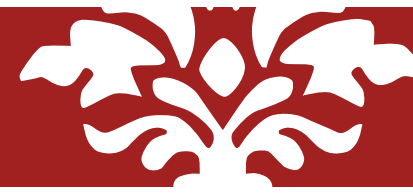


# MELROSE GARDENS CALENDAR



# July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> 9:00 Catholic Mass 10:00 Walking Club 11:30 Sing Along 2:00 <b>Show w/Mike &amp; Mandy</b> 3:30 Bingo! 6:00 Documentary Movie	<b>31</b> 9:30 Scenic View w/Abe 11:30 Chairobic 2:30 <b>Memory Brain Fitness w/Mary</b> 4:00 "Oldies but Goodies" 6:00 Evening News	"The Summer looks out from her brazen tower, Through the flashing bars of July."  - <i>Mac Thornberry</i>	<b>JULY DAYS TO NOTE...</b> 1 Build a Scarecrow Day 1 International Joke Day 2 Halfway Point of 2017 3 Compliment Your Mirror Day 4 National Country Music Day 6 Name That Tune Day 7 Father-daughter Take a Walk Together Day 7 Tell the Truth Day	10 Don't Step on a Bee Day 11 National Blueberry Muffin Day 12 Different Colored Eyes Day 12 Simplicity Day 13 Embrace Your Geekness Day 15 I Love Horses Day 20 Ugly Truck Day 22 Hammock Day 23 Gorgeous Grandma Day 27 Hula-Hoop Day 30 International Day of Friendship	<b>BEAUTICIAN VISITS</b> Every Tuesday and Thursday  <b>DOCTOR APPOINTMENTS</b> are available as needed Monday - Friday  <b>SNACKS</b> After every scheduled activity and at 8:00 p.m. for those who wish it	<b>1</b> 10:00 <b>Saddleback Church Service</b> 11:30 Cardio Exercise 2:00 <b>Piano Concert w/Dallas</b> 3:30 Afternoon Walk 6:00 LA News
<b>2</b> 9:00 Catholic Mass 10:00 Sunday Walk 11:30 Sing Along 2:00 <b>Concert w/Yolly</b> 3:30 Bingo! 6:00 CNN	<b>3</b> 10:00 <b>Healthy Joints w/Cesar (by Arthritis Foundation)</b> 11:30 You be the Judge! 2:30 <b>Memory Brain Fitness w/Mary</b> 4:00 Documentary Movie 6:00 Comedy Night	<b>4 Independence Day</b> 10:00 4th of July Stroll 11:30 Discussion of 4th of July 12:30 <b>4th of July BBQ</b> 2:00 <b>Independence Day Concert w/Julie</b> 3:30 <b>Root Beer Float Social</b> 6:00 News	<b>5</b> 10:00 <b>Zumba Gold</b> 11:30 Bingo 2:30 <b>Memory Brain Bootcamp w/Mary (TV Room)</b> 2:00 Baking Class w/Kira 3:30 Ice Coffee Social 6:00 Documentary Movie	<b>6 Banking &amp; Shopping 10 -12</b> 9:30 You be the Judge! 11:00 <b>Healthy Joints w/Cesar</b> 2:00 <b>Art Class w/Kira</b> 3:30 July IQ 6:00 Documentary Movie	<b>7 Trader Joes, The Grove and W.Hollywood Library Shuttle</b> 10:00 Chairobic 11:30 Bingo! 2:00 <b>Welcome to our Family! Tea and Cookie Social w/Larysa on the Piano</b> 4:15 <b>Shabbat Service</b> 6:00 Evening News	<b>8</b> 10:00 <b>Saddleback Church Service</b> 11:30 Balance Exercise 2:00 <b>Concert w/Katrina (Harp)</b> 3:30 Movie & Popcorn 6:00 Uno
