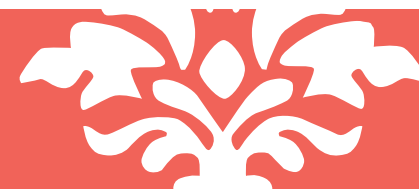


MELROSE GARDENS CALENDAR



January 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY DAYS TO NOTE...

| | | | |
|----|---------------------------|----|---------------------------------|
| 03 | Festival of Sleep Day | 10 | Peculiar People Day |
| 03 | Fruitcake Toss Day | 12 | National Pharmacist Day |
| 03 | National Spaghetti Day | 13 | Make Your Dream Come True Day |
| 04 | Trivia Day | 16 | Appreciate a Dragon Day |
| 05 | National Bird Day | 17 | Ditch New Years Resolutions Day |
| 06 | Cuddle Up Day | 19 | National Popcorn Day |
| 07 | Old Rock Day | 24 | Compliment Day |
| 08 | Bubble Bath Day | 25 | Opposite Day |
| 09 | Play God Day | 28 | Fun at Work Day |
| 10 | Bittersweet Chocolate Day | 31 | Backward Day |

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|--|--|--|---|--|
| 1 <i>New Year's Day</i> | 2 | 3 | 4 | 5 |
| 10:00 Rose Bowl Parade 10:30 Snack 11:30 Trivia 2:00 New Year's Party 3:00 Snack 3:30 Travelogue 6:00 Romance Movie <i>Before We Go</i> | 10:00 Healthy Joints w/Cesar 10:30 Snack 11:30 Word Games 2:00 Walking Club 3:00 Snack 3:30 Fancy Nails 6:00 Classic Movie <i>The Stranger</i> | 10:00 Exercise 10:30 Snack 11:30 Hangman 2:00 Winter Wonderland Art Class 3:00 Hot Chocolate Social 3:30 Word Scramble 6:00 Travel Movie <i>Wild France with Ray Mears</i> | 10:00 Muscle Fitness 10:30 Snack 11:30 Bingo 2:00 Nature Walk 3:00 Snack 4:15 Shabbat Service 6:00 Musical Movie <i>The Phantom of the Opera</i> | 10:00 Saddleback Church Services 10:30 Snack 11:30 Sit & Be Fit 2:00 Rock-n-Roll w/Greg 3:00 Snack 3:30 Word Search 6:00 Golden Oldies <i>Marie Antoinette</i> |
| 6 9:00 Catholic Mass 10:00 Morning Stretch 10:30 Snack 11:30 Sunday Travelogue 2:00 Brain Jazz 3:00 Snack 3:30 Bingo 6:00 Action Movie <i>Journey to the Center of the Earth</i> | 7 10:00 Cardio Workout 10:30 Snack 11:30 Educational Documentary 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Word Puzzle 6:00 Comedy Movie <i>Peter Rabbit</i> | 8 Beauty Shop 10:00 Balance Workout 10:30 Snack 11:30 Fun Facts 2:00 Pampered Nails 3:00 Snack 3:30 Animal Documentary 6:00 Romance Movie <i>PS I Love You</i> | 9 10:00 Healthy Joints w/Cesar 10:30 Snack 11:30 Word Games 2:00 Walking Club 3:00 Snack 3:30 Balloon Game 6:00 Classic Movie <i>Robin Hood Prince of Thieves</i> | 10 Banking & Shopping 10 -12 10:00 Exercise 10:30 Snack 11:30 Hangman 2:00 Chilly Cranyon Colors 3:00 Snack 3:30 Word Scramble 6:00 Travel Movie <i>Luxury Travel Show</i> |
| 11 Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Muscle Fitness 10:30 Snack 11:30 Bingo 2:00 Nature Walk 3:00 Snack 4:15 Shabbat Service 6:00 Musical Movie <i>Mama Mia</i> | 12 10:00 Saddleback Church Services 10:30 Snack 11:30 Sit & Be Fit 2:00 Concert w/David Kaufman 3:00 Snack 3:30 Word Search 6:00 Golden Oldies <i>The Duchess</i> | 13 9:00 Catholic Mass 10:00 Morning Stretch 10:30 Snack 11:30 Sunday Travelogue 2:00 Brain Jazz 3:00 Snack 3:30 Bingo 6:00 Action Movie <i>National Treasure</i> | 14 10:00 Cardio Workout 10:30 Snack 11:30 Educational Documentary 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Word Puzzle 6:00 Comedy Movie <i>The Little Rascals</i> | 15 Beauty Shop 10:00 Balance Workout 10:30 Snack 11:30 Trivia 2:00 Nails Shop 3:00 Snack 3:30 History Documentary 6:00 Romance Movie <i>Rumor Has It</i> |
