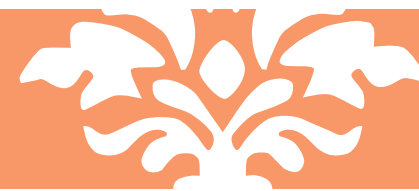


MELROSE GARDENS CALENDAR



May 2018



"May, more than any other month of the year, wants us to feel most alive."
~ Fennel Hudson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>	<p>1</p> <p>10:00 Current Events 10:30 Serenity Yoga w/Charmaine 11:00 Musical Group from Braille Institute: "Barber Shop"</p> <p>2:00 Pampered Nails 3:30 Crosswords & Puzzles 6:00 Movie Night Stepmom</p>	<p>2</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 3:30 Cooking Class 3:30 Paws-to-Share 6:00 Music for the Soul - Tchaikovsky Swan Lake (The Kirov Ballet)</p>	<p>3</p> <p>Banking & Shopping 10 -12</p> <p>10:00 Art Class with Kira 11:30 You be the Judge! 2:00 Healthy Joints w/Cesar 3:30 Making Mother's Day Cards 6:00 Movie Night The Sound of Music</p>	<p>4</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Walking Club 11:30 Bingo! 2:00 Cardio Work Out w/Cesar 3:30 Ice Coffee Social 4:15 Shabbat Services 6:00 Broadway Musical Annie (Full Show at HBPH)</p>	<p>5</p> <p><i>Cinco de Mayo</i></p> <p>10:00 Saddleback Church Services 11:30 Chair Yoga with Ashley 2:00 Vocal Performance by Yolly 3:30 Bingo! 6:00 Music for the Soul: Mozart Piano Concerto No. 21 K Yeol Eum Son</p>
<p>6</p> <p>9:00 Catholic Mass 10:00 Theraband Exercise 2:00 Classical Piano Concert w/Dallas 3:30 Movie & Popcorn "Unconditional Love" 6:00 Laugh TV "Adorable Babies' Reaction Daddy Comes Home"</p>	<p>7</p> <p>9:30 Farmers Market Outing 11:30 Herb Garden Word Fit 2:30 Memory Brain Fitness w/Mary 4:00 Documentary Movie: <i>The Mind After Midnight</i> 6:00 Paul Mauriat and his Orchestra</p>	<p>8</p> <p>10:00 Current Events 10:30 Serenity Yoga w/Charmaine 11:30 Hand Massage 2:00 Fancy Nails 4:00 Documentary: <i>"The Wonderful World of Cats"</i> 6:00 Evening News</p>	<p>9</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:30 Cup Cake Decoration! 3:30 Paws-to-Share 6:00 Music for the Soul - Vivaldi Four Seasons / Quattro Stagioni -Janine Jansen</p>	<p>10</p> <p>Banking & Shopping 10 -12</p> <p>10:00 Article Review 11:30 Music Appreciation w/Rose-Marie 2:00 Healthy Joints w/Cesar 3:30 Fruit & Berry Ice Cream Social 6:00 Ellen DeGeneres Show Kids Music Prodigy</p>	<p>11</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Fancy Nails 11:30 Oprah Winfrey's SuperSoul Conversations with RuPaul 2:00 Cardio Work Out w/Cesar 3:30 Bouquet Arrangements 4:15 Shabbat Services 6:00 LA News</p>	<p>12</p> <p>10:00 Saddleback Church Services 11:30 Move with Music w/Kira 2:00 Country Music w/Michael Quest 3:30 Movie & Popcorn My Big Fat Greek Wedding 6:00 Music for Your Soul: Chopin</p>
<p>13</p> <p><i>Mother's Day</i></p> <p>9:00 Catholic Mass 10:00 Chairobics 12:30 Mother's Day Luncheon 2:00 Mother's Day Concert w/Greg 3:30 Mom's Bingo! 6:00 "Mother's Day" Movie</p>	<p>14</p> <p>10:00 Drive Around Chinatown 11:30 May IQ 2:30 Memory Brain Fitness w/Mary 4:00 Discussion: "How Pets Keep Seniors Healthy" 6:00 Music for Your Soul: Chopin: Waltz</p>	<p>15</p> <p>10:00 Current Events 10:30 Serenity Yoga w/Charmaine 11:30 Healing Hands 2:00 Fancy Nails 4:00 Documentary: <i>"Dogs that Changed the World"</i> 6:00 Movie Steel Magnolias</p>	<p>16</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:30 Color Pencil Art 3:30 Paws-to-Share 6:00 Movie Night My Big Fat Greek Wedding</p>	<p>17</p> <p>Banking & Shopping 10 -12</p> <p>10:00 Watercolor Painting 11:30 Words Unscramble 2:00 Healthy Joints w/Cesar 3:30 Music Around the World w/Nick & Ayeme 6:00 Documentary Movie <i>"Funny Cats"</i></p>	<p>18</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>4:15 Shabbat Services 10:00 Cardio Work Out 11:30 Bingo! 