

Melody Senior Apartments

November 2025

Coordinator Name: Brittany P.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 Tuesday or Thursday. Sandy- 702-203-3405.	Loop Shuttles Are Every Friday.	If you have any questions, please call your Resident Services Coordinator at (702) 990-2784 Monday – Friday 9:00AM – 5:00PM				1 Coffee, Breakfast Bars & RTC Bus Passes 9:00AM -10:00AM Arts & Crafts: Origami Paper Folding 11:00AM -12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM
2 NO ACTIVITIES TODAY	3 NO ACTIVITIES TODAY	4 Coffee and Muffins: Historic Fun Facts 9:00AM -10:00AM Arts and Crafts: Let’s Learn Together- Calligraphy Writing 11:00AM -12:30PM Chair Yoga with Aging Is Cool 2:00pm-3:00pm RTC Bus Passes & Sudoku Puzzles W/ Snacks 3:00PM – 4:00PM	5 Coffee and Cinnamon Rolls with Trivia 9:00AM -10:00AM Sikora Group: Discuss Coverage Options & Notice of Changes 11:00AM- 12:00PM Regional Transportation Commission (RTC) Information Session 1:00PM – 2:00PM	6 Coffee & Fruit/Yogurt Parfaits: Popcorn Discussion Topics 9:00AM -10:00AM Bingocize W/ Brittany: Come join us for Exercise & Bingo 11:30AM – 12:30PM Melody Townhall: Join our Property Manager for Q & A in the Common Area 3:00PM – 4:00PM	7 Coffee with Pancakes & Bacon 9:00AM -10:00AM Self-Care Spa: Join Us for a Make-Up Tutorial 11:00AM – 12:30PM Helping Hands Food Program for Seniors Will Be Delivered Between 2:00PM – 4:00PM <i>Loop Shopping Shuttle</i>	8 Coffee, Breakfast Bars & RTC Bus Passes 9:00AM -10:00AM Arts & Crafts: Lets Make Charm Bracelets 11:00AM -12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM

9	10	11	12	13	14	15
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Morning Coffee 9:00AM -9:30AM Melody Market Units #101- 237 Bring Your Own Bag/Carts Sign Up For Tickets at 9:30AM Starts at 10:00AM Fresh Fruit Smoothies 3:00PM – 4:00PM	Morning Coffee 9:00AM -9:30AM Golden Groceries Food Program Bring Your Own Bag Times May Vary 11:00AM – 12:30PM & 2:30PM- 4:00PM RTC Bus Passes & Sudoku Puzzles W/ Snacks 3:00PM – 4:00PM	Coffee, Cinnamon Rolls & Current Events 9:00AM -10:00AM Arts and Crafts: Let’s Learn Together- Calligraphy Writing 11:00AM -12:30PM Fall Soup Social: Join Us for Loaded Potato Soup 3:00PM – 4:00PM	Coffee with Fruit & Yogurt Parfaits 9:00AM -10:00AM Bingocize W/ Brittany: Come join us for Exercise & Bingo 11:30AM – 12:30PM Afternoon Movie: “Stepmom” 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 Make a Fall Wreath 11:00AM – 12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM
16	17	18	19	20	21	22
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Coffee & Fruit/Yogurt Parfaits: Popcorn Discussion Topics 9:00AM -10:00AM Chair Yoga with Aging Is Cool 2:00pm-3:00pm NeuroGen-X Visit Providing Diabetic Shoes for Seniors 3:00PM – 4:00PM	Coffee and Muffins: Hacks for Better Health 9:00AM -10:00AM Let’s Learn Together: Writing Calligraphy- Tutorial & Practice 11:00AM – 12:30PM RTC Bus Passes & Sudoku Puzzles W/ Snacks 3:00PM – 4:00PM	Coffee and Current Events Chat with Pancakes & Bacon 9:00AM -10:00AM Bingo w/Archwell Primary Care Services (Melody) 10:00AM – 11:00AM Self-Care Spa: Join Us for Hand & Foot Masks Soak & Scrub 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 Game Day: Dominos/Spades with Drinks & Snacks 2:30PM – 4:00PM <i>Loop Shopping Shuttle</i>	Coffee, Breakfast Bars & Bus Passes 9:00AM -10:00AM Cooking Class: Let’s Make A Holiday Treat Box 11:00AM – 12:30PM Melody Bingo W/ Snacks Come Win Some Prizes 3:00PM – 4:00PM
23	24	25	26	27	28	29
NO ACTIVITIES TODAY	NO ACTIVITIES TODAY	Coffee and Bus Passes 9:00AM -10:00AM Holiday Meal Pickup and Birthday Bash! Feel Free to Eat with Neighbors or take home to enjoy! Please Sign up with your Coordinator! 12:30PM – 3:30PM	Coffee and Muffins: Fun Facts about Thanksgiving 9:00AM -10:00AM Arts & Crafts: Origami Paper Folding 11:00AM -12:30PM CLSN Talent Show with SBI Benefits Sponsoring a \$50 Prize Basket for the Winner! (Melody) 1:00PM – 3:00PM	OFFICE CLOSED	OFFICE CLOSED	Morning Coffee 9:00AM -9:30AM Melody Market Units #238- 368 Bring Your Own Bag/Carts Sign Up For Tickets at 9:30AM Starts at 10:00AM Fresh Fruit Smoothies 3:00PM – 4:00PM