

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

Halloween

- 9:45 ■ The Morning Mingle
- 10:00 ■ Church Mass on TV
- 11:00 ■ *Monster Mash Warm-Up*
- 1:00 ■ Pastimes Table Talk
- 2:00 ■ Banangrams
- 3:00 ■ **Halloween Party!**
- 4:00 ■ **Trick - or - Treaters at RMS**
- 4:00 ■ Horseshoes



1

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Banangrams
- 1:00 ■ Helping Hands
- 2:00 ■ **PEM at Melrose Station**
- 3:00 ■ Social Hour
- 4:00 ■ Horseshoes
- 6:30 ■ Popcorn and a Movie

2

- 9:45 ■ The Morning Mingle
- 10:00 ■ Simply Stretch
- 11:00 ■ Trivia Trivia Trivia
- 1:00 ■ Afternoon Stretch
- 2:00 ■ *What's Cooking?*
- 3:00 ■ Social Hour
- 4:00 ■ Manicures and Hand Massages
- 6:30 ■ Dealer's Choice Card Games

3

- 9:45 ■ The Morning Mingle
- 10:00 ■ *Church Mass on TV*
- 11:00 ■ Barre Balance Class
- 1:00 ■ Pastimes Table Talk
- 2:00 ■ *Poetry Corner: Halloween Literature*
- 3:00 ■ Social Hour
- 4:00 ■ Darts
- 6:30 ■ Cranium Crunches

4

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Name 10
- 1:00 ■ Helping Hands
- 2:00 ■ *Flower Arranging with Dorothy*
- 3:00 ■ Social Hour
- 4:00 ■ Bowling
- 6:30 ■ Pokeno

5

- 9:45 ■ The Morning Mingle
- 10:00 ■ **Yoga with Marianne**
- 11:00 ■ Scattergories
- 1:00 ■ Afternoon Stretch
- 2:00 ■ *Creative Corner*
- 3:00 ■ Social Hour
- 4:00 ■ **Resident Council**
- 6:30 ■ Word Mining: Searches and Crosswords

6

- 9:45 ■ The Morning Mingle
- 10:30 ■ **Chaboom Fitness Class**
- 11:00 ■ Word Grid
- 1:00 ■ Helping Hands
- 2:00 ■ **Scenic Ride with Jesse**
- 3:00 ■ *Happy Hour Social*
- 4:00 ■ Put Puffers Golfing
- 6:30 ■ BINGO!

7

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Read My List
- 1:00 ■ Afternoon Stretch
- 1:30 ■ **Robin Shelgren Lecture: N.E. Haunts**
- 3:00 ■ Social Hour
- 4:00 ■ Groovin' to the Oldies
- 6:30 ■ Perfect Fit Jigsaws

8

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ **Concert with Josef Nocera**
- 1:00 ■ Helping Hands
- 2:00 ■ *What's Cooking?*
- 2:00 ■ **Veterans Portrait Session**
- 3:00 ■ Social Hour
- 4:00 ■ Bull's Eye
- 6:30 ■ Popcorn and a Movie

9

- 9:45 ■ The Morning Mingle
- 10:00 ■ Simply Stretch
- 11:00 ■ Chronology "Hangman"
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Manicures and Hand Massages
- 3:00 ■ Social Hour
- 4:00 ■ Penny Ante
- 6:30 ■ Left, Center, Right Dice Games

10

- 9:45 ■ The Morning Mingle
- 10:00 ■ *Church Mass on TV*
- 11:00 ■ Flex and Tone
- 1:00 ■ Pastimes Table Talk
- 2:00 ■ Word Within a Word
- 3:00 ■ Social Hour
- 4:00 ■ Bowling
- 6:30 ■ Pokeno

11

Columbus Day

- 9:45 ■ The Morning Mingle
- 10:00 ■ Yoga
- 11:00 ■ Banangrams
- 1:00 ■ Helping Hands
- 2:00 ■ Life Stories
- 3:00 ■ Social Hour
- 4:00 ■ Target Toss
- 6:30 ■ Bottom's Up

12

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Trivia Trivia Trivia
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Shake Loose a Memory
- 3:00 ■ Social Hour
- 4:00 ■ *Poetry with Waagda*
- 6:30 ■ Word Mining: Searches and Crosswords

13

Happy Birthday Josephine!

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Cranium Crunches
- 1:00 ■ Helping Hands
- 2:00 ■ **Scenic Ride with Jesse**
- 3:00 ■ *Happy Hour Social*
- 4:00 ■ Darts
- 6:30 ■ BINGO!

