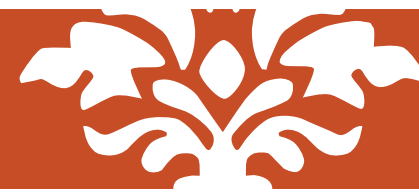


MELROSE GARDENS CALENDAR



October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																				
<p>"October is crisp days and cool nights, a time to curl up around the flames and sink into a good book."</p> <p>~ John Sinor</p>	<p>1</p> <p>10:00 Walk w/Ease Workshop 11:30 Who Am I? 2:30 Brain Fitness w/Mary 4:00 Sing Along 6:00 Reader's Club</p>	<p>2 Beauty Shop</p> <p>10:00 Pampered Hands 11:30 Hands Massage 2:00 Yoga & Relaxation 3:30 Actors & Others for Animals With Star & Jerry 6:00 Super Soul Conversations w/ Oprah Winfrey</p>	<p>3</p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:30 Memory Bootcamp w/Mary 2:30 Colorific! 4:00 Sing Along 6:00 Evening TV Show: <i>The Donna Reed Show</i></p>	<p>4 Banking & Shopping 10 -12</p> <p>10:00 Arts & Crafts Corner 11:30 Words Game 2:00 Healthy Joints w/Cesar 3:30 Ice Coffee Social Front Porch TED Talk: <i>"The Power of Believe Mindset"</i></p>	<p>5 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Walk with Ease Workshop 11:30 Bingo! 2:00 Movie & Popcorn 4:15 Shabbat Services 6:00 Classical Music TV Concert: <i>Tchaikovsky, Symphony #6</i></p>	<p>6</p> <p>10:00 Saddleback Church Services 11:30 Balance Exercise 2:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 Documentary: Oprah Winfrey - The Story of Her</p>																				
<p>7</p> <p>9:00 Catholic Mass 10:00 Cardio Work Out 11:30 Word Searches 2:00 Piano Concert w/Dallas 3:30 Bingo! 6:00 Evening News</p>	<p>8 <i>Columbus Day</i></p> <p>10:00 Walk w/Ease Workshop 11:30 Banana Grams 2:30 Brain Fitness w/Mary 4:00 Oldies But Goodies 6:00 Comedy Night Movie <i>The Jackpot</i></p>	<p>9 Beauty Shop</p> <p>10:00 Fancy Nails 11:30 Touch Therapy 2:00 Yoga & Meditation 3:30 Actors & Others for Animals With Star & Jerry 6:00 TED Talk: <i>The Art of Being Yourself</i></p>	<p>10</p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:30 Memory Bootcamp w/Mary 2:30 Color Therapy 4:00 Oldies But Goodies 6:00 Evening News</p>	<p>11 Banking & Shopping 10 -12</p> <p>10:00 You Be the Judge! 11:30 Music Appreciation w/Rose-Marie 2:00 Healthy Joints w/Cesar 3:30 You Be the Judge! 6:00 Card Game</p>	<p>12 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Walk with Ease Workshop 11:30 Bingo! 2:00 Movie & Popcorn 4:15 Shabbat Services 6:00 Documentary: <i>Clint Eastwood Interview on Charlie Rose (2003)</i></p>	<p>13</p> <p>10:00 Saddleback Church Services 11:30 Cardio Work Out 2:00 Folk Music w/Vlad 3:30 Bingo! 6:00 Evening TV Show: <i>I Love Lucy</i></p>																				
<p>14</p> <p>9:00 Catholic Mass 10:00 Balance Exercise 11:30 Word Unscramble 2:00 Vocal Performances w/Yolly 3:30 Bingo! 6:00 Board Games</p>	<p>15</p> <p>10:00 Walk w/Ease Workshop 11:30 What Am I? 2:30 Brain Fitness w/Mary 4:00 Sing Along 6:00 Documentary Movie <i>London</i></p>	<p>16 Beauty Shop</p> <p>10:00 Pampered Hands 11:30 Aroma Therapy 2:30 Oktoberfest 4:00 Documentary Movie <i>Blue Planet</i> 6:00 Evening News</p>	<p>17</p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:30 Memory Bootcamp w/Mary 4:00 Singing Circle 6:00 Evening TV Show: <i>Dr. Phil Show</i></p>	<p>18 Banking & Shopping 10 -12</p> <p>10:00 Painting w/Acrylics 11:30 Crosswords & Puzzles 2:00 Healthy Joints w/Cesar 3:30 Music Around the World w/Nick & Ayeme 6:00 Evening News</p>	<p>19 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>10:00 Walk with Ease Workshop 11:30 Bingo! 2:00 Healthy Joints Club w/Cesar 3:30 Birthday Celebration! 4:15 Shabbat Services 6:00 Joel Osteen TV Show <i>"Your Best Life Now"</i></p>	<p>20</p> <p>10:00 Saddleback Church Services 11:30 Move w/Music 2:00 Guitar Concert w/Michael 3:30 Bingo! 6:00 Evening News</p>																				
