

MELROSE GARDENS CALENDAR



January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
<p>“Write it on your heart that every day is the best day in the year.”</p> <p>- Ralph Waldo Emerson</p>	<p>1 <i>New Year's Day</i></p> <p>10:00 New Year's Resolution w/Mary 12:30 New Year's Luncheon 2:00 New Year's Show with Mike & Mandy 3:30 Refreshments and Snacks”</p>	<p>2</p> <p>10:00 Yoga w/Ana 11:30 Aromatherapy & Hand Massage 2:00 Fancy Nails 4:00 Banana Grams 6:00 TED Talks “The Joy of Now”</p>	<p>3</p> <p>10:00 Cesar's Healthy Club 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:00 Cookie Making & Decoration 4:00 Sing Along Corner 6:00 Deepak Chopra “What is Healing Energy”</p>	<p>4</p> <p>10:00 Walking Club 11:30 Banana Grams 2:00 Healthy Joints w/Cesar 3:30 Movie & Popcorn 6:00 Dalai Lama “Peace and Harmony”</p>	<p>5 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Chairobics w/Ashley 11:30 Bingo! 2:00 Ashley's Art Corner 4:15 Shabbat Services 6:00 Movie Night “Bedtime Story”</p>	<p>6</p> <p>10:00 Saddleback Church Services 11:30 Balance Exercise 2:00 Concert w/Ronnie 3:30 Bingo! 6:00 Movie Night “The Birds and the Bees”</p>																				
<p>7</p> <p>9:00 Catholic Church Services 11:30 Chairobic 2:00 Rock-n-Roll w/Greg 3:30 Bingo! 6:00 TED Talks “The Joy of Now”</p>	<p>8</p> <p>10:00 Scenic Drive to Rodeo Drive w/Abe 10:00 Cardio Exercise 11:30 Word Searches 2:30 Brain Fitness w/Mary 4:00 “I Love Lucy” Show 6:00 TED Talks “Why We Do What We Do”</p>	<p>9</p> <p>10:00 Current Events 10:30 Yoga w/Ana 11:30 Reflexology 2:00 Pampered Nails 4:00 Crosswords & Puzzles 6:00 Discussion “Let's change the way we think about old age”</p>	<p>10</p> <p>10:00 Cesar's Healthy Club 11:30 Bingo! 2:30 Memory Brain Bootcamp w/Mary 2:00 Colorific! 4:00 Sing Along 6:00 Movie Night “Heaven Can Wait”</p>	<p>11 Banking & Shopping 10 -12</p> <p>10:00 “100” Words Game 11:30 Music Appreciation w/Rose-Marie 2:00 Healthy Joints w/Cesar 3:30 Discussion Group 6:00 TED Talks “The Surprising Science of Happiness”</p>	<p>12 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Move with Music 11:30 Bingo! 2:00 Art Class with Kira 4:15 Shabbat Services 6:00 Movie Night “Undercover Angel”</p>	<p>13</p> <p>10:00 Saddleback Church Services 11:30 Sit and Be Fit 2:00 Solo Concert w/Julia 3:30 Movie & Popcorn 6:00 TED Talks “Why do we sleep?”</p>																				
<p>14</p> <p>9:00 Catholic Church Services 11:30 Cardio Work Out 2:00 Classical Piano w/Dallas 3:30 Bingo! 6:00 Frank Sinatra Concert “The Young at Heart”</p>	<p>15 <i>Martin Luther King Jr. Day</i></p> <p>10:00 Trader Joe's Shopping Shuttle 10:00 Morning Stretches w/Ana 11:30 Words Unscramble 2:30 Memory Brain Fitness w/Mary 4:00 Karaoke 6:00 Documentary “Cutest Animals”</p>	<p>16</p> <p>10:00 Current Events 10:30 Yoga w/Ana 11:30 Healing Touch 2:00 Nail Art 4:00 Documentary Movie 6:00 Johnny Carson Interview “Doris Day”</p>	<p>17</p> <p>10:00 Cesar's Healthy Club 11:30 Bingo! 2:30 Brain Memory Bootcamp w/Mary 2:30 Cooking Corner 4:00 Sing Along 6:00 Movie: “The Staircase”</p>	<p>18 Banking & Shopping 10 -12</p> <p>10:00 Painting w/Kira 11:30 Crosswords & Puzzles 2:00 Healthy Joints w/Cesar 3:30 Music Around the World w/Nick & Ayeme 6:00 Oprah Winfrey Show “Friends”</p>	<p>19 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 TheraBand Exercise 11:30 Bingo! 2:00 Craft's Corner 4:15 Shabbat Services 6:00 Dalai Lama “Nature of the Mind”</p>	<p>20</p> <p>10:00 Saddleback Church Services 11:30 Move with Music 2:00 Solo Concert w/Yolly 3:30 Bingo! 6:00 Movie: “A Girl Named Sooner”</p>																				
