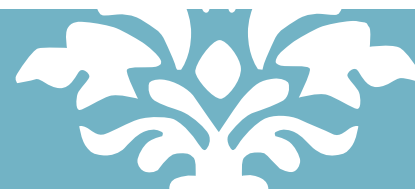


MELROSE GARDENS CALENDAR



January 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"In the depth of winter I finally learned that there was in me an invincible summer."

~ Albert Camus

JANUARY DAYS TO NOTE...

- | | |
|------------------------------|--------------------------------|
| 01 Bloody Mary Day | 15 National Bagel Day |
| 02 Science Fiction Day | 17 National Bootlegger's Day |
| 03 Fruitcake Toss Day | 18 Winnie the Pooh Day |
| 04 National Spaghetti Day | 19 World Quark Day |
| 05 Screenwriters Day | 20 National Cheese Lover's Day |
| 06 National Technology Day | 21 National Hugging Day |
| 10 Save the Eagles Day | 24 National Compliment Day |
| 12 Kiss a Ginger Day | 25 Opposite Day |
| 13 Korean American Day | 26 Spouses Day |
| 14 Hot Pastrami Sandwich Day | 27 Chocolate Cake Day |

New Year's Day

- 9:15 Melrose Walking Club
- 9:30 **Today in History**
- 10:00 Strength Circuit
- 10:30 Drinks & Discussion
- 11:00 Bingo
- 1:30 **Famous Composers and their Works: Mozart**
- 2:30 **Baker & Makers: Mini Peach and Raspberry Pies**
- 3:30 Current Events
- 4:30 Afternoon Stroll in the Park
- 6:00 Netflix Series: **The Crown**

Beauty Shop

- 9:15 Step It Up! Walking Club
- 9:30 **Laugh Out Loud: Jokes & Riddles**
- 10:00 Healthy Joints w/Cesar
- 11:00 Bingo & Bellinis
- 1:30 **Pondering Philosophy: Freud**
- 2:30 Sing Along to Sinatra
- 3:00 **Behind the Scenes: The Lives of the Hollywood Elites: Judy Garland**
- 3:45 Mocktails and Memories
- 4:30 Horticultural Appreciation Walk
- 6:00 Docuseries

- 9:15 Melrose Walking Club
- 9:30 Guided Mindfulness Meditation
- 10:00 **Weight Circuit**
- 10:45 Hydrate to Top Hits
- 11:00 Bingo
- 1:15 National Geographic Exploration
- 2:00 **Watercolor Design**
- 3:00 Karaoke to the Classics
- 3:30 **Ladies' High Tea**
- 4:00 Brain HQ: Golden Globes Puzzles
- 4:30 Afternoon Stroll in the Park
- 6:00 Golden Globes Award Show Feature

- 9:15 Step It Up! Walking Club
- 9:30 Daily Chronicles
- 10:00 **Oldies Dance Fitness**
- 10:45 Juice It Up! Drinks and Discourse
- 11:00 Bingo
- 1:15 **Floral Arrangement Design**
- 2:00 DIY Craft Series: Paper Succulent Wall Hanging
- 3:00 Learn Spanish 101
- 3:30 Hot Cocoa Bar Creations
- 3:45 **Jeopardy Challenge**
- 4:30 Horticultural Appreciation Walk
- 6:00 Netflix Series: *Grace & Frankie*

Beauty Shop

- 9:15 Morning Walk & Talk
- 9:30 **Meaningful Words: Resolutions**
- 10:00 Fitness Boot Camp
- 10:30 Refreshment & Reflection
- 11:00 Bingo
- 1:30 **Artist Documentary & Discussion: Vincent Van Gogh**
- 2:00 Flourishing Florist
- 2:45 Nail Shop
- 3:30 Table Topics
- 3:30 **Coffee Bar Chats: Would You Rather?**
- 4:30 It's a Walk in the Park! Classic Cinema

- 9:15 Melrose Walking Club
- 9:30 **Today in History**
- 10:00 Strength Circuit
- 10:30 Drinks & Discussion
- 11:00 Bingo
- 1:30 **Famous Composers and their Works: Ira Gershwin**
- 2:30 **Baker & Makers: Cheese & Veggie Muffins**
- 3:30 Current Events
- 4:30 Afternoon Stroll in the Park
- 6:00 Netflix Series: **The Crown**

