

MELROSE GARDENS CALENDAR



July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
<p>"If liberty means anything at all, it means the right to tell people what they do not want to hear."</p> <p>~ George Orwell</p>	<p>1</p> <p>10:00 Mailman Appreciation Day 10:00 Chair Zumba 10:30 Snack 11:00 Bingo 1:30 Straw Sparklers Art 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie</p>	<p>2 Beauty Shop</p> <p>10:00 Energizing Exercise 10:30 Snack 11:00 Bingo 1:30 Guess the Words 2:00 Nail Shop 2:30 Uno Spin w/Shon (Upstairs) 3:00 Snack 6:00 Ladies' Movie Night - Netflix Wine Country</p>	<p>3</p> <p>10:00 Healthy Joints w/Cesar 10:45 Snack + This Day in History 11:00 Bingo 2:00 Audio Book Club in TV Room <i>A Man Called Ove</i> 2:30 Broom Ball 3:00 Snack 3:10 Community Walk w/Abe 6:00 Netflix Series When They See Us</p>	<p>4 Beauty Shop</p> <p>Independence Day</p> <p>9:30 Acrylic Painting w/Abby & Peter 10:30 Snack 11:00 Bingo 2:00 Magic Show W/Rob Rasner 3:00 Ice Cream Sandwiches Social 3:30 Concentration Puzzles 6:00 Docuseries Ken Burns Presents The West</p> <p>Banking & Shopping 10 -12</p>	<p>5 Nail Shop - 2:30 p.m.</p> <p>10:00 Upper Body Stretches 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Trivia 4:15 Shabbat Service Friday Night Netflix Movie DaVinci Code</p> <p>Shopping & Library Shuttle</p>	<p>6</p> <p>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 Our Planet</p>																				
<p>7</p> <p>9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Snack + World Chocolate Day Quiz 11:00 Bingo 1:30 Noodle Hockey 2:30 Pet Therapy w/Limo Ness 3:00 Snack 3:30 Community Walk 6:00 Men's Movie Night - Netflix All the Devil's Men</p>	<p>8</p> <p>10:00 Chair Zumba 10:30 Snack 11:00 Bingo 2:00 Indoor Soccer 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Laugh Factory Jokes 6:00 Netflix Series Grace & Frankie</p>	<p>9 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 The Nutcracker and the Four Realms</p>	<p>10</p> <p>10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Audio Book Club in TV Room <i>A Man Called Ove</i> 2:30 Happy Hour w/Daniel Pazmino 3:00 Flaky Garlic Bread w/Olive Oil 3:10 Community Walk w/Abe 6:00 Netflix Series When They See Us</p>	<p>11 Beauty Shop</p> <p>10:00 Muscle Sculpting 10:30 Snack 11:00 Bingo 2:00 Shuffleboard Tournament 3:00 S'more Pops Social 3:30 Karaoke 6:00 Docuseries Ken Burns Presents The West</p> <p>Banking & Shopping 10 -12</p>	<p>12 Nail Shop - 2:30 p.m.</p> <p>10:00 Upper Body Stretches 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 The Daily Chronicle 4:15 Shabbat Service Friday Night Netflix Movie Good Will Hunting</p> <p>Shopping & Library Shuttle</p>	<p>13</p> <p>10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Serenading Guitar Concert w/David Kuadimir 3:00 Snack 3:30 Board Games 6:00 Netflix Docuseries Forensic Files Collection</p>																				
<p>14</p> <p>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 Wind River</p>	<p>15</p> <p>10:00 Move to the Music 10:30 Snack 11:00 Bingo 1:30 Drums 2 Learn w/Richard Cricket 2:30 Violin Concert w/Yasha 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie</p>	<p>16 Beauty Shop</p> <p>10:00 Lower Leg Blast 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 Patrick</p>	<p>17</p> <p>10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Audio Book Club in TV Room <i>A Man Called Ove</i> 2:30 Kick Ball 3:00 Cucumber Sandwich Bites 3:10 Community Walk w/Abe 6:00 Netflix Series When They See Us</p>	<p>18 Beauty Shop</p> <p>9:30 Pens Made w/Polymer Clay 10:30 Snack 11:00 Bingo 2:30 Chair Soccer 3:00 Snack 3:30 Sing Along 6:00 Docuseries Ken Burns Presents The West</p> <p>Banking & Shopping 10 -12</p>	<p>19 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 Friday Night Netflix Movie My Week with Marilyn</p> <p>Shopping & Library Shuttle</p>	<p>20</p> <p>10:00 Saddleback Church Services 10:30 Snack 11:00 Bingo 2:00 Guitar Concert w/Michael Quest 3:00 Snack 3:30 Evening Exercise 6:00 Netflix Docuseries Planet Earth II</p>																				
