

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">March 2023</h1> <p>Melrose Meadows Retirement Community</p>						
2:30 PM Worship (W) 5 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 6 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) Purim Begins	9 AM Fitness (W) 7 10 AM Stretch 119-138 (CG) 10:45 AM Falls and Floor Transfers with Element (W) 1-4 PM Black Jack* (CG) 2 PM Book Talk (IL)	9 AM Water Aerobics (P) 8 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Comm/Rosary (CP) 1:30 PM Current Events (CG) 2:30-3 PM Bookmobile (FD) 3 PM Joe Music: Operettas of Sigmund Romberg (W) 3-5:30 PM Girl Scout Cookies Booth (IL)	9 AM Fitness (W) 9 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1:00-3:00 PM Picture Day (FL) 2 PM Pins & Needles (CP) 3 PM Bocce Ball (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 10 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 1:30 PM Movie: North by Northwest (W) 2 - 4 PM Game: Learning Mahjong* (CP)	10 AM Trivial Pursuit (IL) 11 2 PM Wizard (CP) 2 PM Euchre (IL) Shirley Slaughter Birthday!
2:30 PM Worship (W) 12 3:30 PM Dominoes (IL) Daylight Saving Time Begins	Pick Up March Madness Form 13 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)	9 AM Fitness Video (W) 14 10 AM Stretch 119-138 (CG) 2 PM Everest Talk (W)	March Madness Form Due 15 9 AM Water Aerobics (P) 11 AM Chair Dancing (W) 1 PM Esther Massage* 1 PM Comm/Rosary (CP) 1:30PM Current Events (CG) 2:30-3 PM Bookmobile (FD) 3 PM Bean Bag Baseball (W)	9 AM Fitness (W) 16 10:45 AM Great Courses (W) 2 PM Pins & Needles (CP) 3:30 PM St. Patrick's Happy Hour (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 17 10 AM Stretch 100-118 (CG) 2 PM Movie: Leap Year (W) 2:30 PM Game: Yahtzee (CP) St. Patrick's Day	10 AM Trivial Pursuit (IL) 18 2 PM Saturdays at Melrose (IL)
9 AM Fitness with Andrew (W) 19 2:30 PM Worship (W) 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 20 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1:30 PM Art Lecture (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP) Spring Begins	9 AM Fitness (W) 21 10 AM Stretch 119-138 (CG) 10:45 AM Air Hockey (W) 2 PM Mint Chocolate Pudding Cookies* (CG) Marty Tesdall Birthday!	9 AM Water Aerobics (P) 22 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Comm/Rosary (CP) 1:30PM Current Events (CG) 2:30-3 PM Bookmobile (FD) 6:30 PM Magical Evening Gala (W) Ramadan Begins	9 AM Fitness (W) 23 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 2 PM Pins & Needles (CP) 3 PM Corn Hole (W) 6:30 PM 9-Ball League (CP)	9 AM Water Aerobics (P) 24 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: Gran Torino (W) 2:30 PM Game: Scattergories (CP)	9 AM Indian Creek Nature Center Maple Syrup Festival* (FL) 10 AM Trivial Pursuit (IL) 2 PM Wizard (CP) 2 PM Canasta (IL)
9 AM Fitness with Andrew (W) 26 2:30 PM Worship (W) 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 27 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1:30 PM BINGO (W) 3 PM Coloring (IL) 4 PM BYOB Social (CP) Ray Hendrickson Birthday!	9 AM Fitness (W) 28 10 AM Stretch 119-138 (CG) 10:45 AM Writer's Corner (CP) 1-3 PM Ticket Store (AG) 3 PM Sing Along (W) 6:30 PM 9-Ball League (CP)	9 AM Drumming Fit* (W) 29 10 AM Stretch 100-118 (CG) 11 AM Drumming Fit* (W) 1 PM Comm/Rosary (CP) 1:30PM Current Events (CG) 2:30-3 PM Bookmobile (FD) 3 PM Birthday Party (W) Bob Houkom Birthday!	9 AM Fitness (W) 30 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 2 PM Pins & Needles (CP) 3 PM Chip Golf (W) 7 PM University of Iowa A Capella Musical Group (W)	9 AM Water Aerobics (P) 31 10 AM Stretch 100-118 (CG) 10:45 AM Walking Club Monthly Check In (W) 12:30 PM U of I Tennis Game* (FL) 2 PM Movie: Sleepless in Seattle (W) Marilyn Neely Birthday!	

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