Beauty Shop

- 9:15 Step It Up! Walking Club
- 9:30 **Laugh Out Loud: Jokes & Riddles**
- 10:00 Healthy Joints w/Cesar
- 11:00 Bingo & Bellinis
- 1:30 **Pondering Philosophy: Plato**
- 2:30 Sing Along to Sinatra
- 3:00 **Behind the Scenes: The Lives of the Hollywood Elites: Humphrey Bogart**
- 3:45 Mocktails and Memories
- 4:30 Horticultural Appreciation Walk
- 6:00 Docuseries

- 9:15 Melrose Walking Club
- 9:30 Guided Mindfulness Meditation
- 10:00 Weight Circuit
- 10:45 Hydrate to Top Hits
- 11:00 Bingo
- 1:30 National Geographic Exploration
- 2:00 **Watercolor Design**
- 3:00 Karaoke to the Classics
- 3:30 **National Hot Tea Day: Families are Invited to High Tea**
- 4:00 Brain HQ: Hot Tea Puzzles
- 4:30 Afternoon Stroll in the Park
- 6:00 Men's Movie Night

- 9:15 Step It Up! Walking Club
- 9:30 Daily Chronicles
- 10:00 **Oldies Dance Fitness**
- 10:45 Juice It Up! Drinks and Discourse
- 11:00 Bingo
- 1:30 **Ted Talk: Flowers That Heal Us**
- 2:00 DIY Craft Series: Paper Succulent Wall Hanging
- 3:00 Learn Spanish 101
- 3:30 Hot Cocoa Bar Creations
- 3:45 **Jeopardy Challenge**
- 4:30 Horticultural Appreciation Walk
- 6:00 Netflix Series: *Grace & Frankie*

Beauty Shop

- 9:15 Morning Walk & Talk
- 9:30 **Meaningful Words: Charisma**
- 10:00 Fitness Boot Camp
- 10:30 Refreshment & Reflection
- 11:00 Bingo
- 1:30 **Artist Documentary & Discussion: Michelangelo**
- 2:00 Flourishing Florist
- 2:45 Nail Shop
- 3:30 Table Topics
- 3:30 **Coffee Bar Chats: Would You Rather?**
- 4:30 It's a Walk in the Park! Classic Cinema

- 9:15 Melrose Walking Club
- 9:30 **Today in History**
- 10:00 Strength Circuit
- 10:30 Drinks & Discussion
- 11:00 Bingo
- 1:30 **Famous Composers and their Works: Schubert**
- 2:30 **Baker & Makers: Strawberry Shortcake**
- 3:30 Current Events
- 4:30 Afternoon Stroll in the Park
- 6:00 Netflix Series: **The Crown**

Beauty Shop

- 9:15 Step It Up! Walking Club
- 9:30 **Laugh Out Loud: Jokes & Riddles**
- 10:00 Healthy Joints w/Cesar
- 11:00 Bingo & Bellinis
- 1:30 **Pondering Philosophy: Socrates**
- 2:30 Sing Along to Sinatra
- 3:00 **Behind the Scenes: The Lives of the Hollywood Elites: Martin Luther King Jr.**
- 3:45 Mocktails and Memories
- 4:30 Horticultural Appreciation Walk
- 6:00 Docuseries

- 9:15 Melrose Walking Club
- 9:30 Guided Mindfulness Meditation
- 10:00 Weight Circuit
- 10:45 Hydrate to Top Hits
- 11:00 Bingo
- 1:30 National Geographic Exploration
- 2:00 **Watercolor Design**
- 3:00 Karaoke to the Classics
- 3:30 **Ladies' High Tea**
- 4:00 Brain HQ: Du Jour Puzzles
- 4:30 Afternoon Stroll in the Park
- 6:00 **SAG Award Show Extravaganza: Cocktails and Red Carpet Photos!**

- 9:15 Step It Up! Walking Club
- 9:30 Daily Chronicles
- 10:00 **Oldies Dance Fitness**
- 10:45 Juice It Up! Drinks and Discourse
- 11:00 Bingo
- 1:30 **Floral Arrangement Design**
- 2:00 DIY Craft Series: Paper Succulent Wall Hanging
- 3:00 Learn Spanish 101
- 3:30 Hot Cocoa Bar Creations
- 3:45 **Jeopardy Challenge**
- 4:30 Horticultural Appreciation Walk
- 6:00 Netflix Series: *Grace & Frankie*