14

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Name 10
- 1:00 ■ Afternoon Stretch
- 2:00 ■ *Creative Corner*
- 3:00 ■ Social Hour
- 4:00 ■ Groovin' to the Oldies
- 6:30 ■ Perfect Fit Jigsaws

15

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Scattergories
- 1:00 ■ Helping Hands
- 2:00 ■ *What's Cooking?*
- 2:00 ■ **Armchair Travel**
- 3:00 ■ Social Hour
- 4:00 ■ Horseshoes
- 6:30 ■ Popcorn and a Movie

16

- 9:45 ■ The Morning Mingle
- 10:00 ■ Simply Stretch
- 11:00 ■ **Broadway Baritone James Michael**
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Manicures and Hand Massages
- 3:00 ■ Social Hour
- 4:00 ■ Word Grid
- 6:30 ■ Dealer's Choice Card Games

17

- 9:45 ■ The Morning Mingle
- 10:00 ■ *Church Mass on TV*
- 11:00 ■ Flex and Tone
- 1:00 ■ Pastimes Table Talk
- 2:00 ■ *Hollywood Halloween*
- 3:00 ■ Social Hour
- 4:00 ■ Put Puffers Golfing
- 6:30 ■ Read My List

18

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Who or What Am I?
- 1:00 ■ Helping Hands
- 2:00 ■ *Flower Arranging with Dorothy*
- 3:00 ■ Social Hour
- 4:00 ■ Bull's Eye
- 6:30 ■ Pokeno

19

- 9:45 ■ The Morning Mingle
- 10:00 ■ **Yoga with Marianne**
- 11:00 ■ Chronology "Hangman"
- 1:00 ■ Afternoon Stretch
- 2:00 ■ **Concert w/ Mark Tavenner**
- 3:00 ■ Social Hour
- 4:00 ■ **Movie Selection Committee**
- 6:30 ■ Word Mining: Searches and Crosswords

20

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Word Within a Word
- 1:00 ■ Helping Hands
- 2:00 ■ **Scenic Ride with Jesse**
- 3:00 ■ *Happy Hour Social*
- 4:00 ■ Target Toss
- 6:30 ■ BINGO!

21

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Banangrams
- 1:00 ■ Afternoon Stretch
- 2:00 ■ *Creative Corner*
- 3:00 ■ Social Hour
- 4:00 ■ Groovin' to the Oldies
- 6:30 ■ Perfect Fit Jigsaws

22

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Trivia Trivia Trivia
- 1:00 ■ Helping Hands
- 2:00 ■ *What's Cooking?*
- 3:00 ■ Social Hour
- 4:00 ■ Bowling
- 6:30 ■ Popcorn and a Movie

23

- 9:45 ■ The Morning Mingle
- 10:00 ■ Simply Stretch
- 11:00 ■ Cranium Crunches
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Manicures and Hand Massages
- 3:00 ■ Social Hour
- 4:00 ■ Penny Ante
- 6:30 ■ Bottom's Up

24

- 9:45 ■ The Morning Mingle
- 10:00 ■ *Church Mass on TV*
- 11:00 ■ Flex and Tone
- 1:00 ■ Pastimes Table Talk
- 2:00 ■ *Halloween History: The Salem Witch Trials*
- 3:00 ■ Social Hour
- 4:00 ■ Darts
- 6:30 ■ Pokeno

25

- 9:45 ■ The Morning Mingle
- 10:00 ■ Yoga
- 11:00 ■ Scattergories
- 1:00 ■ Helping Hands
- 2:00 ■ **Concert w/ Marc Maccini**
- 3:00 ■ Social Hour
- 4:00 ■ Balloon Volleyball
- 6:30 ■ Left, Center, Right Dice Games

26

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Word Grid
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Shake Loose a Memory
- 3:00 ■ Social Hour
- 4:00 ■ *Poetry with Waagda*
- 6:30 ■ Word Mining: Searches and Crosswords

27

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 11:00 ■ Read My List
- 1:00 ■ Helping Hands
- 2:00 ■ **Scenic Ride with Jesse**
- 3:00 ■ *Happy Hour Social*
- 4:00 ■ Put Puffers Golfing
- 6:30 ■ BINGO!

28

National Chocolate Day

- 9:45 ■ The Morning Mingle
- 10:00 ■ Tai Chi
- 11:00 ■ Who or What Am I?
- 1:00 ■ Afternoon Stretch
- 2:00 ■ *Creative Corner*
- 3:00 ■ **Chocolate Tasting Social**
- 4:00 ■ Groovin' to the Oldies
- 6:30 ■ Perfect Fit Jigsaws

29

- 9:45 ■ The Morning Mingle
- 10:00 ■ Barre Balance Class
- 10:30 ■ **Melrose Day Care Center Halloween Parade**
- 11:00 ■ Chronology "Hangman"
- 1:00 ■ Helping Hands
- 2:00 ■ *What's Cooking?*
- 3:00 ■ Social Hour
- 4:00 ■ Bull's Eye
- 6:30 ■ Popcorn and a Movie

30

- 9:45 ■ The Morning Mingle
- 10:00 ■ Simply Stretch
- 11:00 ■ Word Within a Word
- 1:00 ■ Afternoon Stretch
- 2:00 ■ Manicures and Hand Massages
- 3:00 ■ Social Hour
- 4:00 ■ Life Stories
- 6:30 ■ Bowling

Reminders

SAVE THE DATE:
October 14th is our Melrose Station Market Event, details to come

The hairdresser and nail technician is available every week!

For questions or concerns, see Reflection's Director Shamika Johnson-Adams

PROGRAM

- - Cognitive
- - Emotional
- - Physical
- - Social

Events are subject to change.