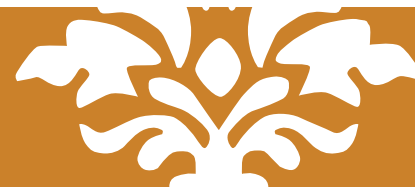


MELROSE GARDENS CALENDAR



September 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER DAYS TO NOTE...

- 1 Tisha B'Av
- 1 Girlfriend's Day
- 3 National Watermelon Day
- 4 Single Working Women's Day
- 6 International Forgiveness Day
- 6 National Friendship Day
- 10 National Banana Split Day
- 12 Middle Children's Day
- 13 Daughters' Day
- 15 Best Friend's Day
- 16 National Roller Coaster Day
- 16 National Tell a Joke Day
- 18 Hawaii Admission Day Holiday
- 21 Poets' Day
- 22 Be an Angel Day
- 26 National Dog Day
- 26 Women's Equality Day
- 31 National Trail Mix Day

"Tis the last rose of summer,
left blooming alone;
all her lovely companions
are faded and gone"
- Thomas Moore

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

1 Trader Joes, The Grove and
W.Hollywood Library Shuttle

10:00 Cardio Work Out w/Ana
11:30 Bingo!
2:00 Afternoon Stroll
3:30 **Ice Coffee Social**
4:15 **Shabbat Services**
6:00 Evening Movie
Trading Places

2

10:00 Saddleback Church Service
11:30 Walking Club
2:00 **Piano Recital w/Dallas**
3:30 Movie & Popcorn
6:00 Evening Movie - Netflix
Coming to America

3

9:00 Catholic Mass
10:00 Sunday Walk
2:00 **Mike & Mandy Concert**
3:30 Bingo!
6:00 Evening Movie
Maid in Manhattan

4 *Labor Day*

10:00 Bingo!
11:30 **Labor Day BBQ**
2:30 **Brain Fitness w/Mary**
4:00 Sing Along
6:00 **Concert: El Divo**

5

9:45 **Current Events**
10:00 Yoga w/Ana
11:30 Hands Massage & Aromatherapy
2:00 Fancy Nails
3:30 Movie & Popcorn
6:00 **TED Talk**
Topic: *Dancing with Light*

6

10:00 Cardio Work Out
11:00 **Memory Brain Bootcamp w/Mary**
Colorific
11:00
2:00 Zumba Gold
3:30 Bingo!
6:00 Evening Movie
Mrs. Doubtfire

7 Banking & Shopping 10 -12

10:00 Art Class w/Kira
11:30 Sing Along
2:00 **Healthy Joints w/Cesar**
3:30 You be the Judge!
6:00 Documentary:
Andrea Bocelli Sacred Arias

8 Trader Joes, The Grove and
W.Hollywood Library Shuttle

9:45 Current Events
10:00 Therabandcise
11:30 Bingo!
2:00 **Craft Corner w/Ana & Kira**
4:15 **Shabbat Services**
6:00 Documentary
Sea Escapes

9

10:00 Saddleback Church Service
11:30 Walk it Up!
2:00 **Harp Performance w/Katrina**
3:30 Banana Grams
6:00 Discovery Channel

10 *Grandparents Day*

9:00 Catholic Mass
11:30 Morning Stroll
2:00 **Vocal Performance by Yolly**
3:30 Bingo!
6:00 Evening Movie
My Big Fat Greek Wedding

11 *Patriot Day*

9:30 **Scenic View Outing w/Abe**
11:30 **Questions & Answers w/Management**
2:30 **Brain Fitness w/Mary**
4:00 Reading Club
6:00 Show: Victor Borge

12

9:45 **Current Events**
10:00 Yoga w/Ana
11:30 Touch Therapy
2:00 **Pampered Nails**
3:30 Crosswords & Puzzles
6:00 Evening Documentary
Elvis

13

10:00 Balance Exercise
11:00 **Memory Brain Bootcamp w/Mary**
11:00 Color Therapy
2:00 Zumba Gold
3:30 Bingo!
6:00 Evening Movie
Walk the Line

