

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">September 2023</h1> <p>Melrose Meadows Retirement Community</p>						
9 AM Fitness with Andrew (W) 3 2:30 PM Church (W) 3:30 PM Dominoes (IL)	Business Office Closed 4 Happy Labor Day! 3 PM Coloring (IL) 4 PM BYOB Social (CP) Margie Loomer Birthday! <small>Labor Day</small>	9 AM Fitness (W) 5 9:45 AM – 10:15 PM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Music with Bill (W) 2 PM Book Talk (IL)	9 AM Water Aerobics (P) 6 10 AM Stretch 100-118 (CG) 11 AM Balance (W) 1 PM Esther Massage* 1 PM Comm./Rosary (CP) 2 PM Cards (CP)	9 AM Fitness (W) 7 10 AM Stretch 119-138 (CG) 10:45 AM Corn Hole (W) 2 PM Pins & Needles (CP) 6:30 PM 9-Ball League (CP)	Business Office Closed 1 9 AM Water Aerobics (P) 10 AM Stretch 100-118 (CG) 10:30 AM Chess & Matt (CP) 11 AM Chair Yoga (W) 2 PM Movie: Unbroken – Path to Redemption (W) 2:30 PM Game: SkipBo (CP) Mercia Wolf Birthday!	Wildlife Scavenger Hunt Begins 2 10 AM Trivial Pursuit (CG) 2 PM Cards (CP) Utah State vs. Iowa Game Time: 11 AM
Wildlife Scavenger Hunt Ends 10 2:30 PM Church (W) 3:30 PM Dominoes (IL) <small>Grandparents Day</small>	9 AM Water Aerobics (P) 11 9:45 AM Musical Comedy Troupe (IL) 11 AM Chair Yoga (W) 1:30 PM Town Hall Meeting (IL) 2 PM St. Mary's Mass (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP)	9 AM Fitness (W) 12 9:45 AM – 10:15 PM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 1-4 PM Black Jack* (CG)	9 AM Water Aerobics (P) 13 10 AM Stretch 100-118 (CG) 11 AM Music and Move (W) 1 PM Comm./Rosary (CP) 2 PM Smores in the Courtyard (CY)	9 AM Fitness (W) 14 10 AM Stretch 119-138 (CG) 11 AM Lunch Bunch: Copper Boar* (FL) 2 PM Pins & Needles (CP) 3 PM Bean Bag Baseball (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 15 10 AM Stretch 100-118 (CG) 10:45 AM Medicare 101 Talk (W) 1:30 PM Movie: Out of Africa (W) 2:30 PM Game: Yahtzee (CP) <small>Rosh Hashanah Begins</small>	10 AM Trivial Pursuit (CG) 16 2 PM Cards (CP) Western MI vs. Iowa Game Time: 2:30 PM <small>Oktoberfest Begins</small>
9 AM Fitness with Andrew (W) 17 2:30 PM Church (W) 3:30 PM Dominoes (IL) Ann Moran Birthday!	9 AM Water Aerobics (P) 18 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1:30 PM BINGO (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP)	9 AM Fitness (W) 19 9:45 AM – 10:15 PM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Balance Testing* (W) 3 PM Oktoberfest Happy Hour (W)	9 AM Drumming Fit* (W) 20 10 AM Stretch 100-118 (CG) 11 AM Drumming Fit* (W) 1 PM Esther Massage* 1 PM Comm./Rosary (CP) 2 PM Craft: Floral Door Knob Hanger* (W)	10 AM Wilson's Orchard Outing* (FL) 21 2 PM Pins & Needles (CP) 3 PM Bocce Ball (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 22 10 AM Stretch 100-118 (CG) 10:45 AM Balance Test* (W) 1 PM Dr. Kukla Foot Clinic for IL & AL* (CG) 2 PM Movie: Shadow of a Doubt (W) 2:30 PM Game: Rummy (CP) Wanda Stevens Birthday!	10 AM Trivial Pursuit (CG) 23 2 PM Saturdays at Melrose (W) Iowa vs. Penn State Game Time: 6:30 PM <small>Autumn Begins</small>
2:30 PM Church (W) 24 3:30 PM Dominoes (IL) <small>Yom Kippur Begins</small>	9 AM Water Aerobics (P) 25 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1 PM Coral Ridge Mall Outing* (FL) 3 PM Coloring (IL) 4 PM BYOB Social (CP)	9 AM Fitness (W) 26 9:45 AM – 10:15 PM Bookmobile (FD) 10 AM Stretch 119-138 (CG) 10:45 AM Balance Testing* (W) 1-3 PM Ticket Store (AG) 3 PM Sing-Along (W)	9 AM Water Aerobics (P) 27 10 AM Stretch 100-118 (CG) 11 AM Music and Move (W) 1 PM Comm./Rosary (CP) 2 PM Birthday Party (IL)	9 AM Fitness (W) 28 10 AM Stretch 119-138 (CG) 10:45 AM Storytelling with Hot Apple Cider (CP) 10:45 AM Balance Testing* (W) 2 PM Pins & Needles (CP) 3 PM Molky (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 29 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: Gorillas in the Mist (W) 2:30 PM Game: Poker (CP) <small>Sukkot Begins</small>	10 AM Trivial Pursuit (CG) 30 2 PM Cards (CP) MI State vs. Iowa Game Time: TBD

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

