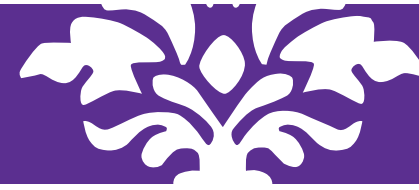


MELROSE GARDENS CALENDAR



February 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"They invented hugs to let people know you love them without saying anything."

~ Bil Keane



FEBRUARY DAYS TO NOTE...

02 Groundhog Day
04 Four Chaplains Day
04 World Cancer Day
08 Kite Flying Day
09 National Stop Bullying Day
10 World Marriage Day
11 Make a Friend Day
12 Lincoln's Birthday
12 Darwin Day
13 World Radio Day

16 Do A Grouch a Favor Day
17 Random Acts of Kindness Day
18 Battery Day
19 Chocolate Mint Day
20 National Love Your Pet Day
22 Washington's Birthday
26 Tell a Fair Tale Day
27 No Brainer Day
28 Rare Disease Day
29 Leap Day (once every 4 years)



MARDI GRAS

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

9:15 Melrose Walking Club
9:30 Faces and Places of Egypt
10:00 Saddleback Church Services
11:00 Bingo
1:30 Philosopher Profiles: WEB Dubois
2:00 Popcorn and Live Entertainment
3:00 Flex and Stretch
3:30 Reminiscence with Refreshments
3:45 Love Poems: "Poem to First Love" by Matthew Yeager
4:30 Afternoon Stroll
6:30 Black History Month Documentaries L5
What Happened, Miss Simone?

2 **Groundhog Day**
9:15 Melrose Walking Club
9:30 Guided Mindfulness Meditation
10:00 Weight Circuit
10:45 Hydrate to Top Hits
11:00 Bingo
1:15 Watercolor Designs & Jazz
2:15 Karaoke to the Classics
3:00 Ladies' High Tea
3:30 Balloon Volleyball
4:00 Group Crossword Puzzle
4:30 Afternoon Stroll in the Park
6:00 Holiday Special: *Groundhog Day*

9:15 Step It Up! Walking Club
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks and Discourse
11:00 Bingo
1:15 National Geographic Exploration
2:00 DIY Craft Series: Personalized Valentine Treat Bags
2:45 Learn Spanish 101
3:30 Hot Cocoa Bar Creations
3:45 Jeopardy Challenge
4:30 Horticultural Appreciation Walk
6:00 Netflix Series: *Grace & Frankie*

9:15 Morning Walk and Talk
9:30 Wisdom in Words: Equality
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Bingo
1:15 African American Artists: Jean-Michel Basquiat
2:00 Nail Shop
2:30 Floral Arrangements
3:00 Seated Soccer Skills
3:45 Coffee Bar: Would You Rather?
4:30 It's a Walk in the Park!
6:00 Classic Cinema: *Sunset Boulevard*

9:15 Melrose Walking Club
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
1:30 Black Composers and their Works: Scott Joplin
2:15 Bakers and Makers: Sweet and Fruity Pancakes
3:15 Card Game Cafe: Uno
4:00 Current Events
4:30 Afternoon Stroll in the Park
6:00 Dance Hit Movies: *Follow the Fleet*

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes & Riddles
10:00 Healthy Joints w/Cesar
11:00 Bingo
1:30 African American Musicians: Ella Fitzgerald
2:15 Sing Along to Rat Pack Classics
3:00 Tea Sachets: Smell and Brew
3:30 Behind the Scenes with African American Celebrities: Barack Obama
4:30 Horticultural Appreciation Walk
6:00 African American Classics: *A Raisin in the Sun*

9:15 Step It Up! Walking Club
9:30 Unscramble the Word
10:00 Disco Dance Fitness
11:00 Bingo
1:30 Black Inventions That Changed The World: Gas Mask
2:00 Ice Cream Creation Process
2:30 Sensory Art and Aromatherapy
3:00 It's a Walk in the Park!
3:30 Ice Cream & Imagine If
4:15 Shabbat Service
6:00 Friday Night Fun Flick: *The Pale Face*

9:15 Melrose Walking Club
9:30 Faces and Places of Nigeria
10:00 Saddleback Church Services
11:00 Bingo
1:30 Philosopher Profiles: Ptahhotep
2:00 Popcorn and Live Entertainment
3:00 Flex and Stretch
3:30 Reminiscence with Refreshments
3:45 Love Poems: "Love's Language" by Ella Wheeler Wilcox
4:30 Afternoon Stroll
6:30 Black History Month Documentaries L5
Teach Us All

