










April 2025

Melody Senior Apartments



Coordinator: Brittany P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Coffee & Pancakes W/ Fresh Fruit</u> <u>Words of Affirmation</u> 9:00AM – 10:00AM <u>Self- Care Spa: Paint & Decorate Fingernails</u> 11:00AM – 12:00PM <u>RTC Bus Passes W/ Cross-Word Puzzles</u> 3:00PM – 4:00PM	2 <u>Coffee W/ Danish</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM <u>Guardant Blood Draws</u> <u>Colon Cancer Screening</u> <u>Sign up in Common Area</u> 9:00AM – 1:00PM <u>Melody Townhall:</u> <u>Meet Our New Property Manager</u> 2:30PM – 3:30PM	3 <u>Coffee & Cinnamon Rolls</u> <u>& Current Events</u> 9:00AM – 10:00AM <u>Volleyball Workout</u> <u>& A Light Lunch</u> 11:00AM – 12:30PM <u>Tech Class: Email Setup, Questions, LOFT Etc.</u> 3:00PM – 4:00PM	4 <u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM- 10:00AM <u>Arts & Crafts:</u> <u>Beaded Charm Bracelet</u> 11:00AM – 12:00PM <div> <u>Helping Hands</u> 2:00PM-4:00PM <i>*Will be delivered to your door upon arrival*</i> <i>Loop Shopping Shuttle</i> </div>	5 <u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM <u>Cooking Class:</u> <u>Chicken Fajitas</u> 11:00AM-12:30PM  <u>Melody BINGO</u> 3:00PM-4:00PM
6 <u>Reminder!</u> On Food Program days, residents are asked not to wait in the common area or line up until 15 minutes before the food is being distributed. You will be asked to leave.		8 <u>Morning Coffee</u> 9:00AM – 9:30AM <div> <u>Golden Groceries</u> 11:00AM-12:30 2:00PM- 4:00PM <i>*Time is approximate*</i> <i>*Must pick up from Common Area*</i> <i>* Bring your own bag*</i> </div>	9 <u>Coffee W/ Danish</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM <u>Self- Care Spa: Make-Up Tutorial (bring own make-up supplies)</u> 11:00AM – 12:30PM <u>RTC Bus Passes W/ Word Search Puzzle</u> 3:00PM – 4:00PM	10 <u>Coffee W/ Bagel & Cream Cheese</u> 9:00AM- 10:00AM <u>Volleyball Workout</u> <u>& A Light Lunch</u> 11:00AM – 12:30PM <u>Arts & Crafts: Pt 1</u> <u>Paper Mache' Basket</u> 2:30PM – 4:00PM	11 <u>Coffee & Cocoa W/ Waffle Bar & Trivia</u> 9:00AM – 10:00AM <u>Community Picnic In the Quad</u> 11:00AM – 12:30PM <u>Movie & Nachos</u> <u>"Kiss the Girls"</u> 2:00PM – 4:00PM <i>Loop Shopping Shuttle</i>	12 <u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM <u>Cooking Class:</u> <u>Produce Bag Recipes</u> 11:00AM-12:30PM  <u>Melody BINGO</u> 3:00PM-4:00PM