| 16 10:00 Healthy Joints w/Cesar 10:30 Snack 11:30 Word Games 2:00 Resident/Family Council Meeting 3:00 Snack 3:30 Balloon Game 6:00 Classic Movie <i>Howard's End</i> | 17 Banking & Shopping 10 -12 10:00 Exercise 10:30 Snack 11:30 Hangman 2:00 Art with Pinecones 3:00 Snack 3:30 Word Scramble 6:00 Travel Movie <i>Lion</i> | 18 Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Muscle Fitness 10:30 Snack 11:30 Bingo 2:00 Nature Walk 3:00 Snack 4:15 Shabbat Service 6:00 Musical Movie <i>Barbara Streisand??? no movie</i> | 19 10:00 Saddleback Church Services 10:30 Snack 11:30 Sit & Be Fit 2:00 Bingo! 3:00 Snack 3:30 Word Search 6:00 Golden Oldies <i>Message In A Bottle</i> | 20 9:00 Catholic Mass 10:00 Morning Stretch 10:30 Snack 11:30 Sunday Travelogue 2:00 Violin Concert w/Yasha 3:00 Snack 3:30 Bingo 6:00 Action Movie <i>Pirates of the Caribbean</i> |
| 21 Martin Luther King Jr. Birthday (observed) 10:00 Cardio Workout 10:30 Snack 11:30 Martin Luther King Jr. A Historical Perspective (1994) Documentary 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Word Puzzle 6:00 Comedy Movie <i>The Flintstones</i> | 22 Beauty Shop 10:00 Balance Workout 10:30 Snack 11:30 Fun Facts 2:00 Spa Nails 3:00 Snack 3:30 Educational Documentary 6:00 Romance Movie <i>Julie & Julia</i> | 23 10:00 Healthy Joints w/Cesar 10:30 Snack 11:30 Word Games 2:00 Walking Club 3:00 Snack 3:30 Balloon Game 6:00 Classic Movie <i>Pearl Harbor</i> | 24 Banking & Shopping 10 -12 10:00 Exercise 10:30 Snack 11:30 Hangman 1:00 Birthday Party Celebration 2:00 Snow Flake Extravaganza 3:00 Snack 3:30 Word Scramble 6:00 Travel Movie <i>Departures</i> | 25 Trader Joes, The Grove and W.Hollywood Library Shuttle 10:00 Muscle Fitness 10:30 Snack 11:30 Bingo 2:00 Nature Walk 3:00 Snack 4:15 Shabbat Service 6:00 Musical Movie <i>This Is It, Michael Jackson</i> |
| 26 10:00 Saddleback Church Services 10:30 Snack 11:30 Sit & Be Fit 2:00 Guitar Concert w/Michael Quest 3:00 Snack 3:30 Word Search 6:00 Golden Oldies <i>Meet Joe Black</i> | 27 9:00 Catholic Mass 10:00 Morning Stretch 10:30 Snack 11:00 Becca & Friends Talent Show 2:00 Brain Jazz 3:00 Snack 3:30 Bingo 6:00 Action Movie <i>Cat Woman</i> | 28 10:00 Cardio Workout 10:30 Snack 11:30 Educational Documentary 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Word Puzzle 6:00 Comedy Movie <i>Honey, We Shrunk Ourselves</i> | 29 Beauty Shop 10:00 Balance Workout 10:30 Snack 11:30 Trivia Time 2:00 Fancy Nails 3:00 Snack 3:30 Travelogue w/Popcorn 6:00 Romance Movie <i>How to Lose a Guy in 10 Days</i> | 30 10:00 Healthy Joints w/Cesar 10:30 Snack 11:30 Word Games 2:00 Walking Club 3:00 Snack 3:30 Balloon Game 6:00 Classic Movie <i>Sixteen Candles</i> |
| 31 Banking & Shopping 10 -12 10:00 Exercise 10:30 Snack 11:30 Hangman 2:00 Winter Acrylics 3:00 Snack 3:30 Word Scramble 6:00 Travel Movie <i>Stephen Fry in America</i> | "Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'" ~ Alfred Lord Tennyson | | BEAUTICIAN VISITS Every Tuesday and Thursday DOCTOR APPOINTMENTS are available as needed Monday - Friday SNACKS After every scheduled activity and at 8:00 p.m. for those who wish it | |

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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