## MELROSE GARDENS CALENDAR



# August 2019

	GANDLIN	O CALLINE			$\mathcal{O}$	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"August is a gentle reminder for not doing a single thing from your new year resolution for seven months and not doing it for next five."  ~ Crestless Wave	AUGUST DAYS TO NOT  O1 National Girlfriends Day O1 Respect for Parents Day O1 Earth Overshoot Day O3 National Watermelon Day O4 American Family Day O5 Work Like A Dog Day O6 Root Beer Float Day O8 Happiness Happens Day O9 Book Lovers Day	10 Lazy Day 11 Son's and Daughter's Day 13 Left-Handers Day 15 National Relaxation Day 16 Tell a Joke Day 17 National Thrift Shop Day 21 National Senior Citizens Day 25 Banana Split Day 27 National Just Because Day	BEAUTICIAN VISITS Every Tuesday and Thursday  DOCTOR APPOINTMENTS are available as needed Monday - Friday  SNACKS  After every scheduled activity and at 8:00 p.m. for those who wish it	9:30 Chair Exercise 10:30 Monthly Gazette 11:00 Bingo 2:00 Kickball 3:00 Snack 3:30 Funny Words to Live & Laugh by Docuseries The Last Czars  Banking & Shopping 10 -12	Nail Shop - 2:30 p.m.  10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 International Beer Day Trivia 4:15 Shabbat Service 6:00 Friday Night Netflix Movie Murder Mystery  Shopping & Library Shuttle	9:45 Energized Stretching 10:00 Saddleback Church Services 10:30 Snack 11:30 Board Games 2:00 Jazz w/Marc Bosserman 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries Our Planet
9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Who, What, When Index 11:00 Bingo 1:30 Clipping Coupons for Military Families! 2:30 Pet Therapy w/Limo Ness 3:00 Snack 3:30 Community Walk 6:00 Men's Movie Night - Netflix Unlocked	9:00 Tree Canvas Art 10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Indoor Soccer 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie	Beauty Shop  10:00 Energizing Exercise 10:30 Snack 11:00 Bingo 1:30 USA Trivia 2:00 Nail Shop 2:30 Wheel of Fortune 3:00 Snack 6:00 Ladies' Movie Night - Netflix Mary Poppins Returns	10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Book Club in TV Room A Place for Cupid! 2:30 Happy Hour w/Daniel Pazmino 3:00 Pumpkin Chocolate Chip Bread 3:10 Community Walk w/Abe 6:00 Netflix Series After Life	Beauty Shop  10:00 Chair Exercise 10:30 International Kat Day Trivia 11:00 Bingo 2:00 Basketfall 3:00 Vanilla Iced Coffee & Current 6:00 Docuseries The Last Czars  Banking & Shopping 10 -12	Nail Shop - 2:30 p.m.  10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Karaoke Time 4:15 Shabbat Service 6:00 Friday Night Netflix Movie Point Blank  Shopping & Library Shuttle	10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 R&B Concert w/Danni Shannan 3:00 Snack 3:30 Board Games 6:00 Netflix Docuseries Forensic Files Collection
9:00 Catholic Mass 10:00 Resistance Workout 10:30 Snack 11:00 Bingo 2:30 Wii Sports 3:00 Snack 3:30 Indoor Football 6:00 Men's Movie Night - Netflix The American	10:00 Move to the Music 10:30 Snack 11:00 Bingo 1:30 Drums 2 Learn w/Richard Kricket 2:30 Book Club in TV Room A Place for Cupid! 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie	Beauty Shop  10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Poker Game in the TV Room 3:00 Snack 3:30 Sing-Along 6:00 Ladies' Movie Night - Netflix Patrick	10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Violin Concert w/Yasha 3:00 Cinnamon Apple Rings 3:10 Community Walk w/Abe 6:00 Netflix Series After Life	Beauty Shop  9:30 Chair Exercise  10:30 Snack  11:00 Bingo  2:30 Chair Soccer  3:00 Snack  3:30 Sing Along  6:00 Docuseries  The Last Czars  Banking & Shopping 10 -12	Nail Shop - 2:30 p.m.  10:00 Chair Yoga 10:30 Snack 11:00 Bingo 2:30 Nail Shop 3:00 Snack 3:30 Board Games 4:15 Shabbat Service 6:00 Friday Night Netflix Movie A Wrinkle In Time Shopping & Library Shuttle	10:00 Saddleback Church Services 10:30 Snack 11:00 Bingo 2:00 Rock & Roll w/Greg 3:00 Snack 3:30 Evening Exercise 6:00 Netflix Docuseries Planet Earth II
9:00 Catholic Mass 10:00 Resistance Bands Workout 10:30 Snack 11:00 Bingo 2:30 Pet Therapy w/Limor Ness 3:00 Snack 3:30 Corn Hole 6:00 Men's Movie Night - Netflix Big Kill	10:00 Morning Exercise 10:30 Snack 11:00 Bingo 1:30 Tin Flower Art 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie	Beauty Shop  10:00 Morning Exercise 10:30 Snack 11:00 Bingo 2:00 Nail Shop 3:00 Snack 3:30 Adoptive Hungry Hippos 6:00 Ladies' Movie Night - Netflix I Am Mother	10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Resident Council Meeting 3:00 Snack 3:10 Community Walk 3:10 Resident Foot Massages 6:00 Netflix Series After Life	10:00 Chair Exercise 10:30 Snack 11:00 Bingo 2:00 Impression Wassily Kadinsky Art 3:00 August Birthday Celebrations Music Therapy w/Neil Elliott Docuseries The Last Czars  Banking & Shopping 10 -12	Nail Shop - 2:30 p.m.  10:00 Chair Workout 10:30 Snack 11:00 Bingo 3:00 Snack 3:30 Sing Along 4:15 Shabbat Service 6:00 Friday Night Netflix Movie Exposed  Shopping & Library Shuttle	10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Swing Era Music w/Rex Perry 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries - BBC Earth Medal of Honor
9:00 Catholic Mass 10:00 Chair Yoga 10:30 Snack 11:00 Bingo 2:30 Clipping Coupons for Military Families 3:00 Pizza and Puesadillas 6:00 Men's Movie Night - Netflix Erased	10:00 Morning Exercise 10:30 Snack 11:00 Bingo 1:30 The Price is Right 2:30 Brain Fitness w/Mary 3:00 Snack 3:30 Community Walk 6:00 Netflix Series Grace & Frankie	10:00 Water Bottle Workout 10:30 Snack 11:00 Bingo 2:00 Nail Shop 2:30 Wheel of Fortune 6:00 Ladies Movie Night - Netflix Running For Grace	10:00 Healthy Joints w/Cesar 10:45 Snack 11:00 Bingo 2:00 Resident Auction 3:00 Snack 3:10 Community Walk w/Abe 6:00 Netflix Series After Life	Beauty Shop  10:00 Chair Workout 10:30 Snack 11:00 Bingo 1:30 Floor Soccer 3:00 Snack 6:00 Docuseries The Last Czars  Banking & Shopping 10 -12	Nail Shop - 2:30 p.m.  10:00 Stretch Reflex Chair Workout Snack 11:00 Bingo 3:00 Snack 3:30 Karaoke 4:15 Shabbat Service 6:00 Friday Night Netflix Movie Always Be My Maybe  Shopping & Library Shuttle	10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 2:00 Hawaiian Luau Party w/Dancers 3:00 Snack 3:30 Active Games 6:00 Netflix Docuseries - BBC Earth Medal of Honor

