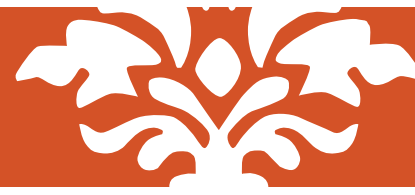


# MELROSE GARDENS CALENDAR



# November 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"There is October in every November and there is November in every December! All seasons melted in each other's life!"

- E.M. Forster,  
*Howards End*

## NOVEMBER DAYS TO NOTE...

01 National Authors' Day	15 I Love to Write Day
02 Look for Circles Day	15 National Philanthropy Day
03 Cliché Day	16 International day of Tolerance
04 King Tut Day	17 Use Less Stuff Day
05 Book Lovers Day	19 Equal Opportunity Day
07 International Tongue Twister Day	20 Absurdity Day
10 Marine Corps Birthday	22 Start Your Own Country Day
11 National Origami Day	23 Fibonacci Day
11 Remembrance Day	24 Celebrate Your Unique Talent Day
14 Loosen Up, Lighten Up Day	25 Native American Day



**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

**3** Daylight Saving Time Ends

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
11:00 Bingo
2:30 Indoor Kickball
3:30 National Enquirer Gossip
6:00 Men's Movie Night - Netflix <i>Inside Man</i>

**4**

9:15 Melrose Walking Club
10:00 Chair Exercise
10:30 Zen Sensory Space
11:00 Bingo
1:30 Drums 2 Learn w/Richard Cricket
2:00 Happy Hour w/Hugo
3:00 Honey Grizzled Apples w/Cheese Bacon
3:30 Community Walk
6:00 Netflix Series <i>Grace &amp; Frankie</i>

**5** Beauty Shop

9:15 Melrose Walking Club
10:00 Stretch Band Exercise
10:30 Flourishing Florist
11:00 Bingo
2:00 Nail Shop
2:00 Music Appreciation w/Tim
3:00 Trivia and Milkshakes
3:30 Ladies' High Tea / Men's Goup
Ladies' Movie Night - Netflix <i>The Jane Austen Book Club</i>

**6**

9:15 Melrose Walking Club
10:00 Chair Exercise
10:30 Free Hearing Test w/Connect Hearing
11:00 Bingo
2:30 Cooking Class <i>Caramel Apple Pie</i>
3:30 Airplane Photo Quiz
6:00 Netflix Series <i>The Spy</i>

**7** Beauty Shop

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
10:30 Pumpkin Trivia Outside
11:00 Wii Sports
2:30 Let Them Eat Bread Party w/Jackie Lawrence
3:00 Bingo
6:00 Docuseries <i>The Great Hack</i>

Banking & Shopping 10 -12

**8** Nail Shop - 2:30 p.m.

10:00 Healthy Joints w/Cesar
10:30 Table Topics
11:00 Bingo
2:00 Melrose Walking Club
3:00 Introduction to Spanish w/Jennifer
Shabbat Service
4:15 Friday Night Netflix Movie <i>Employee of the Month</i>

Shopping & Library Shuttle

**9**

9:15 Melrose Walking Club
10:00 Saddleback Church Services
11:30 Zumba Gold w/Elsy
2:00 Jazz w/Marc Bosserman
3:00 Ice Cream Social
3:30 Active Games
6:00 Netflix Docuseries <i>America's Book of Secrets</i>

**10**

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
11:00 Bingo
2:30 Floor Soccer
3:30 National Enquirer Gossip
6:00 Men's Movie Night - Netflix <i>The Bucket List</i>

**11** Veteran's Day

9:15 Melrose Walking Club
11:00 Veterans-Themed Brain HQ
Think Faster, Focus Better
2:00 Veterans Day Happy Hour
Violin Concert w/Yasha
3:00 Veterans Award Ceremony
3:30 Military Voices Initiative Q&A
6:00 Netflix Series <i>Grace &amp; Frankie</i>

**12** Beauty Shop

9:15 Melrose Walking Club
10:00 Chair Aerobics
10:30 Flourishing Florist
11:00 Bingo
2:00 Nail Shop
2:30 Poker Game in the TV Room
3:30 Ladies' High Tea / Men's Goup
Ladies' Movie Night - Netflix <i>Under the Eiffel Tower</i>

**13**

9:15 Melrose Walking Club
10:15 Psychology Today
11:00 Bingo
2:00 Making Slipknot Blankets for Homeless!
3:00 Current Events
3:10 Maintenance 101
6:00 Netflix Series <i>The Spy</i>

**14** Beauty Shop

9:15 Melrose Walking Club
10:00 Relax and Restore: Tai Chi Studio
10:30 Immersion of Chinese Culture w/Mitchell G.
11:00 Chinese Calligraphy Portraits
2:30 Play Mahjong
3:30 A Tour to Beijing w/Mitchell G.
6:00 Docuseries <i>Living Undocumented</i>