9:15 Melrose Walking Club
9:30 Guided Mindfulness Meditation
10:00 Weight Circuit
10:45 Hydrate to Top Hits
11:00 Bingo
1:15 Watercolor Designs & Jazz
2:15 Karaoke to the Classics
3:00 Ladies' High Tea
3:30 Balloon Volleyball
4:00 Group Crossword Puzzle
4:30 Afternoon Stroll in the Park
6:00 Men's Movie Night: *Elmer Gantry*

9:15 Step It Up! Walking Club
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks and Discourse
11:00 Bingo
1:15 National Geographic Exploration
2:00 DIY Craft Series: Valentine Love Tree Decor
2:45 Learn Spanish 101
3:30 Hot Cocoa Bar Creations
3:45 Jeopardy Challenge
4:30 Horticultural Appreciation Walk
6:00 Netflix Series: *Grace & Frankie*

9:15 Morning Walk and Talk
9:30 Wisdom in Words: Love
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Bingo
1:15 African American Artists: Elizabeth Catlett
2:00 Nail Shop
2:30 Floral Arrangements
3:00 Seated Soccer Skills
3:45 Coffee Bar: Would You Rather?
4:30 It's a Walk in the Park!
6:00 Classic Cinema: *Music in the Air*

9:15 Melrose Walking Club
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
1:30 Black Composers and their Works: Samuel Coleridge-Taylor
2:15 Bakers and Makers: Valentine Cookie Baking and Decoration
3:15 Card Game Cafe: Pokeno
4:00 Current Events
4:30 Afternoon Stroll in the Park
6:00 Dance Hit Movies: *Daddy Long Legs*

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes & Riddles
10:00 Cesar's Healthy Joints w/Cesar
11:00 Bingo
1:30 African American Musicians: Prince
2:15 Sing Along to Rat Pack Classics
3:00 Tea Sachets: Smell and Brew
3:30 Behind the Scenes with African American Celebrities: Oprah Winfrey
4:30 Horticultural Appreciation Walk
6:00 African American Classics: *Ghost Dad*

14 **Valentine's Day**
9:15 Step It Up! Walking Club
9:30 Unscramble the Word
10:00 Disco Dance Fitness
11:00 Bingo
1:30 Black Inventions That Changed The World: Ironing Board
2:00 Carve and Print Valentine Cards
3:00 It's a Walk in the Park!
3:30 Ice Cream & Love Lessons Learned
4:15 Shabbat Service
5:00 C Dinner & Dessert
6:00 Valentine Special: *It Happened One Night (1934)*

9:15 Melrose Walking Club
9:30 Faces and Places of South Africa
10:00 Saddleback Church Services
11:00 Bingo
1:30 Philosopher Profiles: Bell Hooks
2:00 Popcorn and Live Entertainment
3:00 Flex and Stretch
3:30 Reminiscence with Refreshments
3:45 Love Poems: "Golden Anniversary" by Wislawa Szymborska
4:30 Afternoon Stroll
6:30 Black History Month Documentaries L5
Maya Angelou: And Still I Rise

9:15 Melrose Walking Club
9:30 Guided Mindfulness Meditation
10:00 Weight Circuit
10:45 Hydrate to Top Hits
11:00 Bingo
1:15 Watercolor Designs & Jazz
2:15 Karaoke to the Classics
3:00 Ladies' High Tea
3:30 Balloon Volleyball
4:00 Group Crossword Puzzle
4:30 Afternoon Stroll in the Park
6:00 Men's Movie Night: *Inherit the Wind*

17 **Presidents' Day**
9:15 Step It Up! Walking Club
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks and Discourse
11:00 Bingo
1:15 Presidential History
2:00 DIY Craft Series: Patriotic Wreaths
2:45 Learn Spanish 101
3:30 Hot Cocoa Bar Creations
3:45 Jeopardy Challenge
4:30 Horticultural Appreciation Walk
6:00 President's Day Special: *My Fellow Americans*

9:15 Morning Walk and Talk
9:30 Wisdom in Words: Patriotism
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Bingo
1:15 African American Artists: Gordon Parks
2:00 Nail Shop
2:30 Floral Arrangements
3:00 Seated Soccer Skills
3:45 Coffee Bar: Would You Rather?
4:30 It's a Walk in the Park!
6:00 Classic Cinema: *Top Hat*

9:15 Melrose Walking Club
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
1:30 Black Composers and their Works: Duke Ellington
2:15 Bakers and Makers: Presidential Parfaits
3:15 Card Game Cafe: Uno
4:00 Current Events
4:30 Afternoon Stroll in the Park
6:00 Dance Hit Movies: *Please Don't Eat The Daisies*