Beauty Shop

- 9:15 Morning Walk & Talk
- 9:30 **Meaningful Words: Sibling**
- 10:00 Fitness Boot Camp
- 10:30 Refreshment & Reflection
- 11:00 Bingo
- 1:30 **Artist Documentary & Discussion: Frida Khalo**
- 2:00 Flourishing Florist
- 2:45 Nail Shop
- 3:30 Table Topics
- 3:30 **Coffee Bar Chats: Would You Rather?**
- 4:30 It's a Walk in the Park! Classic Cinema

- 9:15 Melrose Walking Club
- 9:30 **Today in History**
- 10:00 Strength Circuit
- 10:30 Drinks & Discussion
- 11:00 Bingo
- 1:30 **Famous Composers and their Works: Schubert**
- 2:30 **Baker & Makers: Zucchini Pizza Boats**
- 3:30 Current Events
- 4:30 Afternoon Stroll in the Park
- 6:00 Netflix Series: **The Crown**

Beauty Shop

- 9:15 Step It Up! Walking Club
- 9:30 **Laugh Out Loud: Jokes & Riddles**
- 10:00 Healthy Joints w/Cesar
- 11:00 Bingo & Bellinis
- 1:30 **Pondering Philosophy: Idealism**
- 2:30 Sing Along to Sinatra
- 3:00 **Behind the Scenes: The Lives of the Hollywood Elites: Loretta Lynn**
- 3:45 Mocktails and Memories
- 4:30 Horticultural Appreciation Walk
- 6:00 Docuseries

- 9:15 Melrose Walking Club
- 9:30 Guided Mindfulness Meditation
- 10:00 Weight Circuit
- 10:45 Hydrate to Top Hits
- 11:00 Bingo
- 1:30 National Geographic Exploration
- 2:00 **Watercolor Design**
- 3:00 Karaoke to the Classics
- 3:30 **Ladies' High Tea**
- 4:00 Brain HQ: Movie Stars Puzzles
- 4:30 Afternoon Stroll in the Park
- 6:00 Men's Movie Night

- 9:15 Step It Up! Walking Club
- 9:30 Daily Chronicles
- 10:00 **Oldies Dance Fitness**
- 10:45 Juice It Up! Drinks and Discourse
- 11:00 Bingo
- 1:30 **Floral Arrangement Design**
- 2:00 DIY Craft Series: Paper Succulent Wall Hanging
- 3:00 Learn Spanish 101
- 3:30 Hot Cocoa Bar Creations
- 3:45 **Jeopardy Challenge**
- 4:30 Horticultural Appreciation Walk
- 6:00 Netflix Series: *Grace & Frankie*

Beauty Shop

- 9:15 Morning Walk & Talk
- 9:30 **Meaningful Words: Fruit**
- 10:00 Fitness Boot Camp
- 10:30 Refreshment & Reflection
- 11:00 Bingo
- 1:30 **Artist Documentary & Discussion: Claude Monet**
- 2:00 Flourishing Florist
- 2:45 Nail Shop
- 3:30 Table Topics
- 3:30 **Coffee Bar Chats: Would You Rather?**
- 4:30 It's a Walk in the Park! Classic Cinema

- 9:15 Melrose Walking Club
- 9:30 **Today in History**
- 10:00 Strength Circuit
- 10:30 Drinks & Discussion
- 11:00 Bingo
- 1:30 **Famous Composers and their Works: Beethoven**
- 2:30 **Baker & Makers: Homemade Sorbets**
- 3:30 Current Events
- 4:30 Afternoon Stroll in the Park
- 6:00 Netflix Series: **The Crown**

Beauty Shop

- 9:15 Step It Up! Walking Club
- 9:30 **Laugh Out Loud: Jokes & Riddles**
- 10:00 Healthy Joints w/Cesar
- 11:00 Bingo & Bellinis
- 1:30 **Pondering Philosophy: Deism**
- 2:30 Sing Along to Sinatra
- 3:00 **Behind the Scenes: The Lives of the Hollywood Elites: Johnny Carson**
- 3:45 Mocktails and Memories
- 4:30 Horticultural Appreciation Walk
- 6:00 Docuseries

