

Melody Senior Apartments

October 2025

Coordinator Name: Brittany P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Loop Shuttles Are Every Friday.</div>	<div>Please Remember to Sign up for Activities in the Activity Binder Located on the first floor Great Room under the T.V</div>		<div>1 Coffee and Muffins: Historic Fun Facts 9:00AM -10:00AM Come Enjoy Bingocize W/ Your Coordinator Brittany! 11:30AM -12:30PM Melody Townhall: Meet & Greet Your New Property Manager 3:00PM – 4:00PM</div>	<div>2 Coffee and Cinnamon Rolls with Trivia 9:00AM -10:00AM Self-Care Make-Up Tutorial Bring Your Own Supplies Some Items Provided 11:00AM -12:30PM Bingo with SBI Benefit’s Alicia Arevalo: Come Discuss Your Benefit Options 3:00PM – 4:00PM</div>	<div>3 Coffee and Fruit Danish with Words of Affirmation 9:00AM -10:00AM Group Workout: Low Impact Dance Class W/ Lunch 11:00AM -12:30PM Helping Hands Food Program for Seniors Will Be Delivered 2:00PM – 4:00PM Loop Shopping Shuttle</div>	<div>4 Melody Field Trip: Bellagio Botanical Gardens “Harvest Theme” Sign up with your coordinator and meet in the Main Lobby 8:45AM Coffee, Breakfast Bars & RTC Bus Passes 9:00AM -10:00AM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM</div>
<div>5 NO ACTIVITIES TODAY</div>	<div>6 NO ACTIVITIES TODAY</div>	<div>7 Coffee, Muffins & Crossword Puzzles 9:00AM -10:00AM NEUROGENX: Providing Shoes for Seniors with Diabetes 11:00AM -1:00PM Chair Yoga with Aging is Cool 2:00PM – 3:00PM Bus Passes & Sudoku Puzzles 3:00PM – 4:00PM</div>	<div>8 Coffee and Morning Snacks 9:00AM -9:30AM Melody Market Units 101-237 Bring Your Own Bags/Carts Sign Up for Tickets at 9:30AM Starts at 10:00AM</div>	<div>9 Coffee, Blueberry Muffins & Words of Affirmation 9:00AM -10:00AM Arts and Crafts: Let’s Learn Together- Calligraphy Writing 11:00AM -12:30PM Game Day: Dominos/Spades with Drinks & Snacks 2:30PM – 4:00PM</div>	<div>10 Coffee with Pancakes & Bacon 9:00AM -10:00AM Sikora Group: Discuss Coverage Options & Notice of Changes. Sandwiches, chips and Refreshments Provided. 1:00PM -2:00PM Tech Class: Bring your Phones or Laptops down and ask your coordinator any questions! 3:00PM – 4:00PM Loop Shopping Shuttle</div>	<div>11 Coffee, Breakfast Bars & RTC Bus Passes 9:00AM -10:00AM Arts & Crafts: Jewelry Making Charm Bracelet 11:00AM -12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM</div>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Coffee, Bagels & Cream Cheese with Poetry 9:00AM -10:00AM Golden Groceries Food Program Bring your own bag Times May Vary 11:00AM -12:30PM & 2:00PM – 4:00PM Bus Passes and Word Search 3:00PM – 4:00PM	Coffee and Muffins: US Trivia 9:00AM -10:00AM Group Workout: Low Impact Dance Class W/ Lunch 11:00AM – 12:30PM Game Day: Dominos/Spades with Drinks & Snacks 2:30PM – 3:30PM	Coffee, Cinnamon Rolls & Current Events 9:00AM -10:00AM Self-Care Spa: Join Your Neighbors for Some Lip Care-Masks & Scrubs 11:00AM – 12:30PM Ice Cream Social: Let’s Make Sundaes 3:00PM – 4:00PM	Coffee with Fruit & Yogurt Parfaits 9:00AM -10:00AM Bingocize W/ Brittany 11:00AM – 12:30PM Spooky Afternoon Movie: <i>Juno</i> w/ Snacks and Refreshments! 2:00PM-4:00PM <i>Loop Shopping Shuttle</i>	Coffee, Breakfast Bars & Bus Passes 9:00AM -10:00AM Arts & Crafts: Let’s Bedazzle Your Pumpkins 11:00AM – 12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM
19	20	21	22	23	24	25
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Coffee and Morning Snacks 9:00AM – 9:30AM Melody Market Units 238-368 Bring Your Own Bags/Carts Sign Up for Tickets at 9:30AM Starts at 10:00AM Bus Passes and Sudoku Puzzles 3:00PM – 4:00PM	Coffee and Muffins: Hacks for Better Health 9:00AM -10:00AM Bingo with SBI Benefit’s Alecia Arevalo: Discuss Your Benefit Options 11:00AM – 1:00PM JFSA: Health and Human Services/ Resources 3:00PM – 4:30PM	Coffee and Current Events Chat with Pancakes & Bacon 9:00AM -10:00AM Let’s Learn Together: Writing Calligraphy- Tutorial & Practice 11:30AM – 12:30PM Bingo with Archwell Primary Care Services 3:00PM – 4:00PM	Coffee, Pumpkin Muffins & Words of Affirmation 9:00AM -10:00AM Group Workout: Low Impact Dance Class W/ Lunch 11:00AM – 12:30PM October Birthday Bash: Karaoke W/ Cake & Ice Cream "Wear Your Costume for a Chance to Win a Prize!" 2:30PM – 4:00PM <i>Loop Shopping Shuttle</i>	Coffee, Breakfast Bars & Bus Passes 9:00AM -10:00AM Arts & Crafts: Let’s Paint a Mask 11:00AM – 12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM
26	27	28	29	30	31	
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Coffee, Fruit & Yogurt Parfaits and History Trivia 9:00AM -10:00AM Cooking Class: Let’s Make Spooky Treat Boxes 11:00AM – 12:30PM Bus Passes W/ Crossword Puzzle 3:00PM – 4:00PM	Coffee and Muffins: History of Halloween 9:00AM -10:00AM Self-Care Spa: Join Us for Hand & Foot Masks Soak & Scrub 11:00AM – 12:30PM Billiards Tournament: Prize, Food & Drinks Provided 3:00PM – 4:00PM	Coffee, Biscotti & Current Events Chat 9:00AM -10:00AM Group Workout: Low Impact Dance Class W/ Lunch 11:00AM – 12:30PM Game Day: Dominos/Spades with Drinks & Snacks 2:30PM – 3:30PM	Coffee Social and Fresh Fruit 9:00AM -10:00AM Lunch Social: Let’s Make Our Own Pizzas 11:00AM-12:30PM Spooky Afternoon Movie: <i>Cellular</i> w/ Snacks and Refreshments! 2:00PM-4:00PM <i>Loop Shopping Shuttle</i>	If you have any questions, please call your Resident Services Coordinator at (702) 990-2784 Monday – Friday between 9:00AM – 5:00PM

