MELROSE GARDENS CALENDAR



January 2020

WEDNESDAY **THURSDAY FRIDAY MONDAY TUESDAY** SATUR DAY SUNDAY IANUARY DAYS TO NOTE.. New Year's Day Step it Up! Walking Club 9:15 Melrose Walking Club "In the depth of winter I finally Melrose Walking Club 9:30 Unscramble the Word Faces & Places: 50's Movie Stars Step It Up! Walking Club learned that there was in me an 15 National Bagel Day 01 Bloody Mary Day 9:30 **Today in History** 10:00 Disco Dance Fitness **Saddleback Church Services** 10:00 Laugh Out Loud: Tokes & Riddles 02 Science Fiction Day 17 National Bootlegger's Day Strength Circuit 11:00 Bingo invincible summer." Healthy Joints w/Cesar 11:00 Bingo 10.00 Drinks & Discussion 18 Winnie the Pooh Day 1:30 **Inventions That Changed the World:** 03 Fruitcake Toss Day Musician Biography: Dean Martin Bingo & Bellinis 11:00 Bingo Windmills 19 World Quark Day National Spaghetti Day **Pondering Philosophy: Freud** Happy Hour w/Live Entertainment **Famous Composers and their Works:** 1:30 Sensory Art & Aromatherapy 2.00 Sing Along to Sinatra ~ Albert Camus 20 National Cheese Lover's Day 2:30 Screenwriters Day Board Game Cafe 3:00 Mozart **Winter Poetry: The Cold Earth** 3:00 Behind the Scenes: 3:00 21 National Hugging Day National Technology Day Flex & Stretch 4:00 Baker & Makers: The Lives of the Hollywood Elites: Slept Below by Percy Bysshe Shelley National Compliment Day Mini Peach and Raspberry Pies Save the Eagles Day Afternoon Stroll 4:30 Ice Cream Parlor 3:30 **Judy Garland** 25 Opposite Day Current Events Hollywood Golden Age Movies Kiss a Ginger Day Mocktails and Memories 4:15 Shabbat Service Afternoon Stroll in the Park Korean American Day 26 Spouses Day Horticultural Appreciation Walk 4:30 It's a Walk in the Park! Netflix Series: The Crown 27 Chocolate Cake Day Friday Night Fun Flick 6:00 14 Hot Pastrami Sandwich Day 6:00 Docuseries Step it Up! Walking Club Melrose Walking Club Melrose Walking Club Step It Up! Walking Club Melrose Walking Club Unscramble the Word Guided Mindfulness Meditation Faces & Places: European Landmarks Morning Walk & Talk Daily Chronicles 9:30 **Today in History** Step It Up! Walking Club 10:00 Disco Dance Fitness Meaningful Words: Resolutions Saddleback Church Services Laugh Out Loud: Jokes & Riddles Weight Circuit 10:00 **Oldies Dance Fitness** 10:00 10:00 Strength Circuit 11:00 Fitness Boot Camp Refreshment & Reflection Juice It Up! Drinks and Discourse Bingo 10:45 Hydrate to Top Hits 10:45 11:00 10:30 Drinks & Discussion Healthy Joints w/Cesar 10:00 **Inventions That Changed the World:** 1:30 11:00 Bingo 11:00 11:00 11:00 Bingo & Bellinis 1:30 Musician Biography: Johnny Cash Bingo The Refrigerator 11:00 National Geographic Exploration Floral Arrangement Design **Famous Composers and their Works: Pondering Philosophy: Plato** 1:30 2:00 Happy Hour w/Live Entertainment Sensory Art & Aromatherapy 2.00 **Artist Documentary & Discussion: Watercolor Design** Sing Along to Sinatra 2:00 DIY Craft Series: 2:30 2.00 Ira Gershwin Board Game Cafe 3:00 Vincent Van Gogh 3:00 Winter Poetry: The Snowman Paper Succulent Wall Hanging **Behind the Scenes:** 3:00 3:00 Karaoke to the Classics Baker & Makers: Flex & Stretch Flourishing Florist 4:00 by Wallace Stevens Learn Spanish 101 3:00 The Lives of the Hollywood Elites: 3:30 Ladies' High Tea **Cheese & Veggie Muffins** Nail Shop Ice Cream Parlor 3.30 4:30 Afternoon Stroll Hot Cocoa Bar