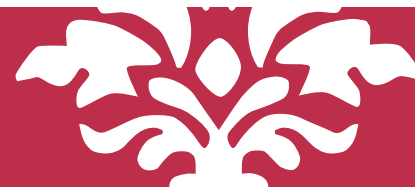


MELROSE GARDENS CALENDAR



August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"August is a gentle reminder for not doing a single thing from your new year resolution for seven months and not doing it for next five." ~ Crestless Wave</p>	<p>AUGUST DAYS TO NOTE...</p> <p>01 National Girlfriends Day 01 Respect for Parents Day 01 Earth Overshoot Day 03 National Watermelon Day 04 American Family Day 05 Work Like A Dog Day 06 Root Beer Float Day 08 Happiness Happens Day 09 Book Lovers Day</p> <p>10 Lazy Day 11 Son's and Daughter's Day 13 Left-Handers Day 15 National Relaxation Day 16 Tell a Joke Day 17 National Thrift Shop Day 21 National Senior Citizens Day 25 Banana Split Day 27 National Just Because Day</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 Beauty Shop</p> <p>9:30 Chair Exercise 10:30 Monthly Gazette 11:00 Bingo 2:00 Kickball 3:00 Snack 3:30 Funny Words to Live & Laugh by Docuseries <i>The Last Czars</i></p> <p>Banking & Shopping 10 -12</p>	<p>2 Nail Shop - 2:30 p.m.</p> <p>10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 International Beer Day Trivia 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>Murder Mystery</i></p> <p>Shopping & Library Shuttle</p>	<p>3 9:45 Energized Stretching 10:00 Saddleback Church Services 10:30 Snack 11:30 Board Games 2:00 Jazz w/Marc Bosserman 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries <i>Our Planet</i></p>
<p>4 9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Who, What, When Index 11:00 Bingo 1:30 Clipping Coupons for Military Families! 2:30 Pet Therapy w/Limo Ness 3:00 Snack 3:30 Community Walk 6:00 Men's Movie Night - Netflix <i>Unlocked</i></p>	<p>5 9:00 Tree Canvas Art 10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Indoor Soccer 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i></p>	<p>6 Beauty Shop</p> <p>10:00 Energizing Exercise 10:30 Snack 11:00 Bingo 1:30 USA Trivia 2:00 Nail Shop 2:30 Wheel of Fortune 3:00 Snack 6:00 Ladies' Movie Night - Netflix <i>Mary Poppins Returns</i></p>	<p>7 10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Book Club in TV Room <i>A Place for Cupid!</i> 2:30 Happy Hour w/Daniel Pazmino 3:00 Pumpkin Chocolate Chip Bread 3:10 Community Walk w/Abe 6:00 Netflix Series <i>After Life</i></p>	<p>8 Beauty Shop</p> <p>10:00 Chair Exercise 10:30 International Kat Day Trivia 11:00 Bingo 2:00 Basketball 3:00 Vanilla Iced Coffee & Current 6:00 Docuseries <i>The Last Czars</i></p> <p>Banking & Shopping 10 -12</p>	<p>9 Nail Shop - 2:30 p.m.</p> <p>10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Karaoke Time 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>Point Blank</i></p> <p>Shopping & Library Shuttle</p>	<p>10 10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 R&B Concert w/Danni Shannan 3:00 Snack 3:30 Board Games 6:00 Netflix Docuseries <i>Forensic Files Collection</i></p>
<p>11 9:00 Catholic Mass 10:00 Resistance Workout 10:30 Snack 11:00 Bingo 2:30 Wii Sports 3:00 Snack 3:30 Indoor Football 6:00 Men's Movie Night - Netflix <i>The American</i></p>	<p>12 10:00 Move to the Music 10:30 Snack 11:00 Bingo 1:30 Drums 2 Learn w/Richard Cricket Book Club in TV Room <i>A Place for Cupid!