Banking & Shopping 10 -12

**15** Nail Shop - 2:30 p.m.

10:00 Healthy Joints w/Cesar
11:00 Bingo
2:00 Acrylic Artistic Expression
3:00 Melrose Walking Club
3:30 Opera DVD Series
4:15 Shabbat Service
6:00 Friday Night Netflix Movie <i>The Lord of the Rings: The Return of the King</i>

Shopping & Library Shuttle

**16**

9:15 Melrose Walking Club
10:00 Saddleback Church Services
11:00 Egg Carton Ping Pong
2:00 R&B Concert w/Danni Shannan
3:00 Ice Cream Social
3:30 Bowling
6:00 Netflix Docuseries <i>Inside Bill's Brain: Decoding Bill Gates</i>

**17**

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
11:00 Bingo
2:30 Wheel of Fortune
3:30 National Enquirer Gossip
6:00 Men's Movie Night - Netflix <i>The Pink Panther</i>

**18**

9:15 Melrose Walking Club
10:00 Morning Exercise
11:00 Bingo
2:00 Happy Hour w/Entertainment
3:00 Cheese & Fruit Plate
6:00 Netflix Series <i>Grace &amp; Frankie</i>

**19** Beauty Shop

9:15 Melrose Walking Club
10:00 Stretch Band Exercise
10:30 Flourishing Florist
11:00 Bingo
2:00 Nail Shop
3:00 Uno Spine Board Games
3:30 Ladies' High Tea / Men's Goup
Ladies' Movie Night - Netflix <i>Our Souls at Night</i>

**20**

9:15 Melrose Walking Club
10:00 Inventors You've Never Heard Of
11:00 Bingo
2:30 Resident Council Meeting
3:30 Table Tennis
6:00 Netflix Series <i>The Spy</i>

**21** Beauty Shop

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
10:30 Snack
11:00 Bingo
1:30 Table Volleyball
3:00 November Birthday Celebrations
5:00 Music Therapy w/Neil Elliott
6:00 Docuseries <i>Living Undocumented</i>

Banking & Shopping 10 -12

**22** Nail Shop - 2:30 p.m.

10:00 Healthy Joints w/Cesar
11:00 Bingo
2:30 Melrose Walking Club
3:30 Introduction to Spanish w/Jennifer
Shabbat Service
4:15 Friday Night Netflix Movie <i>Raiders of the Lost Ark</i>

Shopping & Library Shuttle

**23**

9:15 Melrose Walking Club
10:00 Saddleback Church Services
11:00 Let's Get Physical w/Elsy
2:00 Swing Era Music w/Dylan
3:00 Ice Cream Social
3:30 Bingo
6:00 Netflix Docuseries - BBC Earth <i>Rotten</i>

**24**

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
11:00 Bingo
2:30 Aromatherapy & Foot Massage
3:30 National Enquirer Gossip
6:00 Men's Movie Night - Netflix <i>Poseidon</i>

**25**

9:15 Melrose Walking Club
10:00 Stretch Band Exercise
11:00 Bingo
2:00 Happy Hour w/Entertainment
3:00 Acrylic Painted Feather Craft
6:00 Netflix Series <i>Grace &amp; Frankie</i>

**26** Beauty Shop

9:15 Melrose Walking Club
10:00 Healthy Joints
10:30 Flourishing Florist
11:00 Bingo
2:00 Nail Shop
2:30 Resident Auction
3:30 Ladies' High Tea / Men's Goup
Ladies' Movie Night - Netflix <i>Eat Pray Love</i>

**27**

9:15 Melrose Walking Club
10:00 Cranium Crunch
10:30 Things in Common
11:00 Bingo
2:00 Making Slipknot Blankets for Homeless!
3:00 Guided Meditation
6:00 Netflix Series <i>Unbelievable</i>

**28** Thanksgiving Day

9:15 Melrose Walking Club
10:00 Relax and Restore: Yoga Studio
10:30 Family Feud!
11:15 Turkey Hat Craft
12:30 Thanksgiving Feast
3:00 TED Talk: David Steindl-Rast <i>Want to be happy? Be Grateful Q&amp;A</i>
6:00 Docuseries <i>Living Undocumented</i>

Banking & Shopping 10 -12

**29** Nail Shop - 2:30 p.m.

9:15 Sing Along
10:00 Healthy Joints w/Cesar
11:00 Bingo
2:30 Melrose Walking Club
3:30 Catch the Knot Tug of War
4:15 Shabbat Service
6:00 Friday Night Netflix Movie <i>Evan Almighty</i>

Shopping & Library Shuttle

**30**

9:15 Melrose Walking Club
10:00 Saddleback Church Services
11:00 Zumba Gold w/Elsy
2:00 Rock & Roll w/Greg
3:00 Ice Cream Social
3:30 Group Poker
6:00 Netflix Docuseries <i>Our Planet</i>

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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