Creations Brain HQ: Golden Globes Puzzles 3:30 **Humphrey Bogart** Table Topics Current Events 4:15 **Shabbat Service** Hollywood Golden Age Movies Jeopardy Challenge Mocktails and Memories Coffee Bar Chats: Would You Rather? Afternoon Stroll in the Park Afternoon Stroll in the Park It's a Walk in the Park! 4:30 Horticultural Appreciation Walk Horticultural Appreciation Walk 4:30 It's a Walk in the Park! 6:00 Golden Globes Award Show Feature 6:00 Netflix Series: The Crown 6:00 Friday Night Fun Flick 6:00 Netfix Series: Grace & Frankie Classic Cinema 6:00 Docuseries Step it Up! Walking Club Melrose Walking Club 9:15 Step It Up! Walking Club Melrose Walking Club Unscramble the Word Morning Walk & Talk Guided Mindfulness Meditation 9:30 Daily Chronicles **Today in History** 9:15 Melrose Walking Club Step It Up! Walking Club 10:00 Disco Dance Fitness Meaningful Words: Charisma Weight Circuit **Oldies Dance Fitness** 10:00 Laugh Out Loud: Jokes & Riddles 10:00 Strength Circuit 9:30 Faces & Places: 9.30 Fitness Boot Camp Refreshment & Reflection 11:00 Juice It Up! Drinks and Discourse Bingo 10:00 Hydrate to Top Hits 10:30 Drinks & Discussion The Civil Rights Movement 10:00 Healthy Joints w/Cesar **Inventions That Changed the World:** 1:30 11:00 Bingo 11:00 Bingo & Bellinis 11:00 Bingo Saddleback Church Services The Automobile National Geographic Exploration Ted Talk: Flowers That Heal Us 11.00 1:30 **Famous Composers and their Works: Pondering Philosophy: Socrates** 1:30 1:30 11:00 Bingo Artist Documentary & Discussion: Watercolor Design
Karaoke to the Classics 1:30 Sensory Art & Aromatherapy DIY Craft Series: 2:00 2:00 Sing Along to Sinatra Schubert 2:30 1:30 Musician Biography: Etta James Michelangelo Winter Poetry: The Snowbound Paper Succulent Wall Hanging 3:00 3:00 **Rehind the Scenes: Baker & Makers:** Flourishing Florist by John Greenleaf Whittier 2.00 Happy Hour w/Live Entertainment **National Hot Tea Day:** Learn Spanish 101 The Lives of the Hollywood Elites: Nail Shop **Strawberry Shortcake** 2:00 Hot Cocoa Bar Creations 3:00 Board Game Cafe **Families are Invited to High Tea** Ice Cream Parlor Martin Luther King Jr. 2:45 Table Topics Current Events Jeopardy Challenge **Shabbat Service** Brain HQ: Hot Tea Puzzles Flex & Stretch **Coffee Bar Chats: Would You Rather?** Mocktails and Memories Afternoon Stroll in the Park Horticultural Appreciation Walk It's a Walk in the Park! Afternoon Stroll in the Park 4.30 4.30 4.30 4:30 Afternoon Stroll It's a Walk in the Park! Horticultural Appreciation Walk 4.30 6:00 Netflix Series: The Crown Netfix Series: Grace & Frankie 6:00 Men's Movie Night 6:00 6:00 Friday Night Fun Flick Hollywood Golden Age Movies 6:00 6:00 Classic Cinema 6:00 Docuseries Step it Up! Walking Club Martin Luther King Jr. Day 9:15 Melrose Walking Club Unscramble the Word 9:30 Step It Up! Walking Club 9:30 Faces & Places: Melrose Walking Club 9:15 Morning Walk & Talk Melrose Walking Club Step It Up! Walking Club Daily Chronicles Oldies Dance Fitness 9:15 Laugh Out Loud: Jokes & Riddles 10:00 Disco Dance Fitness Meaningful Words: Sibling 9.30 Guided Mindfulness Meditation Today in History **American Landmarks** 9.30 Fitness Boot Camp Refreshment & Reflection Bingo Healthy Joints w/Cesar Weight Circuit 10:00 10:00 Saddleback Church Services Strength Circuit 10:00 **Inventions That Changed the World:** 1:30 Hydrate to Top Hits Bingo & Bellinis