2:00 Article Review 3:00 Resident Birthday Celebration with Vlad 4:15 Shabbat Services 6:00 Movie Night Mother's Day</p>	<p>19</p> <p><i>Shavuot (begins at sundown)</i></p> <p>10:00 Saddleback Church Services 11:30 TheraBand Exercise w/Ashley 2:00 Concert w/Mathew 3:30 Bingo! 6:00 Evening News</p>
<p>20</p> <p>9:00 Catholic Mass 10:00 Cardio Work Out 2:00 Shavuot Services w/Gerry Ice Cream 6:00 Sunday News</p>	<p>21</p> <p><i>Shavuot (ends at sundown)</i></p> <p>10:00 Plummer Park Outing 11:30 "Swing Music" Word Search 2:30 Memory Brain Fitness w/Mary 4:00 Discussion: "Safe, Healthy, Happy Aging: The Future of the Built Environment" 6:00 Mind Enhancer: Vivaldi Four Season/Quattro Stagioni</p>	<p>22</p> <p>10:00 Current Events 10:30 Serenity Yoga w/Charmaine 11:30 Hand Massage 2:00 Nail Spa 3:30 Documentary: <i>"My Child is a Monkey"</i> 6:00 Comedy Night: Robin Williams - Live on Broadway (New York 2002)</p>	<p>23</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Bootcamp w/Mary 2:30 Time to Make Pizza! 3:30 Paws-to-Share 6:00 Comedy Night "We are Most Amused Full Comedy Show"</p>	<p>24</p> <p>Banking & Shopping 10 -12</p> <p>10:00 Painting with Acrylic 11:30 Matching Puzzles: "Physical Fitness" 2:00 Healthy Joints w/Cesar 3:30 Movie and Popcorn 6:00 Music for the Soul Piano Concerto n. 2 by Anna Fedorova</p>	<p>25</p> <p>Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Resident/Family Council Meeting 11:15 Music Therapy w/Irby 2:00 Cardio Workout w/Cesar 4:15 Shabbat Services 6:00 Oprah Winfrey's SuperSoul Conversations with Adyashanti</p>	<p>26</p> <p>10:00 Saddleback Church Services 11:30 Balance Exercise 2:00 Singing w/Julie 3:30 Bingo! 6:00 Comedy Show Ellen DeGeneres "Here and Now"</p>
<p>27</p> <p>9:00 Catholic Mass 10:00 Move w/Music 2:00 Singing Piano Concert w/Larysa 3:30 Bingo! 6:00 Music for Your Soul: Tchaikovsky: Piano Concerto No. 1 by Lang Lang</p>	<p>28</p> <p><i>Memorial Day</i></p> <p>10:00 Excursion to The Grove 11:30 "Memorial Day" Crossword 2:30 Memory Brain Fitness w/Mary 4:00 "Moonlight Sonata op 27 #2 Mov 3 Valentina Lisitsa 6:00 Movie Night Memorial Day</p>	<p>29</p> <p>10:00 Current Events 10:30 Serenity Yoga w/Charmaine 11:30 Aromatherapy 2:00 Pampered Hands 3:30 The Comedians Series 2 <i>"The Very Best of 1971"</i> 6:00 Movie Night: Breakfast at Tiffany's</p>	<p>30</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:30 Color Pencil Art 3:30 Paws-to-Share 6:00 Movie Night My Big Fat Greek Wedding</p>	<p>31</p> <p>Banking & Shopping 10 -12</p> <p>10:00 Art Class w/Kira 11:30 "Scrapbooking" Crossword 2:00 Healthy Joints w/Cesar 3:30 Comedy Show w/Jackie Lawrence 6:00 LA News</p>	<p>MAY DAYS TO NOTE...</p> <p>1 Loyalty Day 2 Baby Day 3 World Press Freedom Day 4 Bird Day 4 Renewal Day 4 Space Day 6 Beverage Day 6 No Diet Day 8 National Teacher's Day 8 No Socks Day</p> <p>9 Lost Sock Memorial Day 11 Clean Up Your Room Day 11 Eat What You Want Day 11 Military Spouses Day 13 Frog Jumping Day 16 Love a Tree Day 20 Be a Millionaire Day 23 Lucky Penny Day 25 Tap Dance Day 30 Water a Flower Day</p>	