## MELROSE GARDENS MENU



## August 2019

SUNDAY

**MONDAY** 

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

**LUNCH** 

Vegetable Barley Soup, Smokey Grilled

Chicken, Pita Flatbread w/Cream Feta

Carrot Salad, Fresh 3 Milk Cake

DINNER

Cream of Spinach Soup, Baked

Hawaiian Chicken, Lemon Dill Rice

Sautéed Zucchini, Baked Cherry Pie

SATUR DAY

#### **BEVERAGES**

#### **Breakfast** Cranberry, Apple, Orange Juices Coffee - Hot Tea

Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea

Lemonade

**BREAKFAST** Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** 

Lentil Soup, Hearty Vegetable Lasagna French Bread, Fresh Garden Salad Ice Cream

<u>DINNER</u> Butternut Squash Soup, Oven-Roasted Beef Brisket, Garlic Mashed Potatoes Sautéed Green Beans Dark Chocolate Cake

**BREAKFAST** 

Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** Italian Sausage Soup, Ricotta Ravioli

Fresh Bread, Garden Salad Fruit Salad Medley **DINNER** 

Lentil Soup, Grilled BBQ Ribs Garlic Mashed Potatoes, Green Beans Chocolate Cake

**BREAKFAST** 

Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** Tomto Bean Soup Fettuccini Alfredo, Garden Salad

DINNER Homemade Vegetable Soup

Fresh Fruit

Roasted Turkey, Garlic Mashed Potatoes Mixed Vegetable Medlev Fresh Baked Rolls, Carrot Cake

**BREAKFAST** Bagel, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Minestrone Soup, Grilled Chicken Garden Salad, Fresh Bread Cream Puffs