<b>9</b> 9:00 Catholic Mass 10:00 Poinsettia Stroll 11:30 Banana Grams 2:00 <b>Violin Concert w/Yasha</b> 3:30 Bingo! 6:00 Movie Night	<b>10</b> 9:30 <b>Farmers Market Trip</b> 10:30 Sit & Be Fit 11:30 <b>Questions &amp; Answers w/Management</b> 2:30 <b>Memory Brain Fitness w/Mary</b> 4:00 Self-Reading Club 6:00 CNN	<b>11</b> 10:00 Sunrise Yoga 11:30 Touch Therapy 2:00 <b>Pampered Nails</b> 3:30 Banana Grams 6:00 Movie Night	<b>12</b> 10:00 <b>Zumba Gold</b> 11:30 Bingo! 2:30 <b>Memory Brain Bootcamp w/Mary (TV Room)</b> 2:00 <b>Making Fruit Bowl</b> 3:30 Poinsettia Stroll 6:00 CNN	<b>13 Banking &amp; Shopping 10 -12</b> 9:30 Hand in Hand Walking 11:00 <b>Music Appreciation w/Rose Marie</b> 1:00 <b>Resident Birthday Celebration in Dining Room</b> 2:00 Color Therapy 3:30 Crosswords & Puzzles 6:00 Evening Broadcast Concert	<b>14 Trader Joes, The Grove and W.Hollywood Library Shuttle</b> 10:00 Cardio Exercise 11:30 Bingo! 2:00 <b>Creative Zone</b> 4:15 <b>Shabbat Service</b> 6:00 Movie Night	<b>15</b> 10:00 <b>Saddleback Church Service</b> 11:30 Theraband Exercise 2:00 <b>Piano Concert w/Mathew</b> 3:30 Hand in Hand Walking 6:00 News
<b>16</b> 9:00 Catholic Mass 10:00 Poinsettia Stroll 11:30 Banana Grams 12:00 <b>Singing Piano w/Larysa</b> 3:30 Bingo! 6:00 Evening News	<b>17</b> 10:00 <b>Cardio Work Out</b> 11:30 "100" Words Game 2:30 <b>Memory Brain Fitness w/Mary</b> 4:00 Sing Along 6:00 Cards Game	<b>18</b> 10:00 Sunrise Yoga 11:30 Angel's Touch 2:00 <b>Fancy Nails</b> 3:30 Words Unscramble 6:00 Evening News	<b>19</b> 10:00 <b>Zumba Gold</b> 11:30 Bingo! 2:00 <b>Pizza Fun w/Kira</b> 2:30 <b>Memory Brain Bootcamp w/Mary (TV Room)</b> 3:30 Walking Club 6:00 Classical Movie	<b>20 Banking &amp; Shopping 10 -12</b> 10:00 Poinsettia Stroll 11:30 Bingo! 2:00 <b>Article Review</b> 3:30 <b>Music Around the World</b> 6:00 Uno Game	<b>21 Trader Joes, The Grove and W.Hollywood Library Shuttle</b> 10:00 <b>Theraband Exercise</b> 11:30 Bingo! 2:00 <b>Melrose Jazz Festival</b> 4:15 Shabbath Services 6:00 News	<b>22</b> 10:00 <b>Saddleback Church Service</b> 11:30 Sit & Be Fit 2:00 <b>Violin Concert w/Yasha</b> 3:30 Movie & Popcorn 6:00 Classical Movie
<b>23</b> 9:00 Catholic Mass 10:00 Poinsettia Stroll 11:30 Words Game 2:00 <b>Concert with Irby</b> 3:30 Bingo! 6:00 Los Angeles News	<b>24</b> 10:00 <b>Plummer Park Trip</b> 10:30 Balance Exercise 11:30 Words Unscramble 2:30 <b>Memory Brain Fitness w/Mary</b> 4:00 Discovery Channel 6:00 Your Favorite Movie	<b>25</b> 10:00 Sunrise Yoga 11:30 Hand Massage & Reflexology 2:00 <b>Nail Art</b> 3:30 Crosswords & Puzzles 6:00 Documentary Movie	<b>26</b> 10:00 <b>Zumba Gold</b> 11:30 Bingo! 2:30 <b>Memory Brain Bootcamp w/Mary (TV Room)</b> 2:00 "Edible Arrangement" 3:30 Nature Walk 6:00 Cards Game	<b>27 Banking &amp; Shopping 10 -12</b> 9:30 Walking Club 11:00 <b>Resident &amp; Family Council Meeting</b> 2:00 Art Class w/Kira 3:30 <b>Music &amp; Comedy w/Jack Lawrence</b> 6:00 Comedy Night	<b>28 Trader Joes, The Grove and W.Hollywood Library Shuttle</b> 10:00 Sit & Be Fit 11:30 Bingo! 3:00 <b>Sound Healing by Jahranzeh</b> 4:15 <b>Shabbat Service</b> 6:00 CNN	<b>29</b> 10:00 <b>Saddleback Church Service</b> 11:30 Morning Stretches 2:00 <b>Guitar Concert w/ Michael Quest</b> 3:30 Walk it Up! 6:00 Saturday Night Movie

**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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