- 9:00 Step it Up! Walking Club
- 9:30 Unscramble the Word
- 10:00 Disco Dance Fitness
- 11:00 Bingo
- 1:30 **Inventions That Changed the World: Windmills**
- 2:00 **Sensory Art & Aromatherapy**
- 3:00 **Winter Poetry: The Cold Earth**
- 3:30 Slept Below by Percy Bysshe Shelley
- 4:30 Ice Cream Parlor
- 4:15 **Shabbat Service**
- 4:30 It's a Walk in the Park!
- 6:00 Friday Night Fun Flick

- 9:15 Melrose Walking Club
- 9:30 **Faces & Places: 50's Movie Stars**
- 10:00 **Saddleback Church Services**
- 11:00 Bingo
- 1:30 **Musician Biography: Dean Martin**
- 2:00 **Happy Hour w/Live Entertainment**
- 3:00 Board Game Cafe
- 4:00 **Flex & Stretch**
- 4:30 Afternoon Stroll
- 6:00 Hollywood Golden Age Movies

- 9:00 Step it Up! Walking Club
- 9:30 Unscramble the Word
- 10:00 Disco Dance Fitness
- 11:00 Bingo
- 1:30 **Inventions That Changed the World: The Refrigerator**
- 2:00 **Sensory Art & Aromatherapy**
- 3:00 **Winter Poetry: The Snowman by Wallace Stevens**
- 3:30 Ice Cream Parlor
- 4:15 **Shabbat Service**
- 4:30 It's a Walk in the Park!
- 6:00 Friday Night Fun Flick

- 9:15 Melrose Walking Club
- 9:30 **Faces & Places: European Landmarks**
- 10:00 **Saddleback Church Services**
- 11:00 Bingo
- 1:30 **Musician Biography: Johnny Cash**
- 2:00 **Happy Hour w/Live Entertainment**
- 3:00 Board Game Cafe
- 4:00 **Flex & Stretch**
- 4:30 Afternoon Stroll
- 6:00 Hollywood Golden Age Movies

- 9:00 Step it Up! Walking Club
- 9:30 Unscramble the Word
- 10:00 Disco Dance Fitness
- 11:00 Bingo
- 1:30 **Inventions That Changed the World: The Automobile**
- 2:00 **Sensory Art & Aromatherapy**
- 3:00 **Winter Poetry: The Snowbound by John Greenleaf Whittier**
- 3:30 Ice Cream Parlor
- 4:15 **Shabbat Service**
- 4:30 It's a Walk in the Park!
- 6:00 Friday Night Fun Flick

- 9:15 Melrose Walking Club
- 9:30 **Faces & Places: The Civil Rights Movement**
- 10:00 **Saddleback Church Services**
- 11:00 Bingo
- 1:30 **Musician Biography: Etta James**
- 2:00 **Happy Hour w/Live Entertainment**
- 3:00 Board Game Cafe
- 4:00 **Flex & Stretch**
- 4:30 Afternoon Stroll
- 6:00 Hollywood Golden Age Movies

- 9:00 Step it Up! Walking Club
- 9:30 Unscramble the Word
- 10:00 Disco Dance Fitness
- 11:00 Bingo
- 1:30 **Inventions That Changed the World: The Light Bulb**
- 2:00 **Sensory Art & Aromatherapy**
- 3:00 **Winter Poetry: Those Winter Sundays by Robert Hayden**
- 3:30 Ice Cream Parlor
- 4:15 **Shabbat Service**
- 4:30 It's a Walk in the Park!
- 6:00 Friday Night Fun Flick

- 9:15 Melrose Walking Club
- 9:30 **Faces & Places: American Landmarks**
- 10:00 **Saddleback Church Services**
- 11:00 Bingo
- 1:30 **Musician Biography: John Denver**
- 2:00 **Happy Hour w/Live Entertainment**
- 3:00 Board Game Cafe
- 4:00 **Flex & Stretch**
- 4:30 Afternoon Stroll
- 6:00 Hollywood Golden Age Movies

BEAUTICIAN VISITS
Every Tuesday and Thursday

DOCTOR APPOINTMENTS
are available as needed
Monday - Friday

SNACKS
Two snacks per day,
at 10:30 a.m. and 3:00 p.m.
at 8:00 p.m. for those who wish it

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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