<p>21</p> <p>9:00 Catholic Mass 10:00 Move w/Music 11:30 Banana Grams 2:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 Evening TV Concert: "El Divo"</p>	<p>22</p> <p>10:00 Walk w/Ease Workshop 11:30 Banana Grams 2:30 Brain Fitness w/Mary 4:00 Oldies but Goodies 6:00 Movie Night: <i>The Trouble with Harry</i></p>	<p>23 Beauty Shop</p> <p>10:00 Nail Art 11:30 Hand Massages 2:00 Yoga & Relaxation 3:30 Actors & Others for Animals With Star & Jerry 6:00 Evening Movie: <i>"Rock-A-Bye Baby"</i> w/Jerry Lewis and Dean Martin</p>	<p>24</p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:30 Memory Bootcamp w/Mary 4:00 Oldies But Goodies 6:00 Evening TV Concert: <i>Johan Strauss Classical Music</i></p>	<p>25 Banking & Shopping 10 -12</p> <p>10:00 Arts & Crafts Corner 2:00 Healthy Joints w/Cesar 3:30 Comedy Show w/Jackie Lawrence 6:00 Self-Reading Club</p>	<p>26 Trader Joes, The Grove and W.Hollywood Library Shuttle</p> <p>11:30 Music Therapy w/Irby 2:00 Walk with Ease Workshop 3:30 Resident/Family Council Meeting 4:15 Shabbat Services 6:00 Evening TV Show <i>Ellen DeGenerous Show</i></p>	<p>27</p> <p>10:00 Saddleback Church Services 11:30 Theraband Exercises 2:00 Vocal Performance w/Julie 3:30 Bingo! 6:00 Evening Movie: "Arrivederci, Baby"</p>																				
<p>28</p> <p>9:00 Catholic Mass 10:00 Sit and Be Fit 11:30 Crosswords 2:00 Singing Piano w/Larysa 3:30 Bingo! 6:00 Evening TV Concert "Classical Music w/Mozart"</p>	<p>29</p> <p>10:00 Walk w/Ease Workshop 11:30 Words Unscramble 2:30 Brain Fitness w/Mary 4:00 Sing Along 6:00 LA News</p>	<p>30 Beauty Shop</p> <p>10:00 Fancy Nails 11:30 Hand Reflexology 2:00 Yoga & Meditation 3:30 Actors & Others for Animals With Star & Jerry 6:00 Evening TV Show: <i>I Love Lucy</i></p>	<p>31 <i>Halloween</i></p> <p>10:00 Walk w/Ease Workshop 11:30 Bingo! 2:30 Monster Mash w/Greg 6:00 TV Halloween Parade</p>	<p>OCTOBER DAYS TO NOTE...</p> <table border="0"> <tr> <td>01 International Day for the Elderly</td> <td>07 Oktoberfest Ends</td> </tr> <tr> <td>01 World Habitat Day</td> <td>09 Fire Prevention Day</td> </tr> <tr> <td>02 Name Your Car Day</td> <td>11 It's My Party Day</td> </tr> <tr> <td>03 Techies Day</td> <td>12 World Egg Day</td> </tr> <tr> <td>04 National Golf Day</td> <td>16 World Food Day</td> </tr> <tr> <td>05 World Teacher's Day</td> <td>16 Bosses Day</td> </tr> <tr> <td>05 World Smile Day</td> <td>17 Wear Something Gaudy Day</td> </tr> <tr> <td>06 Mad Hatter Day</td> <td>20 National Solidarity Day</td> </tr> <tr> <td>06 World Card Making Day</td> <td>21 Babbling Day</td> </tr> <tr> <td>07 Bald and Free Day</td> <td>31 Carve a Pumpkin Day</td> </tr> </table>		01 International Day for the Elderly	07 Oktoberfest Ends	01 World Habitat Day	09 Fire Prevention Day	02 Name Your Car Day	11 It's My Party Day	03 Techies Day	12 World Egg Day	04 National Golf Day	16 World Food Day	05 World Teacher's Day	16 Bosses Day	05 World Smile Day	17 Wear Something Gaudy Day	06 Mad Hatter Day	20 National Solidarity Day	06 World Card Making Day	21 Babbling Day	07 Bald and Free Day	31 Carve a Pumpkin 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: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Calendar subject to change.
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