

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9 AM Water Aerobics (P) 1</p> <p>10 AM Morning Brew – Donut Day (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM Town Hall Meeting (IL)</p> <p>2:30 PM Butterfly Meeting (AG)</p> <p>3 PM Coloring (IL)</p> <p>4 PM BYOB Social (CP)</p> <p>6:30 PM Bell Ringers (W)</p> <p>May Day</p>	<p>9 AM Fitness (W) 2</p> <p>9-11 Hand Massage and Nail Painting* (CP)</p> <p>10 AM Stretch 119-138 (CG)</p> <p>1-4 PM Black Jack* (CG)</p> <p>2 PM Book Sharers (IL)</p>	<p>9 AM Water Aerobics (P) 3</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Balance (W)</p> <p>1 PM Esther Massage*</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30PM Current Events (CG)</p> <p>2:30-3 PM Bookmobile (FD)</p> <p>3 PM Balloon Volleyball (W)</p>	<p>9 AM Fitness (W) 4</p> <p>10 AM Stretch 119-138 (CG)</p> <p>11 AM Lunch Bunch: Hilltop Tavern* (FL)</p> <p>2 PM Pins & Needles (CP)</p> <p>3 PM Cinco de Mayo Documentary (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 Cinco de Mayo Smoothie Social (W)</p> <p>1 PM Dr. Kukla Foot Clinic* (CG)</p> <p>2 PM Movie: Michael (W)</p> <p>2:30 PM Game: SkipBo (CP)</p> <p>Cinco de Mayo</p>	<p>10 AM Trivial Pursuit (CG) 6</p> <p>1:30 PM Piano Music Recital (IL)</p> <p>2 PM Cards (CP)</p>
<p>2:30 PM Church (W) 7</p> <p>3:30 PM Dominoes (IL)</p> <p>3:30 PM Music with The Arches (W)</p>	<p>9 AM Water Aerobics (P) 8</p> <p>10 AM Morning Brew (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM St. Mary's Mass (W)</p> <p>3 PM Coloring (IL)</p> <p>4 PM BYOB Social (CP)</p>	<p>9 AM Fitness (W) 9</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Mahjong* (CP)</p> <p>2 PM Marathon Talk with Rick Walton (W)</p>	<p>9 AM Water Aerobics (P) 10</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Music & Move (W)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30PM Current Events (CG)</p> <p>2:30-3 PM Bookmobile (FD)</p> <p>3 PM Flower Craft* (W)</p>	<p>9 AM Fitness (W) 11</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10 AM Mahjong* (CP)</p> <p>2 PM Pins & Needles (CP)</p> <p>3 PM Music with Joe: Desert Song & No, No, Nanette (W)</p> <p>6:30 PM 9-Ball League (CP)</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: Mack and Rita (W)</p> <p>2:30 PM Card Games (CP)</p>	<p>10 AM Trivial Pursuit (CG) 13</p> <p>2 PM Cards (CP)</p>
<p>2:30 PM Church (W) 14</p> <p>3:30 PM Dominoes (IL)</p> <p>Larry Miller Birthday!</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>9 AM Water Aerobics (P) 15</p> <p>10 AM Morning Brew (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM Art Lecture: Alexander Calder (W)</p> <p>3 PM Coloring (IL)</p> <p>4 PM BYOB Social (CP)</p>	<p>9 AM Fitness (W) 16</p> <p>10 AM Stretch 119-138 (CG)</p> <p>12:30 PM Coral Ridge Mall Outing* (FL)</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>1:30PM Current Events (CG)</p> <p>2:30-3 PM Bookmobile (FD)</p> <p>3 PM Music with Scott E (W)</p> <p>Mary Strotman Birthday!</p>	<p>9 AM Fitness (W) 18</p> <p>10 AM Stretch 119-138 (CG)</p> <p>11:30 AM Ladies Luncheon* (IL)</p> <p>2 PM Pins & Needles (CP)</p> <p>3 PM Bean Bag Baseball (W)</p> <p>6:30 PM 9-Ball League (CP)</p>	<p>9 AM Water Aerobics (P) 19</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>2 PM Movie: True Grit (W)</p> <p>2:30 PM Game: Roll the Dice Baseball (CP)</p>	<p>10 AM Trivial Pursuit (CG) 20</p> <p>2 PM Saturdays at Melrose (W)</p> <p>Armed Forces Day</p>
<p>2:30 PM Church (W) 21</p> <p>3:30 PM Dominoes (IL)</p>	<p>9 AM Water Aerobics (P) 22</p> <p>10 AM Morning Brew (CG)</p> <p>11 AM Chair Yoga (W)</p> <p>1:30 PM Piano Music with Larry Jensen (IL)</p> <p>3 PM Coloring (IL)</p> <p>4 PM BYOB Social (CP)</p> <p>Victoria Day (Canada)</p>	<p>9 AM Fitness (W) 23</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Writers Group (CP)</p> <p>1-3 PM Ticket Store (AG)</p> <p>3 PM Sing Along (W)</p>	<p>9 AM Water Aerobics (P) 24</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Music & Move (W)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30PM Current Events (CG)</p> <p>2:30-3 PM Bookmobile (FD)</p> <p>3 PM BINGO (W)</p>	<p>9 AM Fitness (W) 25</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Ping Pong (CP)</p> <p>2 PM Pins & Needles (CP)</p> <p>3 PM Happy Hour (W)</p> <p>6:30 PM 9-Ball League (CP)</p> <p>Shavuot Begins</p>	<p>9 AM Water Aerobics (P) 26</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11 AM Walking Club Monthly Check In (W)</p> <p>2 PM Movie: Hairspray (W)</p> <p>2:30 PM Game: Poker (CP)</p>	<p>10 AM Trivial Pursuit (CG) 27</p> <p>2 PM Cards (CP)</p>
<p>2:30 PM Church (W) 28</p> <p>3:30 PM Dominoes (IL)</p>	<p>29</p> <p>Business Office Closed Happy Memorial Day!</p> <p>3 PM Coloring (IL)</p> <p>4 PM BYOB Social (CP)</p> <p>Memorial Day</p>	<p>9 AM Fitness (W) 30</p> <p>10 AM Stretch 119-138 (CG)</p> <p>10:45 AM Exploring Yellowstone Documentary (CG)</p> <p>2 PM Twister Toss (CY)</p> <p>Mary Martonosi Birthday!</p>	<p>9 AM Water Aerobics (P) 31</p> <p>10 AM Stretch 100-118 (CG)</p> <p>11:30 AM Memorial Grill Out* (ALD)</p> <p>1 PM Comm/Rosary (CP)</p> <p>1:30PM Current Events (CG)</p> <p>3 PM Birthday Party (IL)</p>	 <p>May 2023</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; CY = Courtyard; * = Sign-up