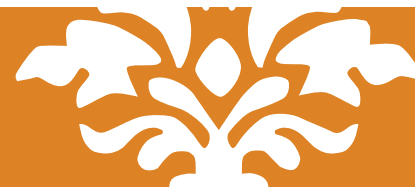


MELROSE GARDENS CALENDAR



November 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“Over and over I marvel at the blessings of my life:
Each year has grown better than the last.”

~ Lawrence Welk



NOVEMBER DAYS TO NOTE...

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| 01 National Authors's Day | 17 National Take a Hike Day |
| 02 Traffic Directors Day | 18 National Princess Day |
| 03 National Housewife's Day | 19 National Play Monopoly Day |
| 04 National Candy Day | 20 National Absurdity Day |
| 05 Color the World Orange Day | 21 National Red Mitten Day |
| 06 Saxophone Day | 23 National Espresso Day |
| 10 National Forget-Me-Not Day | 25 Shopping Reminder Day |
| 13 World Kindness Day | 26 Cyber Monday |
| 15 National Philanthropy Day | 28 National French Toast Day |
| 16 National Fast Food Day | 30 National Mississippi Day |

<p>4 Daylight Savings Ends</p> <p>9:00 Catholic Mass 10:00 Cardio Work Out 11:30 Word Searches 2:00 Mike and Mandy Show 3:30 Bingo! 6:00 Classical Music: Mozart</p>	<p>5</p> <p>10:00 Walk w/Ease Workshop 11:30 Word Games 2:30 Brain Fitness w/Mary 4:00 Blue Planet 6:00 Evening News</p>	<p>6 Beauty Shop</p> <p>Election Day</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Hand Massage 2:00 Fancy Nails 4:00 Words Unscramble 6:00 Broadcast Concert: Frank Sinatra</p>	<p>7</p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:00 Color Therapy 2:30 Brain Memory Bootcamp w/Mary 4:00 Sing Along 6:00 Classic Movie: Dear Ruth</p>	<p>8 Banking & Shopping 10 -12</p> <p>10:00 "100" Words Game 11:30 Music Appreciation w/Rose-Marie 2:00 Healthy Joints w/Cesar 3:30 Pumpkin Pie Social 6:00 Evening Movie: Thanksgiving Promise</p>	<p>9 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Cardio w/Cesar 11:30 Word Searches 2:00 Nature Walk 4:15 Shabbat Services 6:00 TED Talks: The Power of Mind</p>	<p>10</p> <p>10:00 Saddleback Church Services 11:30 Chairiobics 2:00 Violin Concert w/Yasha 3:30 Movie & Popcorn 6:00 Evening News</p>
<p>11</p> <p>9:00 Catholic Mass 11:30 Poinsettia Stroll 2:00 Concert w/Yolly 3:30 Bingo! 6:00 TED Talk: Men are from Mars, Women are from Venus</p>	<p>12 Veterans Day (observed)</p> <p>9:30 Scenic Drive with Abe 10:00 Word Searches 11:30 Questions & Answers w/Management 2:30 Brain Fitness w/Mary 4:00 Documentary Movie 6:00 Classic Movie: Young at Heart</p>	<p>13 Beauty Shop</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Touch Therapy 2:00 Nails Art 4:00 Crosswords & Puzzles 6:00 Documentary: The Secrets of the Royal Kitchen</p>	<p>14</p> <p>10:00 Poinsettia Stroll 11:30 Bingo! 2:00 Cooking Fun 2:30 Brain Memory Bootcamp w/Mary 4:00 Sing Along 6:00 Documentary "Bewitched" - behind the scenes</p>	<p>15 Banking & Shopping 10 -12</p> <p>10:00 Art Class w/Kira 2:00 Healthy Joints w/Cesar 3:30 Music Around the World w/Nick & Ayeme 6:00 Reunion Show: The Facts of Life Reunion</p>	<p>16 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Chairiobics w/Cesar 11:30 Bingo! 2:00 Resident Birthdays! 4:15 Poinsettia Stroll 6:00 Shabbat Services Evening News</p>	<p>17</p> <p>10:00 Saddleback Church Services 11:30 Cardio Work Out 2:00 Solo Concert w/Michael Quest 3:30 Bingo! 6:00 Evening TV Show: I Love Lucy</p>
<p>18</p> <p>9:00 Catholic Mass 10:00 Nature Walk 2:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 Movie Night: Three Coins in the Fountain</p>	<p>19</p> <p>10:00 Pampered Nails 11:30 November IQ 2:30 Brain Fitness w/Mary 4:00 Word Games 6:00 Classic Movie: Half-Angel</p>	<p>20 Beauty Shop</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Reflexology & Aromatherapy 2:00 Fancy Nails 4:00 Documentary: My Mother Diana 6:00 Evening News</p>	<p>21</p> <p>10:00 Nature Walk 11:30 Bingo! 2:00 Cup Cake Decoration 2:30 Brain Memory Bootcamp w/Mary 4:00 Karaoke 6:00 Documentary: Loretta Young - Hollywood's Heavenly Beauty</p>	<p>22 Thanksgiving Day</p> <p>10:00 Cardio w/Cesar 11:30 Special Thanksgiving Bingo! 2:00 Thanksgiving Luncheon & Concert w/Greg 6:00 Classic Movie: Penny Princess</p>	<p>23 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Weight Training w/Cesar 11:30 Resident/Family Council Meeting 2:00 Colorific! 4:15 Shabbat Services 6:00 TED Talk: The Power of Believe</p>	<p>24</p> <p>10:00 Saddleback Church Services 11:30 Balance Exercise 2:00 Solo: Julie 3:30 Bingo! 6:00 Evening TV Show: The Donna Reed Show</p>
<p>25</p> <p>9:00 Catholic Mass 10:00 Hand in Hand Walking 2:00 Singing Piano w/Larysa 3:30 Bingo! 6:00 Classic Movie: Charlie Chaplin</p>	<p>26</p> <p>10:00 Morning Stretch 11:30 "100" Words 2:30 Brain Fitness w/Mary 4:00 Documentary: Britain in the 50s 6:00 Classic Movie: The Jackpot</p>	<p>27 Beauty Shop</p> <p>10:00 Current Events 10:15 Sunrise Yoga 11:30 Hand Massage & Relaxation Therapy 2:00 Nails Art 4:00 Afternoon Movie: An Ideal Husband 6:00 TED Talks: Believe</p>	<p>28</p> <p>10:00 Morning Stroll 11:30 Bingo! 2:00 Colorific 2:30 Brain Memory Bootcamp w/Mary 4:00 Crosswords 6:00 Documentary: Cutest Animals</p>	<p>29 Banking & Shopping 10 -12</p> <p>10:00 Art Class w/Kira 2:00 Words Game 2:00 Healthy Joints w/Cesar 3:30 Comedy Show w/Jacque Lawrence 6:00 Classic Movie: Young at Heart</p>	<p>30 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Move with Music 11:00 Music Therapy with Irby 2:00 Afternoon Walk 4:15 Shabbat Services 6:00 TED Talk: The Power of Believe</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>

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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