14 Banking & Shopping 10 -12

10:00 Article Review
11:30 **Music w/Rose-Marie**
2:00 **Healthy Joints w/Cesar**
3:30 **Music Around the World**
6:00 Evening Movie
Stranger Than Fiction

15 Trader Joes, The Grove and
W.Hollywood Library Shuttle

9:45 Current Events
10:00 Chairobics
11:30 Bingo!
2:00 Nature Walk
3:30 **Ice Cream Social**
4:15 **Shabbat Services**
6:00 Movie Night
Drum Line

16

10:00 Saddleback Church Service
11:30 Poinsettia Stroll
2:00 **Piano Recital w/Mathew**
3:30 Word Searches
6:00 Evening TV Concert
Andrea Bocelli

17

9:00 Catholic Mass
11:30 Nature Walk
2:00 **Piano Concert w/Larysa**
3:30 Bingo!
6:00 Evening Movie
Mrs. Doubtfire

18

9:30 **Outing: Farmer's Market**
11:30 Chairobics w/Ana
2:30 **Brain Fitness w/Mary**
4:00 Documentary Movie
6:00 American Funniest Video Show

19

9:45 **Current Events**
10:00 Yoga w/Ana
11:30 Angels Touch
2:00 **Nail Art**
3:30 Words Game
6:00 Evening Documentary
Special Evening w/Tony Bennett

20 *Rosh Hashanah (begins at sunset)*

10:00 Move w/Music
11:00 **Memory Brain Bootcamp w/Mary**
11:00 Pencil Drawing
2:00 Zumba Gold
3:30 Bingo!
4:15 **Rosh Hashana Services**
6:00 Evening Movie
The Journey to Golda's Balcony

21 Banking & Shopping 10 -12

10:00 Painting w/Kira
11:30 Sing Along
2:00 **Healthy Joints w/Cesar**
3:30 **Comedy Show w/Jackie Lawrence**
6:00 **TED Talk**
Topic: *Your Body Language May Show Who You Are*

22 Trader Joes, The Grove and
W.Hollywood Library Shuttle

10:00 Art & Craft Corner
11:30 Sing Along
1:00 **Resident Birthday Celebration!**
4:15 **Shabbat Services**
6:00 Evening Movie
Blue Planet - Season 1

23

10:00 Saddleback Church Service
11:30 Walk It Up!
2:00 **Spanish Guitar Concert w/Stan**
3:30 Movie & Popcorn
6:00 Evening TV Concert
A Night w/the Ten Tenors

24

10:00 Catholic Mass
11:30 Walking Club
2:00 **Rock-n-Roll Concert w/Irby**
3:30 Bingo!
6:00 Evening Movie
Trading Places (on 9/1 too?)

25

9:30 **Outing: Plummer Park**
11:30 Words Game
2:30 **Brain Fitness w/Mary**
4:00 Oldies but Goodies
6:00 Evening Concert
Frank Sinatra

26

9:45 **Current Events**
10:00 Yoga w/Ana
11:30 Aromatherapy & Oil Massage
2:00 **Fancy Nails**
3:30 Movie & Popcorn
6:00 Evening Documentary
Bernice Green

27

9:45 Chairobics
10:00 **Memory Brain Bootcamp w/Mary**
11:00 Color Therapy
2:00 Zumba Gold
3:30 Bingo!
6:00 Evening Movie
I am Legend

28 Banking & Shopping 10 -12

10:00 Art Class w/ Kira
11:30 Sing Along
2:00 **Healthy Joints w/Cesar**
3:30 **Resident/Family Council Meeting**
6:00 Evening Documentary
Sagrada Familia

29 Trader Joes, The Grove and
W.Hollywood Library Shuttle
Yom Kippur (begins at sunset)

9:45 Current Events
10:00 Move w/ Music
11:30 Bingo!
2:00 **Sound Healing w/Jahrazhen**
4:15 **Yom Kippur Services**
6:00 Evening Show - Netflix
American Funniest Videos

30

10:00 Saddleback Church Service
11:30 Walking Club
2:00 **Guitar Performance w/ Michael Quest**
3:30 Words Game
6:00 Evening Movie
Sleeper

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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