Melody Senior Apartments

Coordinator Name: Brittany P.

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Loop Shuttles Are Every Friday.**	2 **Please Remember to Sign up for Activities in the Activity Binder Located on the first floor Great Room under the T.V**	3 Morning Coffee to Go **9:00AM – 9:30AM** Melody Market: Units #101-#237 Bring your own bag Sign up for ticket @ 9:30AM **10:00AM-12:30PM** **2:00PM-4:00PM** RTC Bus Passes W/ Sudoku Puzzle **3:00PM – 4:00PM**	4 Coffee and Muffins: Hacks for Better Health **9:00AM -10:00AM** Fitness Class: Bingocize W/ Brittany Bingo Exercise & Prizes **11:30AM – 12:30PM** Melody Jeopardy! Join your neighbors to test your Trivia Knowledge **2:30PM – 4:00PM**	5 Coffee, Biscotti & Current Events Chat **9:00AM -10:00AM** Self- Care Spa: Foot Masks Soak & Scrub **11:00AM – 12:30PM** JFSA: Health & Human Services/Resources **2:00PM – 4:00PM**	6 Coffee Social w/ Fruit Danish: 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 to your door **2:00PM – 4:00PM**	7 Coffee Social w/ Breakfast Bars & RTC Bus Passes **9:00AM -10:00AM** Arts & Crafts: Butterfly Cutouts Painting & Decorating **11:00AM – 12:30PM** Melody Bingo W/ Snacks & Prizes **3:00PM – 4:00PM**
8 **NO ACTIVITIES TODAY**	9 **NO ACTIVITIES TODAY**	10 Morning Coffee to Go **9:00AM – 9:30AM** Golden Groceries Food Program Bring your own bag Time is approximate **11:00AM - 12:30PM &** **2:00PM-4:00PM** RTC Bus Passes W/ Sudoku Puzzle: Snacks & Drinks **3:00PM – 4:00PM**	11 Coffee and Muffins: Hacks for Better Health **9:00AM -10:00AM** Let's Learn Together: Calligraphy Practice **11:00AM- 12:00PM** Caresolutions of Southern Nevada Lunch and Learn. Veterans and Veterans Widows Benefits **1:00PM – 2:00PM**	12 Coffee Social w/ Cinnamon Rolls & Current Events **9:00AM -10:00AM** Fitness Class: Bingocize W/ Brittany Bingo Exercise & Prizes **11:30AM – 12:30PM** Game Day: Dominos/Spades W/ Drinks & Snacks **2:30PM – 4:00PM**	13 Coffee, Fruit & Yogurt Parfaits and Fun Facts **9:00AM -10:00AM** Lunch Social: Come Enjoy Tacos With Your Neighbors **11:30AM-12:30PM** Billiards Tournament: Join us for Pool & Ice Cream Sundae **3:00PM – 4:00PM**	14 Coffee Social w/ Breakfast Bars & RTC Bus Passes **9:00AM -10:00AM** Arts & Crafts: Multi-color Canvas Painting **11:00AM – 12:30PM** Melody Bingo! W/ Snacks & Prizes **3:00PM – 4:00PM**

Leasing Office: 8680 W. Oquendo Rd. Las Vegas, NV 89148 . **Phone:** (702) 990-2784 **Office Hours:** Daily 9:00 AM – 5:00 PM **Preventative Measures Security**: (702) 489-1588

15 **NO ACTIVITIES TODAY**	16 **NO ACTIVITIES TODAY**	17 Coffee, Biscotti & Current Events Chat **9:00AM – 10:00AM** Team Sikora-Come Join the Sikora Group and get assistance setting up **10:00AM –11:00AM** RTC Bus Passes W/ Sudoku Puzzle: Snacks & Drinks **3:00PM – 4:00PM**	18 Coffee and Muffins: Hacks for Better Health **9:00AM -10:00AM** Let's Learn Together: Calligraphy Practice **11:00AM- 12:00PM** Melody Bingo! W/ Snacks & Prizes **3:00PM – 4:00PM**	19 Coffee, Fruit & Yogurt Parfaits & Winter Fun Facts **9:00AM -10:00AM** Group Workout: Low Impact Dance Class W/ Lunch **11:30AM – 12:30PM** Melody Jeopardy! Join your neighbors to test your Trivia Knowledge **2:30PM – 4:00PM**	20 Coffee, Biscotti & Current Events Chat **9:00AM -10:00AM** Self- Care Spa: Hand Masks Manicures & Nail Decor **11:00AM – 12:30PM** Movie & Nachos W/ Drinks & Snacks: "Why did I Get Married Too" **2:00PM- 4:00PM**	21 Morning Coffee to Go **9:00AM – 9:30AM** Melody Market: Units #238-#368 Bring your own bag Sign up for ticket @ 9:30am **10:30AM-12:30PM** **2:00PM-4:00PM** Fresh Fruit Smoothies **3:00PM – 4:00PM**
22 **NO ACTIVITIES TODAY**	23 **NO ACTIVITIES TODAY**	24 Coffee, Bagels & Cream Cheese with RTC Bus Passes **9:00AM -10:00AM** Let's Learn Together: Calligraphy Practice **11:00AM- 12:00PM** Presentation From Aaron Novick at Northwestern Mutual: Wealth Distribution, Protection and Fraud Prevention. With Snacks and Refreshments **2:00PM – 3:00PM**	25 Coffee w/ Cinnamon Rolls: Hacks for Better Health **9:00AM -10:00AM** Fitness: Low Impact Stretching in the Gym **11:00AM – 12:00PM** Game Day: Dominos/Spades W/ Drinks & Snacks **2:30PM – 4:00PM**	26 Morning Coffee and Fresh Fruit & Current Events **9:00AM -10:00AM** Medicare 101 with SBI Benefits **11:00AM –1:00PM** Free Vision Screening w/ Summerlin Hospital Receive a FREE Giveaway! **2:00PM – 3:00PM**	27 Coffee and Muffins: US History Trivia **9:00AM -10:00AM** Lunch Social: Come Enjoy Chili Dogs With Your Neighbors **11:30AM-12:30PM** St. Paddy's Birthday Bash: Come Celebrate March Birthdays! Live Entertainment, Cake & Ice Cream **2:30PM -4:00PM**	28 Coffee Social w/ Breakfast Bars & RTC Bus Passes **9:00AM -10:00AM** **Melody Field Trip- Red Rock Casino-sign up W/ Brittany** Please Arrive to the Main Lobby By 8:45AM Melody Bingo! W/ Snacks & Prizes **3:00PM – 4:00PM**
29 **If you have any questions, please call your Resident Services Coordinator at (702) 990-2784 Monday – Friday between 9:00AM -5:00PM**	30 **NO ACTIVITIES TODAY**	31 Coffee and Muffins: Positive Words of Affirmations **9:00AM -10:00AM** Let's Learn Together: Writing Calligraphy- Tutorial & Practice **11:00AM- 12:00PM** RTC Bus Passes W/ Sudoku Puzzle: Snacks & Drinks **3:00PM – 4:00PM**				**<u>Melody Salon</u>** If you would like to utilize the salon please contact Sandra, the stylist to schedule an appointment on Thursdays. 702-203-3405

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