DINNER Green Pea Soup Roasted Chicken w/Mushrooms Brown Rice, Vegetable Medley Apple Pie

### THE MONTH OF AUGUST IS.

America Adventures Month Black Business Month Children's Vision & Learning Month Family Meals Month Get Ready for Kindergarten Month Goat Cheese

**BREAKFAST** 

**LUNCH** 

Creamy Chicken & Rice Soup

Gourmet Grilled Cheese

Potato Salad, Mixed Fruit Medley

Peaches & Cream

DINNER

Homemade Vegetable Soup

Carrot Sweet Potato, Stuffed-Pepper

Tzimmes, Fresh Baked Apple Pie

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

LUNCH

Cream of Broccoli Soup

Baked Stuffed Potato, Fruit Medlev

Green Salad, Jell-O

DINNER

Homemade Vegetable Soup

Stuffed Cabbage Jasmine Rice

Fresh Baked Apple Pie

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

<u>LUNCH</u>

Creamed Carrot Soup

Gourmet Tuna Melt Sandwich

Garden Salad, Potato Chips

Ice Cream w/Berries

<u>DINNER</u>

Cream of Broccoli Soup, Chicken

Marinara, Roasted Potatoes, Green

Beans, Fresh Baked Bread

Chocolate Chip Cookies

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

**LUNCH** 

Flsh Stew, Grilled Salmon

Green Salad Fresh Bread

Chocolate Chip Cookies

DINNER

Hearty Vegetable and Beef Rice Soup

Salisbury Steak, Garlic Mashed Potatoes

Brussel Sprouts, Jell-O

Happiness Happens Month Harvest Month Immunization Awareness Month

Neurosurgery Outreach Month Panini Month Peach Month Psoriasis Awareness Month Sandwich Month Water Quality Month What Will be Your Legacy Month Win With Civility Month

**BRFAKFAST** 

National Catfish Month

Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** Fresh Guacamole, Mixed Green Salad Fresh Banana Bread

> Roasted Chicken, Stuffed Baked Potato Sautéed Baby Carrots and Peas Chocolate Chip Cookies

French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes Chicken Pozole Soup, Beef Taquitos

<u>DINNER</u> Onion Soup, Herb and Garlic

**BREAKFAST** 

French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** 

Cabbage Soup, Chicken Enchiladas Spanish Rice, Pinto Beans Ice Cream DINNER

French Onion Soup, Roast Chicken Baked Potato, Baby Carrots and Green Peas, Chocolate Chip Cookies

**BREAKFAST** 

French Toast, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

LUNCH

Lentil Soup, Beef Empanadas

Mixed Beet Salad, Churros

DINNER

Cream of Mushroom Soup

Salisbury Steak, Brown Rice

Mixed Veggies, Fresh Bread

Pineapple Cake

**BREAKFAST** 

French Toast, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

**LUNCH** 

Cream of Broccoli Soup, Gourmet

Cheeseburger, Coleslaw, French Fries

Watermelon Sorbet

<u>DINNER</u>

Won Ton Soup

Orange Chicken, Jasmine Rice

Steamed Broccoli

Almond Cookie & Sorbet

MENU ALTERNATIVES Hamburger

Hotdog Chicken Salad Plain Omelet

Fruit & Cottage Cheese Platter Assorted Sandwiches including Tuna Salad, Turkey, Ham, Peanut Butter & Jelly Grilled Chicken Breast or Salmon

**BREAKFAST** 

Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** Cream of Broccoli Soup

Grilled Tilapia w/Tarter Sauce Vegetable and Couscous Salad Fresh Banana Bread DINNER

Vegetable Bean Soup, Roast Beef Jasmine Rice, Pan Steamed Broccoli Peanut Butter Cake

**BREAKFAST** 

Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes

Cream of Cauliflower Soup, Vegetable Pizza, Garden Salad, Assorted Cookies DINNER

Sweet Red Bean Soup BBQ Pulled Pork, Roasted Potatoes Fresh Vegetable Medley Banana Bread Cake

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

LUNCH

Barley Soup, Gourmet cheddar

Ham & Cheese Sandwich

Carrot Salad, Potato Chips

Fresh Fruit Medley

DINNER

Split Pea Soup, Chicken Marsala

Penne Pasta Salad, Yellow Squash

Garlic Bread, Sweet Bread Puddina

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

LUNCH

Chicken Noodle Soup

Crispy Spinach Potato Fritters

Cottage Cheese, Apple Sauce

Chocolate Vanilla Marble Cake

**DINNER** 

Clam Chowder Soup, Breaded Tilapia

Couscous, Mushroom, Zucchini &

Egaplant Medley, Ice Cream

French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** 

**BREAKFAST** 

Ega Drop Soup, Grilled Salmon Cucumber Quinoa Salad Almond Cake DINNER

Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake

**BREAKFAST** 

French Toast, Eggs any Style Cereal, Fresh Fruit, Prunes LUNCH

Roasted Mushroom & Bread Soup Eggplant Croquette, Mixed Garden Salad Fresh Bread, Red Fruit Compote DINNER