Juice It Up! Drinks and Discourse 10:30 Drinks & Discussion 11:00 Bingo The Light Bulb 11:00 Bingo Pondering Philosophy: Idealism 1:30 11:00 Bingo Floral Arrangement Design DIY Craft Series: Bingo 11:00 1:30 Musician Biography: John Denver Artist Documentary & Discussion: National Geographic Exploration Sing Along to Sinatra 1:30 Sensory Art & Aromatherapy **Famous Composers and their Works:** Happy Hour w/Live Entertainment Watercolor Design Karaoke to the Classics Frida Khalo 2:00 Winter Poetry: Those Winter Sundays 3:00 **Behind the Scenes:** 3:00 Paper Succulent Wall Hanging 2:00 Flourishing Florist Schubert Board Game Cafe 3:00 by Robert Hayden The Lives of the Hollywood Elites: Nail Shop **Baker & Makers:** 3:00 Learn Spanish 101 Hot Cocoa Bar Creations Ladies' High Tea 2:00 Flex & Stretch 3:30 4.00 Ice Cream Parlor **Zucchini Pizza Boats Table Topics** Brain HQ: Du Jour Puzzles 2:45 3:30 Mocktails and Memories Afternoon Stroll 4:15 **Shabbat Service** Coffee Bar Chats: Would You Rather? Current Events Jeopardy Challenge Horticultural Appreciation Walk Afternoon Stroll in the Park It's a Walk in the Park! Horticultural Appreciation Walk 4:30 6:00 Hollywood Golden Age Movies It's a Walk in the Park! Afternoon Stroll in the Park 4.30 **SAG Award Show Extravaganza:** Friday Night Fun Flick Netfix Series: Grace & Frankie 6:00 **Docuseries** 6:00 Netflix Series: The Crown **Cocktails and Red Carpet Photos!** 6:00 Step it Up! Walking Club **BEAUTICIAN VISITS** 9:15 Melrose Walking Club 9:30 Guided Mindfulness Meditation 9:15 Step It Up! Walking Club Melrose Walking Club Unscramble the Word 9:30 Daily Chronicles Step It Up! Walking Club **Every Tuesday and Thursday** 9:15 Morning Walk & Talk 10:00 Disco Dance Fitness **Today in History** 10:00 Weight Circuit 10:00 Oldies Dance Fitness Laugh Out Loud: Jokes & Riddles Meaningful Words: Fruit Fitness Boot Camp Refreshment & Reflection Strength Circuit 11:00 Juice It Up! Drinks and Discourse Hydrate to Top Hits 10.00 Healthy Joints w/Cesar 10:00 **DOCTOR APPOINTMENTS Inventions That Changed the World:** Drinks & Discussion 1:30 Bingo & Bellinis 11:00 11:00 Bingo Bingo 11.00 are available as needed **The Printing Press** 11.00 Bingo National Geographic Exploration Floral Arrangement Design 1.30 **Pondering Philosophy: Deism** 1:30 11:00 1:30 **Famous Composers and their Works:** 1:30 Sensory Art & Aromatherapy Monday - Friday Artist Documentary & Discussion: Watercolor Design DIY Craft Series: 1:30 Sing Along to Sinatra Beethoven Winter Poetry: Sonnet 97 Karaoke to the Classics Paper Succulent Wall Hanging Claude Monet **Behind the Scenes:** Flourishing Florist Baker & Makers: 2:00 by Shakespeare The Lives of the Hollywood Elites: Ladies' High Tea Learn Spanish 101 Nail Shop **Homemade Sorbets** 2:00 Brain HO: Movie Stars Puzzles Hot Cocoa Bar Creations Ice Cream Parlor 3:30 **Johnny Carson** Two snacks per day, Table Topics Current Events Afternoon Stroll in the Park **Shabbat Service** 3:45 **leopardy Challenge** Mocktails and Memories Coffee Bar Chats: Would You Rather? at 10:30 a.m. and 3:00 p.m. Afternoon Stroll in the Park 4:30 Horticultural Appreciation Walk 4:30 It's a Walk in the Park! 6:00 Men's Movie Night Horticultural Appreciation Walk It's a Walk in the Park! Netflix Series: The Crown at 8:00 p.m. for those who wish it Netfix Series: Grace & Frankie Friday Night Fun Flick 6:00 Docuseries