

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|---|
|  <h1>September 2021</h1> <p>Melrose Meadows Retirement Community</p> | | | 9 AM Water Aerobics (P) 1 10 AM Stretch 100-118 (CG) 11 AM Balance (W) 1 PM Commun/Rosary (CP) 1 PM Esther Massage* 1:30 PM Current Events (W) 3 PM Courtyard Party: Root Beer Floats (CY) Mercia Wolf Birthday! | 9 AM Fitness (W) 2 10 AM Stretch 119-138 (CG) 2 PM Pins and Needles (CP) 2 PM Movie: To Catch a Thief (W) | 3 Business Office Closed 9 AM Water Aerobics (P) 10 AM Stretch 100-118 (CG) 2 PM Card Games (CG) | 10 AM Trivia (CG) 4 |
| 9 AM Fitness with Andrew (W) 5 2:30 PM Worship (W) 3:15 PM Dominoes (IL) 6:30 PM Music with Annie (IL) | 6 Business Office Closed Happy Labor Day! 3 PM Coloring Club (IL) <small>Labor Day Rosh Hashanah Begins</small> | 9 AM Fitness (W) 7 9:45 AM Birding with Education Specialist (W) 10 AM Stretch 119-138 (CG) 1:30 – 2:15 PM Iowa City Bookmobile (FD) 2:15 PM Town Hall Meeting (IL) 3:30 PM Melody Makers (W) | 9 AM Water Aerobics (P) 8 10 AM Stretch 100-118 (CG) 11 AM Music and Movement (W) 1 PM Commun/Rosary (CP) 1:30 PM Current Events (W) 3 PM Bean Bag Baseball* (W) | 9 AM Fitness (W) 9 10 AM Stretch 119-138 (CG) 10:45 AM Hot Apple Cider and Storytelling (CP) 2 PM Pins and Needles (CP) 3 PM Listen and Enjoy with Joe: The New Moon (W) | 9 AM Water Aerobics (P) 10 10 AM Stretch 100-118 (CG) 10:45 AM Coffee Talk: Dr. Larew and Concierge Medicine (W) 2 PM Movie: Field of Dreams (W) 2:30 PM Game: Taboo (IL) | 10 AM Trivia (CG) 11 2:30 PM Iowa vs. Iowa State Tailgate Party (W) |
| 2:30 PM Worship (W) 12 3:15 PM Dominoes (IL) Marian Gehringer Birthday! <small>Grandparents Day</small> | 9 AM Water Aerobics (P) 13 10 AM Morning Brew – Donut Day! (CG) 11 AM Chair Yoga (W) 2 PM St. Mary's Mass (W) 3 PM Coloring Club (IL) | 9 AM Fitness (W) 14 10 AM Stretch 119-138 (CG) 10:45 AM Write Your Memories (CP) 1-4 PM Black Jack (CG)* 1:30 – 2:15 PM Iowa City Bookmobile (FD) 3:30 PM Melody Makers (W) 6:30 PM IC Ukulele Club (W) | 9 AM Water Aerobics (P) 15 10 AM Stretch 100-118 (CG) 10:45 & 11:30 AM Drumming Up Fitness* (W) 1 PM Commun/Rosary (CP) 1 PM Esther Massage* 1:30 PM Current Events (W) 3 PM Sing-Along (W) <small>Yom Kippur Begins</small> | 9 AM Fitness (W) 16 10 AM Stretch 119-138 (CG) 1 PM Wilson's Orchard Field Trip* (W) 2 PM Pins and Needles (CP) John Schintler Birthday! | 9 AM Water Aerobics (P) 17 10 AM Stretch 100-118 (CG) 10:45 AM Music with the Andersons (W) 2 PM Movie: 2001 – A Space Odyssey (W) 2:30 PM Game: Scattergories (IL) Ann and Joe G. Birthday! | 10 AM Trivia (CG) 18 <small>Oktoberfest Begins</small> |
| 9 AM Fitness with Andrew (W) 19 2:30 PM Worship (W) 3:15 PM Dominoes (IL) | 9 AM Water Aerobics (P) 20 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 1 PM Esther Massage* 2 PM Travelogue: Savannah, Georgia (W) 3 PM Coloring Club (IL) <small>Sukkot Begins</small> | 9 AM Fitness (W) 21 10 AM Stretch 119-138 (CG) 10:45 AM Art Lecture with Amanda: Face-to-Face (W) 1:30 – 2:15 PM Iowa City Bookmobile (FD) 2 PM Bingo (W) 3:30 PM Melody Makers (W) | 9 AM Water Aerobics (P) 22 10 AM Stretch 100-118 (CG) 11 AM Music and Movement (W) 1 PM Commun/Rosary (CP) 1:30 PM Current Events (W) 3 PM Courtyard Ladderball (CY) <small>Autumn Begins</small> | 9 AM Fitness (W) 23 10 AM Stretch 119-138 (CG) 10:45 AM Coffee Talk: Medicare with Troy Elliot (W) 2 PM Pins and Needles (CP) 3:30 PM Happy Hour (W) | 9 AM Water Aerobics (P) 24 10 AM Stretch 100-118 (CG) 11 AM Lunch Bunch: St. Burch Tavern* (FL) 2 PM Movie: Me Before You (W) 2:30 PM Game: Battleship (IL) | 10 AM Trivia (CG) 25 |
| 2:30 PM Worship (W) 26 3:15 PM Dominoes (IL) Dwayne Hentges Birthday! | 9 AM Water Aerobics (P) 27 10 AM Morning Brew (CG) 11 AM Chair Yoga (W) 2 PM Music with David Smith (W) 3 PM Coloring Club (IL) | 9 AM Fitness (W) 28 10 AM Stretch 119-138 (CG) 10:45 AM Write Your Memories (CP) 1-3:30 PM Ticket Store (AG) 1:30–2:15 PM Bookmobile (FD) 2 PM Bookworms (IL) 3:30 PM Melody Makers (W) Marge Clancy Birthday! <small>Simchat Torah Begins</small> | 9 AM Water Aerobics (P) 29 10 AM Stretch 100-118 (CG) 11 AM Functional Fitness (W) 1 PM Commun/Rosary (CP) 1:30 PM Current Events (W) 3 PM Birthday Party (IL) | 9 AM Fitness (W) 30 10 AM Stretch 119-138 (CG) 2 PM Pins and Needles (CP) 3 PM Fall Burlap Memo Board Craft* (IL) | Codes: P = Pool; IL = Independent Dining Room; AL= Assisted Dining Room; W = Wellness Center; AG = Art Gallery; CG = Common Ground; CP = Corner Pocket; FL = Front Lobby; CY = Courtyard; FD = Front Drive; * = Sign-up Required  | |