<p>21</p> <p>9:00 Catholic Mass 10:00 Resistance Bands Workout 10:30 Snack 11:00 Bingo 2:30 Patriotic Ices + Trivia 3:00 Snack 3:30 Corn Hole 6:00 Men's Movie Night - Netflix Black Hawk Down</p>	<p>22</p> <p>10:00 Morning Exercise 10:30 Snack 11:00 Bingo 1:30 Popsicle Art 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie</p>	<p>23 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 Tulip Fever</p>	<p>24</p> <p>10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Resident Council Meeting 3:00 Snack 3:10 Community Walk w/Abe 3:10 Resident Hand Massages 6:00 Netflix Series When They See Us</p>	<p>25 Beauty Shop</p> <p>10:00 Chair Tai Chi 10:30 Snack 11:00 Bingo 1:30 Floor Soccer 3:00 Snack 5:00 July Birthday Celebrations! Birthday Music w/Neil Elliott 6:00 Docuseries Ken Burns Presents The West</p> <p>Banking & Shopping 10 -12</p>	<p>26 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 Friday Night Netflix Movie The Physician</p> <p>Shopping & Library Shuttle</p>	<p>27</p> <p>10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Rock & Roll w/Greg 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries - BBC Earth Medal of Honor</p>																				
<p>28</p> <p>9:00 Catholic Mass 10:00 Chair Yoga 10:30 Snack 11:00 Bingo 2:30 Pet Therapy w/Limo Ness 3:00 Cheesy Pepperoni Pizza Sticks 3:30 Miniature Golf Tournament 6:00 Men's Movie Night - Netflix Hostiles</p>	<p>29</p> <p>9:30 Leaf Lanterns 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 Grace & Frankie</p>	<p>30 Beauty Shop</p> <p>10:00 Gardening 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Wheel of Fortune 3:30 Broom Ball 6:00 Ladies' Movie Night - Netflix Our Souls at Night</p>	<p>31</p> <p>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 When They See Us</p>	<p>JULY DAYS TO NOTE...</p> <table border="0"> <tr> <td>01 National Postal Worker Day</td> <td>16 National Personal Chef's Day</td> </tr> <tr> <td>03 National Eat Your Beans Day</td> <td>18 Get to Know Your Customers Day</td> </tr> <tr> <td>05 National Hawaii Day</td> <td>20 Toss Away the "Could Haves" and "Should Haves" Day</td> </tr> <tr> <td>06 National Fried Chicken Day</td> <td>21 National Ice Cream Day</td> </tr> <tr> <td>07 Father Daughter Take a Walk Day</td> <td>24 National Cousins Day</td> </tr> <tr> <td>11 Cheer Up the Lonely Day</td> <td>26 National Bagelfest Day</td> </tr> <tr> <td>12 Eat Your Jello Day</td> <td>28 National Parent's Day</td> </tr> <tr> <td>13 Beans 'N' Franks Day</td> <td>30 National Whistleblower Day</td> </tr> <tr> <td>14 National Mac & Cheese Day</td> <td></td> </tr> <tr> <td>15 I Love Horses Day</td> <td></td> </tr> </table>		01 National Postal Worker Day	16 National Personal Chef's Day	03 National Eat Your Beans Day	18 Get to Know Your Customers Day	05 National Hawaii Day	20 Toss Away the "Could Haves" and "Should Haves" Day	06 National Fried Chicken Day	21 National Ice Cream Day	07 Father Daughter Take a Walk Day	24 National Cousins Day	11 Cheer Up the Lonely Day	26 National Bagelfest Day	12 Eat Your Jello Day	28 National Parent's Day	13 Beans 'N' Franks Day	30 National Whistleblower Day	14 National Mac & Cheese Day		15 I Love Horses 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: 12:30 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Calendar subject to change.
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