

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9 AM Water Aerobics (P) 1</p> <p>10 AM Morning Brew – Donut Day! (IL)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM Town Hall Meeting (IL)</p> <p>3 PM Coloring and Cookies (IL)</p>	<p>9 AM Fitness (W) 2</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Cards &amp; Games (CP)</p> <p>11:45-12:15 PM Bookmobile (FD)</p> <p>1-4 PM Black Jack* (CG)</p> <p>Bill Dohrmann Birthday!</p>	<p>9 AM Water Aerobics (P) 3</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Balance (W)</p> <p>11 AM Kernels Game* (FL)</p> <p>1 PM Esther Massage*</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30 PM Current Events (W)</p>	<p>9 AM Fitness (W) 4</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Storytelling (CP)</p> <p>2 PM Pins &amp; Needles (CP)</p> <p>3 PM Music with Dale Thomas (W)</p> <p>6:30 PM 9-Ball League (CP)</p>	<p>9 AM Water Aerobics (P) 5</p> <p>10 AM Stretch 100-118 (CG)</p> <p>10:45 AM Pentacrest Museum Zoom Lecture (W)</p> <p>1 PM Dr. Kukla for AL* (CG)</p> <p>2 PM Movie: Man in the Wilderness (W)</p> <p>2:30 PM Game: UNO (IL)</p> <p>Anita U &amp; Bobbi S Birthdays!</p>	<p>10 AM Trivial Pursuit (IL) 6</p> <p>2 PM Cards &amp; Games (CP)</p> <p>Sandy Spire Birthday!</p>
<p>3 – 5 PM Miriam Canter's 100<sup>th</sup> Birthday Party (W) 7</p> <p>Miriam Canter Birthday!</p>	<p>9 AM Water Aerobics (P) 8</p> <p>10 AM Morning Brew (IL)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM St. Mary's Mass (W)</p> <p>3 PM Coloring (IL)</p>	<p>9 AM Fitness (W) 9</p> <p>10 AM Stretch 119-138 (CG)</p> <p>11:45-12:15 PM Bookmobile (FD)</p> <p>2 PM Book Sharers (IL)</p> <p>3 PM Let's Make S'mores (CY)</p>	<p>Lazy Day! 10</p> <p>9 AM Water Aerobics (P)</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Music and Move (W)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30 PM Current Events (W)</p> <p>3 PM Listen and Enjoy with Joe: Man of La Mancha (W)</p>	<p>9 AM Fitness (W) 11</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Cards &amp; Games (CP)</p> <p>11 AM Lunch Bunch: Tuscan Moon* (FL)</p> <p>2 PM Pins &amp; Needles (CP)</p> <p>6:30 PM 9-Ball League (CP)</p> <p>Judy Herrly Birthday!</p>	<p>9 AM Water Aerobics (P) 12</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM Movie: Golden Girls (W)</p> <p>2:30 PM Game: Apples to Apples (IL)</p> <p>Shirley Alberhasky Birthday!</p>	<p>10 AM Trivial Pursuit (IL) 13</p> <p>2 PM Cards &amp; Games (CP)</p> <p>Dorsey Phelps Birthday!</p>
<p>9 AM Fitness with Andrew (W) 14</p> <p>2:30 PM Worship (W)</p> <p>3:30 PM Dominoes (IL)</p>	<p>9 AM Water Aerobics (P) 15</p> <p>10 AM Morning Brew (IL)</p> <p>11 AM Chair Yoga (W)</p> <p>1:30 PM Travel Talk to Spain with Jessie &amp; Greg Teets (W)</p> <p>3 PM Coloring (IL)</p>	<p>9 AM Fitness (W) 16</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Craft: Splatter Painting* (W)</p> <p>11:45-12:15 PM Bookmobile (FD)</p> <p>3 PM Family Feud (W)</p>	<p>9 AM Drumming Fit* (W) 17</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Drumming Fit* (W)</p> <p>1 PM Esther Massage*</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30 PM Current Events (W)</p> <p>3 PM Water Balloon Toss (CY)</p>	<p>9 AM Fitness (W) 18</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Cards &amp; Games (CP)</p> <p>2 PM Pins &amp; Needles (CP)</p> <p>6:00-8:00 20<sup>th</sup> Anniversary Party (FD)</p>	<p>9 AM Water Aerobics (P) 19</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Chair Dancing (W)</p> <p>2 PM Movie: Love Bug (W)</p> <p>2:30 PM Game: Would You Rather (IL)</p>	<p>10 AM Trivial Pursuit (IL) 20</p> <p>2 PM Saturdays at Melrose (W)</p> <p>Pete Peterson Birthday!</p>
<p>2:30 PM Worship (W) 21</p> <p>3:30 PM Dominoes (IL)</p> <p>6:30 PM Listen and Enjoy with Joe: La Gran Via (W)</p>	<p>9 AM Water Aerobics (P) 22</p> <p>10 AM Morning Brew (IL)</p> <p>11 AM Chair Yoga (W)</p> <p>1:30 PM Piano with Larry Jensen (IL)</p> <p>3 PM Coloring (IL)</p>	<p>9 AM Fitness (W) 23</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Cards &amp; Games (CP)</p> <p>3:30 PM Happy Hour Luau (W)</p> <p>Delores Longwell-Aller Birthday!</p>	<p>9 AM Water Aerobics (P) 24</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Music and Move (W)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30 PM Current Events (W)</p> <p>3 PM Bean Bag Baseball (W)</p> <p>Joan Fouts Birthday!</p>	<p>9 AM Fitness (W) 25</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Coffee Talk: Dental Sleep with Dr. Rubel (W)</p> <p>2 PM Pins &amp; Needles (CP)</p> <p>3 PM Cheetos Mask Toss* (W)</p> <p>6:30 PM 9-Ball League (CP)</p>	<p>9 AM Water Aerobics (P) 26</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Chair Yoga (CY)</p> <p>2 PM Movie: Freedom Writers (W)</p> <p>2:30 PM Game: Poker (IL)</p> <p>Carol Kerr-Greathouse &amp; JoAnn Klein Birthdays!</p>	<p>10 AM Trivial Pursuit (IL) 27</p> <p>2 PM Music with Andrew and Jason Dong (W)</p>
<p>9 AM Fitness with Andrew (W) 28</p> <p>2:30 PM Worship (W)</p> <p>3:30 PM Dominoes (IL)</p>	<p>9 AM Water Aerobics (P) 29</p> <p>10 AM Morning Brew (IL)</p> <p>11 AM Chair Yoga (W)</p> <p>1:30 PM Bingo (W)</p> <p>3 PM Coloring (IL)</p>	<p>9 AM Fitness (W) 30</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Cards &amp; Games (CP)</p> <p>1-3 PM Ticket Store (AG)</p> <p>3 PM Sing Along (W)</p> <p>Pearlie Carter Birthday!</p>	<p>9 AM Water Aerobics (P) 31</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Shuffleboard (CY)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30 PM Current Events (W)</p> <p>1:30-2:15 PM Bookmobile (FD)</p> <p>3 PM Birthday Party (IL)</p>	 <p><b>August 2022</b></p> <p>Melrose Meadows Retirement Community</p>		

Codes: P = Pool; IL = Independent Dining Room; W = Wellness Center; AG = Art Gallery; CG = Common Ground; CP = Corner Pocket; FL = Front Lobby; FD = Front Drive; CY = Courtyard; \* = Sign-up