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes & Riddles
10:00 Cesar's Healthy Joints w/Cesar
11:00 Bingo
1:30 African American Musicians: Sammy Davis Jr.
2:15 Sing Along to Rat Pack Classics
3:00 Tea Sachets: Smell and Brew
3:30 Behind the Scenes with African American Celebrities: Hattie McDaniel
4:30 Horticultural Appreciation Walk
6:00 African American Classics: *Carmen Jones*

9:15 Step It Up! Walking Club
9:30 Unscramble the Word
10:00 Disco Dance Fitness
11:00 Bingo
1:30 Black Inventions That Changed The World: Three Color Traffic Light
2:00 Ice Cream Creation Process
2:30 Sensory Art and Aromatherapy
3:00 It's a Walk in the Park!
3:30 Ice Cream & Imagine If
4:15 Shabbat Service
6:00 Friday Night Fun Flick: *Anchors Aweigh*

9:15 Melrose Walking Club
9:30 Faces and Places of Kenya
10:00 Saddleback Church Services
11:00 Bingo
1:30 Philosopher Profiles: Cornel West
2:00 Popcorn and Live Entertainment
3:00 Flex and Stretch
3:30 Reminiscence with Refreshments
3:45 Love Poems: "For What Binds Us" by Jane Hirshfield
4:30 Afternoon Stroll
6:30 Black History Month Documentaries L5
I am Ali

9:15 Melrose Walking Club
9:30 Guided Mindfulness Meditation
10:00 Weight Circuit
10:45 Hydrate to Top Hits
11:00 Bingo
1:15 Watercolor Designs & Jazz
2:15 Karaoke to the Classics
3:00 Ladies' High Tea
3:30 Balloon Volleyball
4:00 Group Crossword Puzzle
4:30 Afternoon Stroll in the Park
6:00 Men's Movie Night: *From Here to Eternity*

9:15 Step It Up! Walking Club
9:30 Daily Chronicle Discovery
10:00 Oldies Dance Fitness
10:45 Juice It Up! Drinks and Discourse
11:00 Bingo
1:15 National Geographic Exploration
2:00 DIY Craft Series: Mardi Gras Masks
2:45 Learn Spanish 101
3:30 Hot Cocoa Bar Creations
3:45 Jeopardy Challenge
4:30 Horticultural Appreciation Walk
6:00 Netflix Series: *Grace & Frankie*

25 **Mardi Gras**
9:15 Morning Walk and Talk
9:30 Wisdom in Words: Carnival
10:00 Fitness Boot Camp
10:45 Refreshment and Reflection
11:00 Bingo
1:30 Mardi Gras History
2:15 Traditions and Beads
3:00 Music, Masks, & King Cake
4:00 Photobooth Fun
4:30 It's a Walk in the Park!
5:00 New Orleans Dinner & Dessert
6:00 Holiday Special: King Creole

26 **Ash Wednesday**
9:15 Melrose Walking Club
9:30 Today in History
10:00 Strength Circuit
10:45 Flavored Water Tasting
11:00 Bingo
1:30 Black Composers and their Works: WC Handy
2:15 Bakers and Makers: New Orleans Muffuletta Skewers
3:15 Bingo Hall Bonanza
4:30 Afternoon Stroll in the Park
6:00 Dance Hit Movies: *Love Me or Leave Me*

9:15 Step It Up! Walking Club
9:30 Laugh Out Loud: Jokes & Riddles
10:00 Cesar's Healthy Joints w/Cesar
11:00 Bingo
1:30 African American Musicians: Miles Davis
2:15 Sing Along to Rat Pack Classics
3:00 Tea Sachets: Smell and Brew
3:30 Behind the Scenes with African American Celebrities: Sidney Poitier
4:30 Horticultural Appreciation Walk
6:00 African American Classics: *Men of Honor*

9:15 Step It Up! Walking Club
9:30 Unscramble the Word
10:00 Disco Dance Fitness
11:00 Bingo
1:30 Black Inventions That Changed The World: Automatic Elevator Doors
2:00 Ice Cream Creation Process
2:30 Sensory Art and Aromatherapy
3:00 It's a Walk in the Park!
3:30 Ice Cream & Imagine If
4:15 Shabbat Service
6:00 Friday Night Fun Flick: *Fancy Pants*

9:15 Melrose Walking Club
9:30 Faces and Places of Ghana
10:00 Saddleback Church Services
11:00 Bingo
1:30 Philosopher Profiles: Angela West
2:00 Popcorn and Live Entertainment
3:00 Flex and Stretch
3:30 Reminiscence with Refreshments
3:45 Love Poems: "Love" by James Russell Lowell
4:30 Afternoon Stroll
6:30 Black History Month Documentaries L5: *Hidden Figures*

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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