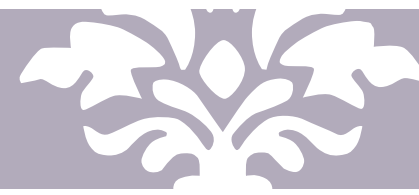


MELROSE GARDENS CALENDAR



September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Monthly Gazette 11:00 Bingo 2:00 Match the Song w/the Movie 2:30 Soak Shon Water Game (Outside) 3:00 This Day in History 3:30 Community Walk 6:00 Men's Movie Night - Netflix <i>Red Sea Diving Resort</i>	2 <i>Labor Day</i> 10:00 Chair Exercise 10:30 Labor Day Quiz 11:00 Bingo 2:00 Labor Day BBQ Cookout 2:30 Payroll Card Game 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i>	3 Beauty Shop 10:00 Healthy Joints w/Cesar 10:30 Snack 11:00 Bingo 2:00 Poker w/Bingo Money w/Shon 2:00 Nail Shop 2:30 Sing Along 3:00 Community Walk 6:00 Ladies' Movie Night - Netflix <i>Otherhood</i>	4 10:00 Chair Exercise 10:45 Snack 11:00 Bingo 2:00 Spot the Differences 2:30 Happy Hour w/Diane Lewis 3:00 Crispy Parmesan Cauliflower Bites 3:10 Community Walk 6:00 Netflix Series <i>Dead to Me</i>	5 Beauty Shop 9:30 Soak Shon Water Games 11:00 Bingo 2:00 Ted Talk w/Q&A & Starbucks TV Room 2:30 Brain Fitness w/Mary 3:30 Community Walk 6:00 Docuseries <i>The Last Czars</i> Banking & Shopping 10 -12	6 Nail Shop - 2:30 p.m. 9:00 Cooking Class Banana Oatmeal Muffins 10:00 Healthy Joints w/Cesar 11:00 Bingo 2:00 Nail Shop 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>The In-Laws</i> Shopping & Library Shuttle	7 9:45 Energized Stretching 10:00 Saddleback Church Services 10:30 Snack 11:30 Board Games 2:00 Swing Era Music w/Dylan 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries <i>One Strange Rock</i>
8 <i>Grandparent's Day</i> 9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Human Body Trivia 11:00 Bingo 1:30 Grandparents' Day Cupcake Decoration Party Pet Therapy w/Limo Ness 2:30 Snack 3:00 Community Walk 3:30 Men's Movie Night - Netflix <i>The Imitation Game</i>	9 10:00 Chair Exercise 10:00 Remembering Gershwin Tunes 11:00 Bingo 2:00 Indoor Soccer 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i>	10 Beauty Shop 10:00 Healthy Joints w/Cesar 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:00 Uno Spine Board Games 3:00 Snack 6:00 Ladies' Movie Night - Netflix <i>The Exception</i>	11 <i>Patriot Day</i> 10:00 Chair Exercise 10:30 Patriotic Group Word Search 11:00 Bingo 2:30 Local Fire Dept. Cookie Presentation Patriotic Sing Along 3:00 Community Walk 3:10 Netflix Series <i>Dead to Me</i>	12 Beauty Shop 10:00 Chair Exercise 10:30 Milkshake Day Trivia 11:00 Bingo 2:30 Brain Fitness w/Mary 3:00 Chocolate Milkshakes & Current Events w/Shon TV Room 6:00 Docuseries <i>The Last Czars</i> Banking & Shopping 10 -12	13 Nail Shop - 2:30 p.m. 10:00 Healthy Joint w/Cesar 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Karaoke Time 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>Crouching Tiger Hidden Dragon</i> Shopping & Library Shuttle	14 10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 R&B Concert w/Danni Shannan 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries <i>Blue Planet II</i>
15 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 <i>6 Days</i>	16 10:00 Move to the Music 10:30 Snack 11:00 Bingo 1:30 Drums 2 Learn w/Richard Cricket Green Tea Succulent Craft 2:30 Snack 3:00 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i>	17 Beauty Shop 10:00 Healthy Joints w/Cesar 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Poker Game in the TV Room 3:30 Sing-Along 6:00 Ladies' Movie Night - Netflix <i>Little Women</i>	18 10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Violin Concert w/Yasha Chicken & Waffle Sliders 3:00 Community Walk w/Abe 3:10 Netflix Series <i>Dead to Me</i>	19 Beauty Shop 10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Sing Along 6:00 Docuseries <i>The Last Czars</i> Banking & Shopping 10 -12	20 Nail Shop - 2:30 p.m. 10:00 Healthy Joint w/Cesar 10:30 Snack 11:00 Bingo 2:30 Nail Shop 3:00 Snack 3:30 Board Games 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>The Dukes of Hazzard</i> Shopping & Library Shuttle	21 <i>Oktoberfest begins</i> 10:00 Saddleback Church Services 10:30 Snack 11:00 Bingo 2:00 Jazz w/Marc Bosserman 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries <i>You vs. Wild</i>
22 9:00 Catholic Mass 10:00 Resistance Bands Workout 10:30 Snack 11:00 Bingo 2:30 The Price is Right 3:00 Snack 3:30 Corn Hole 6:00 Men's Movie Night - Netflix <i>A Kind of Murder</i>	23 <i>Autumn Equinox</i> 10:00 Morning Exercise 10:30 Autumn Quiz 11:00 Bingo 1:30 Tin Flower Art 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace & Frankie</i>	24 Beauty Shop 10:00 Healthy Joints w/Cesar 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Bacon-Wrapped Pineapples 3:30 Community Walk 6:00 Ladies' Movie Night - Netflix <i>Groundhog Day</i>	25 9:00 Resident Council Meeting Chair Workout 10:00 Fresh-Made Pretzels & Honey Mustard 10:30 Bingo 11:00 Oktoberfest Party & Entertainment! Served w/ Non-Alcoholic Beer & Sliced Bratwurst 2:30 Netflix Series <i>Dead to Me</i>	26 Beauty Shop 10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Floor Shuffleboard 3:00 September Birthday Celebrations Music Therapy w/Neil Elliott 5:00 Docuseries <i>The Last Czars</i> Banking & Shopping 10 -12	27 Nail Shop - 2:30 p.m. 10:00 Healthy Joint w/Cesar 10:30 Snack 11:00 Bingo 3:00 Snack 3:30 Sing Along 4:15 Shabbat Service 6:00 Friday Night Netflix Movie <i>The Informant</i> Shopping & Library Shuttle	28 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 <i>BBC Earth: Life</i>
29 <i>Rosh Hashanah (begins at Sundown)</i> 9:00 Catholic Mass 10:00 Chair Yoga 10:30 Star of the Month - Carrie Fisher 11:00 Bingo 2:30 Pet Therapy w/Limor Ness 3:30 Community Walk 6:00 Men's Movie Night - Netflix <i>MI-5</i>	30 <i>Rosh Hashanah</i> 10:00 Morning Exercise 10:30 Challah Bread Dipped in Honey 11:00 Bingo 2:30 Brain Fitness w/Mary 3:00 Apples Dipped in Honey 3:30 Community Walk 4:15 Rosh Hashanah Service 6:00 Netflix Series <i>Grace & Frankie</i>	"September: it was the most beautiful of words, he'd always felt, evoking orange-flowers, swallows, and regret." ~ Alexander Theroux				BEAUTICIAN VISITS Every Tuesday and Thursday DOCTOR APPOINTMENTS are available as needed Monday - Friday SNACKS After every scheduled activity and at 8:00 p.m. for those who wish it