








January 2025

Melody Senior Apartments



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
|  | | |  | 1 Morning Coffee 9:00AM – 10:00AM Melody Market Units 101-237 10:00AM to 12:00PM **Line will begin to form no earlier than 15 mins to distribution** Bring your own bag | 2 Coffee & Cinnamon Rolls 9:00AM – 10:00AM Winter Garden Club Trimming & Clean-up 11:00AM – 12:00PM Helping Hands 2:00PM- 4:00PM **Will be delivered to your door upon arrival** Loop Shopping Shuttle | 3 Coffee Breakfast Bars & RTC Bus Passes 9:00AM – 10:00AM Cooking Class: Chicken & Dumplings 11:00AM – 12:30PM  Melody Bingo! 3:00PM – 4:00PM |
| 5 Reminder! On the days that Food Programs are scheduled, residents are 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 the area. | 6  | 7 Coffee, Muffins & Current Events 9:00AM – 10:00AM  Melody Bingo! 11:00AM – 12:00PM RTC Bus Passes W/ Sudoku Puzzles 3:00PM – 4:00PM | 8 Coffee & Fruit Danish Wellness Wednesday 9:00AM – 10:00AM Tech Class: Device Help 11:00PM – 12:00PM Movie Popcorn/ Snacks “Bridget Jones: Edge of Reason” 2:00PM – 4:00PM | 9 National Tea Appreciation & Treats 9:00AM – 10:00AM Volleyball Workout & A Light Lunch 11:00PM – 12:30PM Games Social Cards, Chips & Dip 2:00PM – 3:30PM | 10 Coffee & Pancakes W/ Fresh Fruit Words of Affirmation 9:00AM – 10:00AM Art & Crafts: Beaded Jewelry Making 11:00AM – 12:00PM Billiards Tournament 3:00PM - 4:00PM Loop Shopping Shuttle | 11 Coffee Breakfast Bars & RTC Bus Passes 9:00AM – 10:00AM Cooking Class: Taco Salads 11:00AM – 12:30PM  Melody Bingo! 3:00PM – 4:00PM |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|--|
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | | <p><u>Morning Coffee</u> 9:00AM – 10:00AM</p> <p><u>Bingocize: Aging is Cool</u> 11:30AM – 12:30PM</p> <p><u>Golden Groceries</u> Whole Building 11:30AM- 12:30PM 2:00PM-4:00PM <i>*Must pick up from Common Area*</i> <i>Bring your own bag</i></p> | <p><u>Coffee W/ Bus Pass</u> <u>Distribution</u> 9:00AM – 10:00AM</p> <p><u>Archwell Bingo</u> 10:00AM – 11:00AM</p> <p><u>Karaoke Birthday Bash</u> <u>Cake & Ice Cream</u> 2:00PM – 3:30PM</p> | <p><u>Coffee W/ Bagel & Cream Cheese</u> <u>Trivia</u> 9:00AM – 10:00AM</p> <p><u>Volleyball Workout & A Light Lunch</u> 11:00PM – 12:30PM</p> <p><u>Self- Care Hand Spa</u> 3:00PM – 4:00PM</p> | <p><u>Coffee, Muffins & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Winter Garden Club Trimming & Clean-up</u> 11:00AM – 12:00PM</p> <p><u>Movie & Nachos</u> <u>Resident Pick</u> 2:00PM – 4:00PM <u>Loop Shopping Shuttle</u></p> | <p><u>Morning Coffee</u> 9:00AM – 10:00AM</p> <p><u>Melody Market</u> <u>Units 238-368</u> 10:00AM to 12:00PM <u>**Line will begin to form no earlier than 15 mins to distribution**</u> <u>Bring your own bag</u></p> |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | <p>Martin Luther King Jr</p>  | <p><u>Coffee, Cocoa & Current Events</u> 9:00AM – 10:00AM</p> <p><u>Melody Bingo!</u> 11:00AM – 12:00PM</p> <p><u>RTC Bus Passes W/ Crossword Puzzles</u> 3:00PM – 4:00PM</p> | <p><u>Coffee & Pancakes</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM</p> <p><u>Team Sikora!</u> 12:00PM – 1:00PM</p> <p><u>Dominos Game Day</u> <u>W/ Chips & Dip</u> 3:00AM – 4:00PM</p> | <p><u>Coffee & Cinnamon Rolls</u> 9:00AM – 10:00AM</p> <p><u>Volleyball Workout & A Light Lunch</u> 11:00PM – 12:30PM</p> <p><u>Therapeutic Coloring with Tea & Music</u> 2:00PM – 3:00PM</p> | <p><u>Coffee & Banana Bread</u> <u>Science Facts</u> 9:00AM – 10:00AM</p> <p><u>Winter Garden Club</u> 11:00AM – 12:00PM</p> <p><u>Arts & Crafts: Tie-Dye Your Old Shirt</u> 3:00PM – 4:00PM <u>Loop Shopping Shuttle</u></p> | <p><u>Coffee Breakfast Bars & RTC Bus Passes</u> 9:00AM – 10:00AM</p> <p><u>Family Comes First</u> <u>Health Care</u> 11:00AM – 12:00PM</p> <p><u>Melody Bingo!</u> 3:00PM – 4:00PM</p> |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| <p>If you have any questions, please call your Resident Services Coordinator at (702) 990-2784 Tuesday – Saturday between 9:00AM – 5:00PM.</p> | | <p><u>Coffee & Current Events</u> 9:00AM – 10:00AM</p> <p><u>Bingocize: Aging is Cool</u> 11:30AM – 12:30PM</p> <p><u>RTC Bus Passes W/ Word Search Puzzles</u> 3:00PM – 4:00PM</p> | <p><u>Coffee W/ Cream Cheese Danish</u> <u>Wellness Wednesday</u> 9:00AM – 10:00AM</p> <p><u>Winter Garden Club</u> 11:00AM – 12:00PM</p> <p><u>Melody Bingo!</u> 3:00PM – 4:00PM</p> | <p><u>Coffee W/ Bagel & Cream Cheese</u> 9:00AM- 10:00AM</p> <p><u>Fruit Smoothies</u> 11:00PM – 12:00PM</p> <p><u>Arts & Crafts: Paper Mache Sculpture</u> 2:30PM – 4:00PM</p> | <p><u>Coffee, Muffins & Amazing Facts</u> 9:00AM – 10:00AM</p> <p><u>Volleyball Workout & A Light Lunch</u> 11:00PM – 12:30PM</p> <p><u>Ice Cream Sundaes</u> 3:00PM – 4:00PM <u>Loop Shopping Shuttle</u></p> | <p><u>Reminder!</u> On the days that Food Programs are scheduled, residents are 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 the area.</p> |