

MELROSE GARDENS CALENDAR



August 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																		
<p>"People don't notice whether it's winter or summer when they're happy." - Anton Chekhov</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>	<p>1</p> <p>10:00 Sunrise Yoga 11:30 Touch Therapy & Relaxation 2:00 Fancy Nails 4:00 Documentary Movie 6:00 UNO!</p>	<p>2</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:00 Colorific 3:30 August IQ 6:00 Movie Night</p>	<p>3 Banking & Shopping 10 -12</p> <p>10:00 Walking Club 11:00 "100" Words Game 2:00 Art Class w/Kira 4:00 "Oldies but Goodies" 6:00 News</p>	<p>4 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Chairobic 11:30 Bingo! 2:00 Craft's Corner 3:30 Fruit & Berries Social on the Front Porch 4:15 Shabbat Service 6:00 Comedy Night</p>	<p>5</p> <p>10:00 Saddleback Church Service 11:30 Balance Exercise 2:00 Piano Concert w/Dallas 3:30 August IQ 6:00 Evening News</p>																		
<p>6</p> <p>9:00 Catholic Mass 10:00 Sunday Walk 2:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 News</p>	<p>7</p> <p>10:00 Morning Stretches 11:30 "100" Words Game 2:30 Memory Brain Fitness w/Mary 4:00 Documentary Movie 6:00 Comedy Night</p>	<p>8</p> <p>10:00 Sunrise Yoga 11:30 Aromatherapy & Angel's Touch 2:00 Pampered Nails 3:30 Crosswords & Puzzles 6:00 Movie Night</p>	<p>9</p> <p>10:00 Healthy Joints w/Cesar 11:30 Bingo 2:30 Memory Brain Bootcamp w/Mary 2:30 "Making Subway" 4:00 Word Searches 6:00 News</p>	<p>10 Banking & Shopping 10 -12</p> <p>9:30 Walking Club 11:00 Music Appreciation w/Rose Marie 2:00 Art Class w/Kira 3:30 August IQ 6:00 Self-Reading Club</p>	<p>11 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Balance Exercise 11:30 Bingo! 2:00 Craft's Corner 3:30 Ice Coffee Social & Discussion 4:15 Shabbat Service 6:00 LA News</p>	<p>12</p> <p>10:00 Saddleback Church Service 11:30 Cardio Work Out 2:00 Guitar Concert w/Stan 3:30 Movie & Popcorn 6:00 Reading Club</p>																		
<p>13</p> <p>9:00 Catholic Mass 10:00 Poinsettia Stroll 11:30 Banana Grams 2:00 Concert w/Julia 3:30 Bingo! 6:00 CNN</p>	<p>14</p> <p>9:30 Farmers Market Trip 10:30 Balance Exercise 2:30 Memory Brain Fitness w/Mary 4:00 Reading Club 6:00 Movie</p>	<p>15</p> <p>10:00 Sunrise Yoga 11:30 Relaxation & Hand Massage 2:00 Nails by Kira & Ana 3:30 Discovery Channel 6:00 Evening News</p>	<p>16</p> <p>10:00 Healthy Joints w/Cesar 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:30 Color Therapy 4:00 Crosswords 6:00 Movie</p>	<p>17 Banking & Shopping 10 -12</p> <p>10:00 Morning Stroll 11:30 You Be the Judge! 2:00 Painting w/Kira 4:00 Sing Along 6:00 Classical Movie Night</p>	<p>18 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Sit & Be Fit 11:30 Bingo! 2:00 Craft's Corner 3:30 Ice Cream Social 4:15 Shabbat Service 6:00 Reading Club</p>	<p>19</p> <p>10:00 Saddleback Church Service 11:30 Theraband Exercise 2:00 Concert w/Ronnie 3:30 Banana Grams 6:00 News</p>																		
<p>20</p> <p>9:00 Catholic Mass 10:00 Poinsettia Stroll 11:30 Banana Grams 12:00 Concert w/Irby 3:30 Bingo! 6:00 LA News</p>	<p>21</p> <p>9:30 Scenic View w/Abe 10:30 Cardio Work Out 2:30 Memory Brain Fitness w/Mary 4:00 Sing Along 6:00 Cards Game</p>	<p>22</p> <p>10:00 Sunrise Yoga 11:30 Touch Therapy 2:00 Pampered Nails 3:30 Words Game 6:00 Comedy Night</p>	<p>23</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp 2:30 Baking Class w/Kira 4:00 Puzzles 6:00 News</p>	<p>24 Banking & Shopping 10 -12</p> <p>10:00 Nature Walk 11:30 Article Review 2:00 Resident/Family Council Meeting 3:30 Music Around the World w/Nick and Ayeme 6:00 Evening News</p>	<p>25 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Art & Craft Corner 11:30 Sing Along 2:00 Sound Healing w/Jahrazhen 4:15 Shabbath Services 6:00 News</p>	<p>26</p> <p>10:00 Saddleback Church Service 11:30 Sit & Be Fit 12:30 Hawaiian Luncheon 2:00 Hawaiian Luau 6:00 Movie</p>																		
<p>27</p> <p>9:00 Catholic Mass 11:30 Walking Club 2:00 Concert w/Mete Tasin & Larysa 3:30 Bingo! 6:00 Sunday News</p>	<p>28</p> <p>10:00 Plummer Park Trip 10:30 Chairobic 2:30 Memory Brain Fitness w/Mary 4:00 Discovery Channel 6:00 Movie</p>	<p>29</p> <p>10:00 Sunrise Yoga 11:30 Aromatherapy & Massage 2:00 Fancy Nails 4:00 Blue Planet on TV 6:00 CNN</p>	<p>30</p> <p>10:00 Zumba Gold 11:30 Bingo! 2:30 Memory Brain Bootcamp 2:30 Colorific 4:00 Word Searches 6:00 Movie Night!</p>	<p>31 Banking & Shopping 10 -12</p> <p>10:00 Walking Club 11:30 Discussion Group 2:00 "100" Words Game 3:30 Jackie and Mike Comedy Show 6:00 Movie</p>	<p>AUGUST DAYS TO NOTE...</p> <table border="0"> <tr> <td>1 Tisha B' Av</td> <td>15 Best Friend's Day</td> </tr> <tr> <td>1 Girlfriend's Day</td> <td>16 National Roller Coaster Day</td> </tr> <tr> <td>3 National Watermelon Day</td> <td>16 National Tell a Joke Day</td> </tr> <tr> <td>4 Single Working Women's Day</td> <td>18 Hawaii Admission Day Holiday</td> </tr> <tr> <td>6 International Forgiveness Day</td> <td>21 Poets' Day</td> </tr> <tr> <td>6 National Friendship Day</td> <td>22 Be an Angel Day</td> </tr> <tr> <td>10 National Banana Split Day</td> <td>26 National Dog Day</td> </tr> <tr> <td>12 Middle Children's Day</td> <td>26 Women's Equality Day</td> </tr> <tr> <td>13 Daughters' Day</td> <td>31 National Trail Mix Day</td> </tr> </table>		1 Tisha B' Av	15 Best Friend's Day	1 Girlfriend's Day	16 National Roller Coaster Day	3 National Watermelon Day	16 National Tell a Joke Day	4 Single Working Women's Day	18 Hawaii Admission Day Holiday	6 International Forgiveness Day	21 Poets' Day	6 National Friendship Day	22 Be an Angel Day	10 National Banana Split Day	26 National Dog Day	12 Middle Children's Day	26 Women's Equality Day	13 Daughters' Day	31 National Trail Mix Day
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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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