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<p>13</p> <p><u>Reminder!</u> On Food Program days, residents are asked not to wait in the common area or line up until 15 minutes before the food is being distributed. You will be asked to leave.</p>	<p>14</p> 	<p>15</p> <p><u>Morning Coffee</u> 9:00AM- 9:30AM</p> <p><u>Melody Market</u> <u>Units # 101- # 237</u> 10:00AM-12:00PM *Line up at 9:45AM* *Bring Your own bag*</p> <p><u>RTC Bus Passes W/ Sudoku Puzzles</u> 3:00PM – 4:00PM</p>	<p>16</p> <p><u>Coffee W/ Danish</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM</p> <p><u>SBI Benefits w/ Bingo</u> 12:00PM-1:00PM</p> <p><u>Arts & Crafts: Pt 2</u> <u>Paper Mache’ Basket</u> 2:30PM – 4:00PM</p>	<p>17</p> <p><u>Coffee & Banana Bread</u> <u>History Facts</u> 9:00AM – 10:00AM</p> <p><u>Archwell Bingo</u> 1:00PM-2:00PM</p> <p><u>Tech Class: Email Setup, Questions, LOFT Etc.</u> 3:00PM – 4:00PM</p>	<p>18</p> <p><u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM- 10:00AM</p> <p><u>Volleyball Workout & A Light Lunch</u> 11:00AM – 12:30PM</p> <p><u>Birthday Bash: Karaoke, Cake & Ice Cream</u> 2:00PM – 3:30PM <i>Loop Shopping Shuttle</i></p>	<p>19</p> <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Cooking Class: Mediterranean Kale Pasta</u> 11:00AM-12:30PM</p>  <p><u>Melody BINGO</u> 3:00PM-4:00PM</p>
<p>20</p> 	<p>21</p>	<p>22</p> <p><u>Morning Coffee</u> 9:00AM – 10:00AM</p> <p><u>Team Sikora: Massages (First 20 to sign up)</u> 10:00AM-12:00PM</p> <p><u>RTC Bus Passes W/ Cross-Word Puzzles</u> 3:00PM – 4:00PM</p>	<p>23</p> <p><u>Morning Coffee</u> 9:00AM – 9:30AM</p> <p><u>Melody Market</u> <u>Units # 238- # 368</u> 10:00AM-12:00PM *Line up at 9:45AM* *Bring Your own bag*</p> <p><u>Fruit Smoothies</u> 3:00PM – 4:00PM</p>	<p>24</p> <p><u>Morning Coffee W/ Pancakes & Sausage</u> 9:00AM – 10:00AM</p> <p><u>Volleyball Workout & A Light Lunch</u> 11:00AM – 12:30PM</p> <p><u>Game Day: Cards or Dominos / Chips & Dip</u> 3:00PM – 4:00PM</p>	<p>25</p> <p><u>Coffee, Muffins & Amazing Facts</u> 9:00AM – 10:00AM</p> <p><u>Aging Is Cool Bingocize</u> 11:30AM – 12:30PM</p> <p><u>Movie & Nachos “The Help”</u> 2:00PM – 4:00PM <i>Loop Shopping Shuttle</i></p>	<p>26</p> <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Cooking Class: Homemade Fettuccini Alfredo</u> 11:00AM-12:30PM</p>  <p><u>Melody BINGO</u> 3:00PM-4:00PM</p>
<p>27</p> <p>If you have any questions, please call your Resident Services Coordinator at (702) 990-2764 Monday – Friday between 9:00AM – 5:00PM</p>	<p>28</p> 	<p>29</p> <p><u>Coffee, Cocoa & Tea w/ Waffle Bar</u> 9:00AM – 10:00AM</p> <p><u>Aging Is Cool: Bingocize</u> 11:30AM – 12:30PM</p> <p><u>RTC Bus Passes W/ Sudoku Puzzles</u> 3:00PM – 4:00PM</p>	<p>30</p> <p><u>Coffee W/ Danish</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM</p> <p><u>Guardant Blood Draws</u> 9:00AM – 1:00PM</p> <p><u>Ice Cream Social</u> <u>Build Your Own Sundae</u> 3:00PM – 4:00PM</p>	<p><u>Guardant Blood Draws</u> <u>Colon Cancer Screening</u> <u>Sign up in Common Area</u> They will be here on the 2nd and the 30th of April doing blood draws. Sign up on the time slot paper in the Common Area by the kitchen on back table</p>		<p><u>Melody Salon</u> If you’d like to utilize the 2nd floor Salon on our property, please give Sandra, the Hair Stylist, a call to schedule an appointment for either Tuesday or Thursday. 702-203-3405</p>

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