

Sunday

Monday

Tuesday

Wednesday

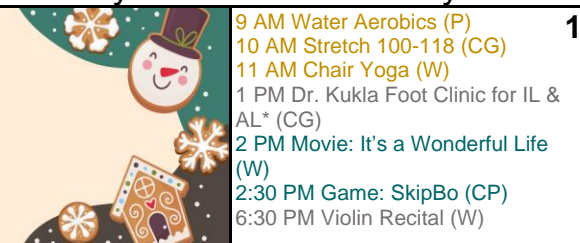
Thursday


Friday

Saturday

December 2023

Melrose Meadows Retirement Community



<p>9 AM Fitness with Andrew (W) 3 2:30 PM Church (W) 3:30 PM Dominoes (IL)</p>	<p>9 AM Water Aerobics (P) 4 10 AM Morning Brew – Donut Day (CG) 11 AM Chair Yoga (W) 2 PM Town Hall Meeting (IL) 3 PM Coloring (IL) 4 PM BYOB Social (CP)</p>	<p>9 AM Fitness (W) 5 9:45-10:15 AM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1-3 PM Black Jack* (CG) 2 PM Book Talk (IL) 6:30 PM Ukulele Music (W) Marianne Houkom Birthday!</p>	<p>9 AM Water Aerobics (P) 6 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Esther Massage* 1 PM Comm./Rosary (CP) 1 PM St. Nicholas Food Pantry Shoes (H) 3 PM Craft: Holiday Cards* (W)</p>	<p>9 AM Fitness (W) 7 10 AM Stretch 119-138 (CG) 11 AM Lunch Bunch: La Regia Taqueria* (FL) 2 PM Pins & Needles (CP) 3 PM Balloon Volleyball (W) 6:30 PM 9-Ball League (CP) Melinda and Naomi Birthdays! <small>Hanukkah Begins</small></p>	<p>9 AM Water Aerobics (P) 8 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: Elf (W) 2:30 PM Game: Sequence (CP)</p>	<p>10 AM Trivial Pursuit (CG) 2 12:30 PM West High Christmas Carol* (FL) 2 PM Cards (CP) Donna Johnson Birthday!</p>
<p>2:30 PM Church (W) 10 3:30 PM Dominoes (IL) Carol Novak Birthday!</p>	<p>9 AM Water Aerobics (P) 11 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 2 PM St. Mary's Mass (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP) 6:30 PM Holiday Lights* (FL) Mel Hersey Birthday!</p>	<p>9 AM Fitness (W) 12 9:45-10:15 AM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 3 PM Christmas Music with Lena Adams (W)</p>	<p>9 AM & 11 AM Christmas Drumming Fitness* (W) 13 10 AM Stretch 100-118 (CG) 1 PM Comm./Rosary (CP) 3 PM Bean Bag Baseball (W) 6:30 PM West High Student Game Night (W)</p>	<p>9 AM Fitness (W) 14 10 AM Stretch 119-138 (CG) 1:30-3:30 PM Holiday Open House 6:30 PM 9-Ball League (CP)</p>	<p>9 AM Water Aerobics (P) 15 10 AM Stretch 100-118 (CG) 10:45 AM Music Therapy* (W) 2 PM Movie: Christmas Vacation (W) 2:30 PM Game: Taboo (CP) 6:30 PM Preucil Music (W) Jean Cox Birthday!</p>	<p>10 AM Trivial Pursuit (CG) 16 2 PM Piano Recital (IL) 3 PM Cards (CP) Sandy Hansen Birthday!</p>
<p>9 AM Fitness with Andrew (W) 17 2:30 PM Church (W) 3:30 PM Dominoes (IL)</p>	<p>Moose on the Loose! 18 9 AM Water Aerobics (P) 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1 PM Internet Basics/Online Safety Class (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP)</p>	<p>9 AM Fitness (W) 19 9:45-10:15 AM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 3 PM Holiday Happy Hour (W)</p>	<p>9 AM Water Aerobics (P) 20 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Esther Massage* 1 PM Comm./Rosary (CP) 2 PM Christmas Cookie Decorating* (W)</p>	<p>9 AM Fitness (W) 21 10 AM Stretch 119-138 (CG) 10:45 AM Storytelling and Hot Cocoa (CP) 2 PM Pins & Needles (CP) 3 PM Molkky (W) 6:30 PM 9-Ball League (CP) Shirley Hendrickson Birthday! <small>Winter Begins</small></p>	<p> Business Office Closed 22</p>	<p>10 AM Trivial Pursuit (CG) 23 2 PM Cards (CP) 6:30 PM Fiddle Music Recital (W) Colleen Henderson Birthday!</p>
<p>2:30 PM Church (W) 24 3:30 PM Dominoes (IL)</p>	<p> Business Office Closed 25 <small>Christmas</small></p>	<p>9 AM Fitness (W) 26 9:45-10:15 AM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1-3 PM Ticket Store (AG) 3 PM Sing Along (W) <small>Boxing Day (Canada) Kwanzaa Begins</small></p>	<p>9 AM Water Aerobics (P) 27 10 AM Stretch 100-118 (CG) 11 AM 2023 Picture Reflection (W) 1 PM Comm./Rosary (CP) 2 PM Birthday Party (IL)</p>	<p>9 AM Fitness (W) 28 10 AM Stretch 119-138 (CG) 10:45 AM Nutrition Class (W) 2 PM Pins & Needles (CP) 3 PM BINGO (W) 6:30 PM 9-Ball League (CP)</p>	<p>9 AM Water Aerobics (P) 29 10 AM Stretch 100-118 (CG) 11 AM Yoga & Mimosas (W) 2 PM Movie: Grumpy Old Men (W) 2:30 PM Game: Poker (CP)</p>	<p>10 AM Trivial Pursuit (CG) 30 2 PM Cards (CP)</p>

2:30 PM Church (W) 31
3:30 PM Dominoes (IL)

Alice Bowen and Andrejs Plakans Birthdays!

New Year's Eve

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