Minestrone Soup, Spaahetti w/Meat Balls Fresh Garlic Bread, Sautéed Zucchini Fruit Salad

**BREAKFAST** 

French Toast, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

**LUNCH** 

Roasted Mushroom & Bread Soup

Egaplant Croquette, Mixed Garden

Salad, Fresh Bread, Red Fruit Compote

**DINNER** 

Minestrone Soup, Spaghetti with

Meatballs, Garlic Bread, Sauteed

Zucchini, Fruit Salad

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

Creamy Potato Soup, Baked Mac & Cheese, Fresh Bread, Mixed Garden Salad, Fresh Fruit Medlev **DINNER** 

Cream of Zucchini Soup BBQ Chicken Breast, Sweet Potato Mixed Vegetable Medley Fresh Peach Cobbler

**BREAKFAST** 

Pancakes, Eggs any Style

Hot & Cold Cereal, Fresh Fruit, Prunes

LUNCH

Borsch Soup, Potato Pancakes

Apple Sauce, Sour Cream

Cottage Cheese, Sweet Cream Puffs

**DINNER** 

Cream of Potato Soup, Beef Fajitas

Flour Tortillas, Pinto Beans

Spanish Rice, Churros

**BREAKFAST** 

Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes LUNCH

Wonton Soup, Mediterranean Grilled Shrimp, Brown Rice, Sautéed Brussel Sprouts, Honey Cake DINNER

Vegetable Noodle Soup Roast Beef, Fresh Vegetable Medley Garlic Mashed Potatoes Mixed Fruit Salad

**BREAKFAST** 

Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes **LUNCH** 

Matzah Ball Soup, Chollent Fresh Challah Bread, Mixed Garden Salad, Ice Cream Sundae DINNER

Creamy Corn Chowder, Curry Chicken noodle Kugel, Sautéed Carrots w/Celerv Pineapple Cake

**BREAKFAST** 

Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes LUNCH Cream of Zucchini Soup

Egg & Tuna Pasta Salad, Fresh Bread Garden Salad, Ice Cream Sundae DINNER

Cheddar Corn Chowder Grilled Chicken, Steamed Rice Fresh Carrots, Pineapple Cake

**BREAKFAST** 

Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH

Navy Bean Soup, Vegetables Lasagna Fresh Bread, Green Salad Ice Cream DINNER

Cream of Spinach Soup Baked Salmon, Lemon Dill Rice Zucchini, Fresh Rolls, Apple Pie

**BREAKFAST** Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes

<u>LUNCH</u> French Onion Soup Italian Salami Sandwiches Homemade Coleslaw Baked Potato Chips, Jell-O DINNER

Chicken Soup, Roasted Chicken Mixed Veaetables, Rainbow Pasta Fresh Bread, New York Style Cheesecake

**BREAKFAST** Eggs Benedict, Hot & Cold Cereal Fresh Fruit, Prunes

**LUNCH** Cream of Carrot Soup Chicken Cobb Salad, Fresh Bread Yellow Cake w/Fresh Berries

DINNER Cabbage-Vegetable Soup Hawaiian Pineapple Chicken Jasmine Rice, Sautéed Zucchini Cheesecake w/Fresh Berries

**BREAKFAST** 

French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH

Cream of Potato Soup, Chef's Salad Fresh Salad, Fresh Rolls, Fruit Medley Sugar Cake Cookies DINNER

Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake

**BREAKFAST** French Toast, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH

Garden Soup, Turkey & Brie Baguette Old Fashioned Potato Salad Fresh Brownies **DINNER** 

Minestrone Soup, Spaghetti with Meatballs, Garlic Bread, Caesar Salad Chocolate Mousse Cake

**BREAKFAST** Pancakes, Eggs any Style Hot & Cold Cereal, Fresh Fruit, Prunes **LUNCH** 

Cream of Cauliflower Soup Spinach & Cheese Manicotti Garlic Bread, Green Salad Ice Cream **DINNER** 

Egg Drop Soup, Chicken Chow Mein Sautéed Japanese Vegetables Oatmeal Cookies

DINING HOURS Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m. We prepare our menu with no added salts or sugars.

Menu subject to change. lic: 197607149/197607155