









September 2025

Melody Senior Apartments

Coordinator: Brittany P.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 	<p>1</p> 	<p>2</p> <p><u>Morning Coffee W/ Cinnamon Rolls</u> 9:00AM- 10:00AM</p> <p><u>Self-Care Spa: Hand Mask & Scrub</u> 11:00AM – 12:00PM</p> <p><u>RTC Bus Passes W/ Word Search Puzzle</u> 3:00PM – 4:00PM</p>	<p>3</p> <p><u>Coffee W/ Danish Wellness Wednesday</u> 9:00AM –10:00AM</p> <p><u>Tech Class: Email Set-Up Device Help & Loft Sign-up</u> 11:00AM – 12:00PM</p> <p><u>Games: Dominos/ Spades! W/ Snacks & Drinks</u> 2:30PM – 4:00PM</p>	<p>4</p> <p><u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM – 10:00AM</p> <p><u>Group Workout: Dance & Light Lunch</u> 11:00AM – 12:30PM</p> <p><u>Movie & Nachos “Two Can Play That Game”</u> 2:00PM – 4:00PM</p>	<p>5</p> <p><u>Coffee & Cocoa W/ Muffins & Trivia</u> 9:00AM- 10:00AM</p> <p><u>Tech Class: LOFT/Email</u> 11:00AM – 12:00PM</p> <p><u>Helping Hands</u> 2:00PM-4:00PM *Delivery is to the doors of residents signed up & approved for the program* <i>Loop Shopping Shuttle</i></p>	<p>6</p> <p><u>NO ACTIVITIES</u> <u>PLEASE HELP YOURSELF TO THE PUZZLE PACKET ON THE TABLE</u></p>
<p>7</p> 	<p>8</p>	<p>9</p> <p><u>Morning Coffee</u> 9:00AM- 9:30AM</p> <p><u>Golden Groceries All Residents</u> *Time is approximate* <u>Pick-up in Common Area*</u> *Bring your own bag* 11:00AM-12:30PM 2:00PM- 4:00PM</p> <p><u>RTC Bus Passes W/ Sudoku Puzzle</u> 3:00PM – 4:00PM</p>	<p>10</p> <p><u>Coffee W/ Danish Wellness Wednesday</u> 9:00AM –10:00AM</p> <p><u>Self-Care: Make-Up Demo (bring own supplies Some will be provided)</u> 11:00AM – 12:00PM</p> <p><u>Movie & Nachos “Don’t Say a Word”</u> 2:00PM – 4:00PM</p>	<p>11</p> <p><u>Morning Coffee</u> 9:00AM- 9:30AM</p> <p><u>Melody Market Units # 101- # 237</u> 10:00AM-12:30PM *Bring your own bag* *Sign up in the Common Area @ 9:30AM for ticket*</p> <p><u>Fresh Fruit Smoothies</u> 3:00PM – 4:00PM</p>	<p>12</p> <p><u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Part 2 Growing Planting Pots</u> 11:00AM-12:30PM</p> <p><u>Melody Townhall New Property Manager Meet & Greet/ Q & A</u> 3:00PM – 4:00PM <i>Loop Shopping Shuttle</i></p>	<p>13</p> <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p> <u>Melody BINGO</u> 11:00AM-12:00PM</p> <p><u>Albertson’s Flu Shot Clinic: *See Your Coordinator to Sign Up and get Paperwork*</u> 2:00PM – 3:30PM</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> 	<p>15</p> 	<p>16</p> <p><u>Morning Coffee W/ Cinnamon Rolls</u> 9:00AM- 10:00AM</p> <p><u>Chair Fit Bingo w/ Aging is Cool</u> 11:30AM – 12:30PM</p> <p><u>RTC Bus Passes W/ Crossword Puzzles</u> 3:00PM – 4:00PM</p>	<p>17</p> <p><u>Coffee W/ Danish Wellness Wednesday</u> 9:00AM –10:00AM</p> <p><u>Bingo w/ SBI Benefits Health Insurance Providers</u> 11:00AM – 1:00PM</p> <p><u>Pool Tournament Snacks & Drinks Provided</u> 3:00PM – 4:00PM</p>	<p>18</p> <p><u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM – 10:00AM</p> <p><u>Group Workout: Dance & Light Lunch</u> 11:00AM – 12:30PM</p> <p><u>Games: Dominos/ Spades! W/ Snacks & Drinks</u> 2:30PM – 4:00PM</p>	<p>19</p> <p><u>Coffee & Cocoa W/ Muffins</u> 9:00AM- 10:00AM</p> <p><u>Let's Learn Together: Origami Paper Folding</u> 11:00AM-12:30PM</p> <p><u>Patient's & Physician's Choice Primary Care</u> Watermelon Social and Hydration Bingo 2:00PM – 3:00PM <i>Loop Shopping Shuttle</i></p>	<p>20</p> <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Free Hand Painting</u> 11:00AM-12:30PM</p>  <p><u>Melody BINGO</u> 3:00PM-4:00PM</p>
<p>21</p> 	<p>22</p> 	<p>23</p> <p><u>Morning Coffee</u> 9:00AM- 9:30AM</p> <p><u>Melody Market Units # 238- # 368</u> 10:00AM-12:30PM *Bring your own bag* *Sign up in the Common Area @ 9:30AM for ticket*</p> <p><u>RTC Bus Passes W/ Crossword Puzzles</u> 3:00PM – 4:00PM</p>	<p>24</p> <p><u>Coffee W/ Danish Wellness Wednesday</u> 9:00AM –10:00AM</p> <p><u>Self-Care Spa: Foot Mask & Scrub</u> 11:00AM – 12:00PM</p> <p><u>Summer-End Poolside Birthday Bash! W/ DJ BBQ Food & Drinks</u> 2:00PM – 4:00PM</p>	<p>25</p> <p><u>Morning Coffee W/ Cinnamon Rolls</u> 9:00AM- 10:00AM</p> <p><u>Bingo w/ Archwell Primary Care Providers</u> 10:00AM – 11:00AM</p> <p><u>Games: Dominos/ Spades! W/ Snacks & Drinks</u> 2:30PM – 4:00PM</p>	<p>26</p> <p><u>Coffee W/ Fruit & Yogurt Parfait</u> 9:00AM – 10:00AM</p> <p><u>Let's Learn Together: Writing Calligraphy</u> 11:00AM -12:30PM</p> <p><u>Movie & Popcorn "Resident's Choice"</u> 2:00PM – 4:00PM <i>Loop Shopping Shuttle</i></p>	<p>27</p> <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Cooking Class: Let's Make Cheesecake!</u> 11:00AM-12:30PM</p>  <p><u>Melody BINGO</u> 3:00PM-4:00PM</p>
<p>28</p> <p>If you have any questions, please call your Resident Services Coordinator at (702) 990-2784 Monday – Friday between 9:00AM – 5:00PM</p>	<p>29</p> 	<p>30</p> <p><u>Morning Coffee W/ Bagels & Cream Cheese</u> 9:00AM- 10:00AM</p> <p><u>Bingocize w/ Brittany</u> 11:30AM – 12:30PM</p> <p><u>RTC Bus Passes W/ Sudoku Puzzles</u> 3:00PM – 4:00PM</p>		<p>Reminder! Food Program rules have changed. You will now sign up, get a ticket and wait for your number to be called. There is no more lining up. Ask your coordinator if you have questions</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. Sandy- 702-203-3405</p>