

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: yellow;">September 2022</h1> <h2 style="color: black;">Melrose Meadows Retirement Community</h2>						
2:30 PM Worship (W) 4 3:30 PM Dominoes (IL)	 Business Office Closed Labor Day	9 AM Fitness (W) 6 10 AM Stretch 119-138 (CG) 10 AM Cards & Games (CP) 11 AM Young and Breathless (FL) 2 PM Town Hall Meeting (IL) 3 PM Listen and Enjoy with Joe: Carousel (W) Carol Jones Birthday!	9 AM Water Aerobics (P) 7 10 AM Stretch 100-118 (CG) 11 AM Balance (W) 1 PM Comm./Rosary (CP) 1:30 PM Current Events (W) 2:30-3:00 PM Bookmobile (FD) 3 PM Music with Ron Burgess (W)	9 AM Fitness (W) 8 10 AM Stretch 119-138 (CG) 10:45 AM Balloon Volleyball (W) 1-4 PM Black Jack* (CG) 2 PM Pins & Needles (CP) 6:30 PM 9-Ball League (CP) Mercia Wolf Birthday!	9 AM Water Aerobics (P) 2 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) Business Office Closed Fungus Scavenger Hunt! 	10 AM Trivial Pursuit (IL) 3 2 PM Cards & Games (CP)
9 AM Fitness with Andrew (W) 11 2:30 PM Worship (W) 4 PM Grandparents Day Ice Cream Social* (W) Grandparents Day	9 AM Water Aerobics (P) 12 10 AM Morning Brew – Donut Day! (IL) 11 AM Chair Yoga (W) 1 PM Esther Massage* 2 PM St. Mary's Mass (W) 3 PM Coloring (IL) Marian Gehringer Birthday!	9 AM Fitness (W) 13 10 AM Stretch 119-138 (CG) 10 AM Cards & Games (CP) 11 AM Young and Breathless (FL) 2 PM Book Sharers (IL) 3 PM The Price Is Right (W)	9 AM Water Aerobics (P) 14 10 AM Stretch 100-118 (CG) 11 AM Music and Move (W) 1 PM Comm./Rosary (CP) 1:30 PM Current Events (W) 2:30-3:00 PM Bookmobile (FD) 3 PM Ping Pong Toss (CY)	9 AM Fitness (W) 15 10 AM Stretch 119-138 (CG) 10:45 AM Coffee Talk: Iowa City Animal Care and Adoption Center (W) 2 PM Pins & Needles (CP) 3:30 PM Apple Happy Hour (W) 6:30 PM 9-Ball League (CP) Barbara Wagner Birthday!	9 AM Water Aerobics (P) 16 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: La Bamba (W)	10 AM Trivial Pursuit (IL) 17 2 PM Cards & Games (CP) Ann Moran and Joe Gehringer Birthdays! Oktoberfest Begins
2:30 PM Worship (W) 18 3:30 PM Dominoes (IL) 6:30 PM Listen and Enjoy with Joe: Die Fledermaus (W)	9 AM Water Aerobics (P) 19 10 AM Morning Brew (IL) 11 AM Chair Yoga (W) 2 PM Virtual Lecture: Native American Uses for Plants (W) 3 PM Coloring (IL)	9 AM Fitness (W) 20 10 AM Stretch 119-138 (CG) 10 AM Cards & Games (CP) 11 AM Young and Breathless (FL) 2 PM Documentary: The Unimaginable Journey of Peter Ertel (W)	9 AM Drumming Fit* (W) 21 10 AM Stretch 100-118 (CG) 11 AM Drumming Fit* (W) 1 PM Esther Massage* 1 PM Comm./Rosary (CP) 1:30 PM Current Events (W) 2:30-3:00 PM Bookmobile (FD) 3 PM Music with Dale Thomas (W)	9 AM Fitness (W) 22 10 AM Stretch 119-138 (CG) 10 AM Wilson's Orchard Field Trip* (FL) 2 PM Pins & Needles (CP) 3 PM Ladder Ball (CY) 6:30 PM 9-Ball League (CP) Wanda Stevens Birthday! Autumn Begins	9 AM Water Aerobics (P) 23 9 -11:30 AM Hand Massage and Nail Painting* (CP) 10 AM Stretch 100-118 (CG) 2 PM Movie: Queen Bees (W) 2:30 PM Game: Roll the Dice Baseball (W)	10 AM Trivial Pursuit (IL) 24 2 PM Cards & Games (CP)
9 AM Fitness with Andrew (W) 25 2:30 PM Worship (W) 3:30 PM Dominoes (IL) Rosh Hashanah Begins	9 AM Water Aerobics (P) 26 10 AM Morning Brew (IL) 11 AM Chair Yoga (W) 1:30 Bingo (W) 3 PM Coloring (IL) Dwayne Hentges Birthday!	9 AM Fitness (W) 27 10 AM Stretch 119-138 (CG) 10 AM Cards & Games (CP) 11 AM Young and Breathless (FL) 1-3 PM Ticket Store (AG) 3 PM Sing Along (W)	9 AM Water Aerobics (P) 28 10 AM Stretch 100-118 (CG) 11 AM Music and Move (W) 1 PM Comm./Rosary (CP) 1:30 PM Current Events (W) 2:30-3:00 PM Bookmobile (FD) 3 PM Birthday Party (IL)	9 AM Fitness (W) 29 10 AM Stretch 119-138 (CG) 10:45 AM Coffee Talk: Biophotonic Therapy (W) 2 PM Pins & Needles (CP) 3 PM Bean Bag Baseball (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 30 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: Nurse Betty (W) 2:30 PM Game: Poker (W)	

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