<p>21</p> <p>9:00 Catholic Church Services 11:30 Move w/Music 2:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 Documentary “The Mystery of Natalie Wood”</p>	<p>22</p> <p>10:00 Excursion to Greystone Park w/Abe 10:00 Balance Exercise 2:30 Memory Brain Fitness w/Mary 4:00 Karaoke 6:00 Show: <i>Pete & Gladys Pete's Personality Change</i></p>	<p>23</p> <p>10:00 Current Events 10:30 Yoga w/Ana 11:30 Touch Therapy 2:00 Fancy Nails 4:00 January IQ 6:00 Show: <i>Ellen Degenerous Show</i></p>	<p>24</p> <p>10:00 Cesar's Healthy Club 11:30 Bingo! 2:30 Brain Memory Bootcamp w/Mary 2:30 Colorific! 4:00 Sing Along 6:00 Show: Johnny Carson “11th Anniversary Show”</p>	<p>25 Banking & Shopping 10 -12</p> <p>10:00 Colorific! 11:30 Word Searches 2:00 Healthy Joints w/Cesar 3:30 Comedy Show w/Jackie Lawrence 6:00 Movie Night “Paris Holiday”</p>	<p>26 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Cardio Work Out 11:30 Bingo! 2:00 Craft's Corner 2:00 Sound Healing w/Jachrazheen 4:15 Shabbat Services 6:00 Classical Concert: “Mozart”</p>	<p>27</p> <p>10:00 Saddleback Church Services 2:00 Guitar Concert w/Michael Quest 3:30 Movie & Popcorn “Now and Forever” 6:00 Dalai Lama “Healing Power of Mind”</p>																				
<p>28</p> <p>9:00 Catholic Church Services 11:30 Cardio Work Out 2:00 Classical Piano w/Larysa 3:30 Bingo! 6:00 Evening News</p>	<p>29</p> <p>10:00 Trip to Chinatown 10:00 Cardio Work Out 11:30 “100”Words Game 2:30 Memory Brain Fitness w/Mary 4:00 Sing Along 6:00 Show: <i>I Love Lucy</i></p>	<p>30</p> <p>10:00 Current Events 10:30 Yoga w/Ana 11:30 Healing Hands 2:00 Pampered Nails 4:00 Words Unscramble 6:00 Show: <i>Pip Long Stocking</i></p>	<p>31</p> <p>10:00 Cesar's Healthy Club 11:30 Bingo! 2:30 Brain Memory Bootcamp w/Mary 2:30 Colorific! 4:00 Crosswords and Puzzles 6:00 Show: <i>The Little Rascals</i></p>	<p>JANUARY DAYS TO NOTE...</p> <table border="0"> <tr> <td>03 Festival of Sleep Day</td> <td>16 National Nothing Day</td> </tr> <tr> <td>04 Trivia Day</td> <td>18 Winnie the Pooh Day</td> </tr> <tr> <td>05 National Bird Day</td> <td>19 National Popcorn Day</td> </tr> <tr> <td>06 Cuddle Up Day</td> <td>23 National Pie Day</td> </tr> <tr> <td>08 Bubble Bath Day</td> <td>23 Measure Your Feet Day</td> </tr> <tr> <td>10 Peculiar People Day</td> <td>24 Compliment day</td> </tr> <tr> <td>12 National Pharmacist Day</td> <td>25 Opposite Day</td> </tr> <tr> <td>13 Friday the 13th</td> <td>26 Spouse's Day</td> </tr> <tr> <td>13 Make Your Dream Come True Day</td> <td>28 Fun at Work Day</td> </tr> <tr> <td>14 Dress Up Your Pet Day</td> <td>31 Backward Day</td> </tr> </table>		03 Festival of Sleep Day	16 National Nothing Day	04 Trivia Day	18 Winnie the Pooh Day	05 National Bird Day	19 National Popcorn Day	06 Cuddle Up Day	23 National Pie Day	08 Bubble Bath Day	23 Measure Your Feet Day	10 Peculiar People Day	24 Compliment day	12 National Pharmacist Day	25 Opposite Day	13 Friday the 13th	26 Spouse's Day	13 Make Your Dream Come True Day	28 Fun at Work Day	14 Dress Up Your Pet Day	31 Backward Day	<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>
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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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