Nails 4:00 "My Mother Diana" (TV) 6:00 Evening News</p>	<p>22</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:00 Colorific 2:30 Brain Memory Bootcamp w/Mary 4:00 Crosswords 6:00 Loretta Young Documentary</p>	<p>23</p> <p>Banking & Shopping 10 -12 <i>Thanksgiving</i> 10:00 Cardio w/Cesar 11:30 Special Thanksgiving Bingo! 12:30 Thanksgiving Luncheon & Concert w/Yasha 6:00 "Penny Princess"</p>	<p>24</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Colorific 11:30 Crosswords & Puzzles 2:00 Sound Healing w/Jahrazheen 4:15 Shabbat Services 6:00 TED Talk: <i>"The Power to Believe"</i></p>	<p>25</p> <p>10:00 Saddleback Church Services 11:30 Balance Exercise 2:00 Country Music w/Michael Quest 3:30 Bingo! 6:00 "The Donna Reed Show" (YouTube)</p>
<p>26</p> <p>10:00 Catholic Mass 11:30 Hand in Hand Walking 2:00 Rock-n-Roll Concert w/Irby 3:30 Bingo! 6:00 Classical Movie Charlie Chaplin</p>	<p>27</p> <p>10:00 Morning Stretch 11:30 "100" Words 2:30 Brain Fitness w/Mary 4:00 Documentary "Britain in the '50s" 6:00 "The Jackpot" (Comedy)</p>	<p>28</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Hand Massage & Relaxation Therapy 2:00 Nails Art 4:00 "An Ideal Husband" (YouTube) 6:00 TED Talks: <i>Believe</i></p>	<p>29</p> <p>10:00 Zumba Gold 11:30 Resident & Family Council Meeting 2:00 Color Therapy 2:30 Brain Memory Bootcamp w/Mary 4:00 "Cutest Animals" (Netflix) 6:00 Evening News</p>	<p>30</p> <p>Banking & Shopping 10 -12 10:00 Art Class w/Kira 11:30 Words Game 2:00 Healthy Joints w/Cesar 3:30 Comedy Show w/Jacque Lawrence 6:00 "Young at Heart" (YouTube)</p>	<p>BEAUTICIAN VISITS Every Tuesday and Thursday</p> <p>DOCTOR APPOINTMENTS are available as needed Monday - Friday</p> <p>SNACKS After every scheduled activity and at 8:00 p.m. for those who wish it</p>	

DINING HOURS Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Calendar subject to change.
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