</i> 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i></p>	<p>13 Beauty Shop</p> <p>10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Poker Game in the TV Room 3:00 Snack 3:30 Sing-Along 6:00 Ladies' Movie Night - Netflix <i>Patrick</i></p>	<p>14 10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Violin Concert w/Yasha 3:00 Cinnamon Apple Rings 3:10 Community Walk w/Abe 6:00 Netflix Series <i>After Life</i></p>	<p>15 Beauty Shop</p> <p>9:30 Chair Exercise 10:30 Snack 11:00 Bingo 2:30 Chair Soccer 3:00 Snack 3:30 Sing Along 6:00 Docuseries <i>The Last Czars</i></p> <p>Banking & Shopping 10 -12</p>	<p>16 Nail Shop - 2:30 p.m.</p> <p>10:00 Chair Yoga 10:30 Snack 11:00 Bingo 2:30 Nail Shop 3:00 Snack 3:30 Board Games 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>A Wrinkle In Time</i></p> <p>Shopping & Library Shuttle</p>	<p>17 10:00 Saddleback Church Services 10:30 Snack 11:00 Bingo 2:00 Rock & Roll w/Greg 3:00 Snack 3:30 Evening Exercise 6:00 Netflix Docuseries <i>Planet Earth II</i></p>
<p>18 9:00 Catholic Mass 10:00 Resistance Bands Workout 10:30 Snack 11:00 Bingo 2:30 Pet Therapy w/Limor Ness 3:00 Snack 3:30 Corn Hole 6:00 Men's Movie Night - Netflix <i>Big Kill</i></p>	<p>19 10:00 Morning Exercise 10:30 Snack 11:00 Bingo 1:30 Tin Flower Art 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i></p>	<p>20 Beauty Shop</p> <p>10:00 Morning Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Snack 3:30 Adoptive Hungry Hippos 6:00 Ladies' Movie Night - Netflix <i>I Am Mother</i></p>	<p>21 10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Resident Council Meeting 3:00 Snack 3:10 Community Walk 3:10 Resident Foot Massages 6:00 Netflix Series <i>After Life</i></p>	<p>22 Beauty Shop</p> <p>10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Impression Wassily Kadinsky Art 3:00 August Birthday Celebrations 5:00 Music Therapy w/Neil Elliott 6:00 Docuseries <i>The Last Czars</i></p> <p>Banking & Shopping 10 -12</p>	<p>23 Nail Shop - 2:30 p.m.</p> <p>10:00 Chair Workout 10:30 Snack 11:00 Bingo 3:00 Snack 3:30 Sing Along 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>Exposed</i></p> <p>Shopping & Library Shuttle</p>	<p>24 10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Swing Era Music w/Rex Perry 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries - BBC Earth <i>Medal of Honor</i></p>
<p>25 9:00 Catholic Mass 10:00 Chair Yoga 10:30 Snack 11:00 Bingo 2:30 Clipping Coupons for Military Families 3:00 Pizza and Piesadillas 6:00 Men's Movie Night - Netflix <i>Erased</i></p>	<p>26 10:00 Morning Exercise 10:30 Snack 11:00 Bingo 1:30 The Price is Right 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i></p>	<p>27 Beauty Shop</p> <p>10:00 Water Bottle Workout 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Wheel of Fortune 6:00 Ladies Movie Night - Netflix <i>Running For Grace</i></p>	<p>28 10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Resident Auction 3:00 Snack 3:10 Community Walk w/Abe 6:00 Netflix Series <i>After Life</i></p>	<p>29 Beauty Shop</p> <p>10:00 Chair Workout 10:30 Snack 11:00 Bingo 1:30 Floor Soccer 3:00 Snack 6:00 Docuseries <i>The Last Czars</i></p> <p>Banking & Shopping 10 -12</p>	<p>30 Nail Shop - 2:30 p.m.</p> <p>10:00 Stretch Reflex Chair Workout 10:30 Snack 11:00 Bingo 3:00 Snack 3:30 Karaoke 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>Always Be My Maybe</i></p> <p>Shopping & Library Shuttle</p>	<p>31 10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Hawaiian Luau Party w/Dancers 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries - BBC Earth <i>Medal of Honor</i></p>

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

Calendar subject to change.
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