

Walk To Remember



From October 1st–16th, join us for Walktober! Participate through intentional movement—including walking, rolling, fitness programs, or independent exercise. After each movement, add a purple heart to our lobby jar as we work toward our goal of 200 hearts!

On October 16th at 10:30 AM, we’ll gather outside for our Walk To Remember, our on-site Alzheimer’s walk featuring an opening ceremony, walking loop, music, and the reveal of our Walktober hearts and fundraising total. Please see more details at our fundraising table in the lobby as well as the Engagement Team if you have any questions.

A New England Autumn

From October 10th–15th, join us as we celebrate Salem’s 400th anniversary and the rich heritage of New England! Explore Salem then & now, enjoy autumn-inspired art workshops and films, learn about New England musicians and test your knowledge with New England trivia, take a fall foliage-inspired walking circuit, practice gratitude journaling, a fall mixology experience and more. Our Signature Series Event, Autumn Harvest Festival will also be a part of this week. Please refer to the monthly, weekly and daily engagement calendars for a full description of offerings for this week.



The Residence at Melrose Station

April Lyons
Executive Director

Marianne Bettano
Senior Business Office Director

Steven Chakalis
Maintenance Director

Shamika Johnson-Adams
Reflections Director

Anthony Difrumolo
Restaurant Operations Director

Susan Hawes
Resident Care Director

Kelly Brosch
Sales & Marketing Director

Madison Sanborn
Resident Engagement Director



Autumn Harvest Festival

Join us Wednesday, October 14th from 2–4 PM for an afternoon celebrating the flavors and spirit of fall! Enjoy fall-inspired bites, refreshing drinks, live music & barnyard animals as we gather together for a festive autumn celebration. RSVP to Kelly Brosch by Oct. 9th at 781-620-8990.



Chili Cook Off



Join us Wednesday, October 28th at 3 PM in the Bistro for an exclusive resident-only event! Sample delicious chili creations, enjoy some friendly competition, and see who will be crowned the 2026 Melrose Station Chili Cook-Off Champion!

Our leaders and associates will be cooking up their favorite chili recipes, each with their own unique twist! Residents will get to taste each creation and cast their vote for the ultimate favorite. Last year, Chef Dave’s Spicy Chili took home the title. Will we see a new champion, or will Chef Dave defend his title? Come ready to taste, vote, and enjoy some friendly competition as we turn up the heat at Melrose Station!

OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminders Hair Salon: Tuesday, Wednesday – 10 -4pm Transportation: <i>Local Errands</i> – Select Mondays & Select Fridays <i>Medical Appts</i> – Tuesday & Thursday 9-3pm <i>Outings</i> – Wednesday & Friday <i>Church</i> – Sunday – Trip to St. Mary’s at 9am				10:00 Chaboom Fitness 10:45 Barre & Balance 11:30 TED Talk-Stress Your Friend 1:30 Heartbeat of the Drums 2:00 The Songbook Social 2:00 Art Expressions Class 3:00 What's Up for October 3:30 Cocktail Hour	10:00 Core & Stability 10:45 Movement Circuit 11:30 Trip-Kelly's Route 1 11:30 New York Times-Wordle 1:30 Tai Chi Flow 2:00 Peabody Essex Museum Talk 2:00 Stationettes Rehearsal 2:30 Bingo for a Cause 3:30 Wine & Cheese Gathering 6:00 Firepit Fridays	10:00 Strength Training 10:45 Heartbeat of the Drums 11:30 Engagement Committee 1:30 Nature & Wonder 1:30 Cribbage Club 2:00 Laugh Lounge 3:00 Film-Steel Magnolias 4:00 Rummikub Table Game 4:30 Guided Meditation
9:00 Trip-St. Mary's Church 9:30 Spiritual Services 10:00 Strength Training 10:45 Open Art Studio 11:30 The Word Within 1:00 Make a Joyful Noise 1:15 Sculpt & Stretch 2:00 Jeopardy 3:00 Series-Roosevelts 4:00 Hand Spa Bliss	10:00 Stretch and Flexibility 10:45 Barre Dance Fitness 11:00 Ambassador Committee 11:30 The Huddle Sports Talk 1:00 REACT Neuro Sessions 2:00 Bingo for a Cause 2:00 Baking Workshop: Caramel Apple Cake 3:30 Happy Hour for a Cause 6:00 Cribbage & Cards	10:00 Stretch and Tone Workout 10:45 Yoga with Marianne 11:30 Angela Lansbury Spotlight 1:30 Tai Chi Flow 2:00 Nail Spa 2:00 Pianist-Richard Hughes 3:00 Smartboard 101 3:30 Wine & Hors d'oeuvres 6:00 Film-Out of Africa	10:00 Movement Circuit 10:15 Trip-Topsfield Fair 10:45 Smartboard Social 11:30 Podcast Spotlight-Gut Health 1:30 Resistance Training 2:00 Melrose Test Kitchen 2:30 Classical Music Hour 3:00 Walk In Their Shoes 3:30 Cocktail Hour 6:00 Discovering AI	10:00 Chaboom Fitness 10:45 Boxing at the Barre 11:30 Stories Behind The Song 1:30 Heartbeat of the Drums 2:00 Pianist-Hugh Kelleher 2:00 Art Expressions Class 2:45 Gratitude Journaling 3:30 Cocktail Hour	9:30 Core & Stability 9:30 Trip-Trader Joe's 10:00 Veterans Resource Visit 10:15 Movement Circuit 11:00 REACT Neuro 101 1:30 Tai Chi Flow 1:30 Trip-Brooksby Farm 2:00 Bike Basics Demo 2:30 Bingo for a Cause 3:30 Wine & Cheese Gathering	10:00 Strength Training 10:45 Heartbeat of the Drums 11:30 Salem Then & Now 1:30 Harvest Boards 2:00 NYT-Spelling Bee 3:00 Film-On Golden Pond 4:00 Mindful Watercolors 4:30 Guided Meditation 6:15 Communion with Marie
Happy Birthday Judy A. 9:00 Trip-St. Mary's Church 9:30 Spiritual Services 9:30 Strength Training 10:45 Open Art Studio 11:30 Music & Memories 1:00 Make a Joyful Noise 1:15 Sculpt & Stretch 2:00 New England Trivia 3:00 Series-The Sixties 4:00 Tech Ed-Nature Apps	Happy Birthday Donna G. Columbus Day 10:00 Stretch and Flexibility 10:45 Barre & Balance 11:30 Court Case Roundtable 1:00 REACT Serenity Session 2:00 Bingo for a Cause 2:00 Baking Workshop: Chocolate Chip Pumpkin Cookies 3:30 Wine & Cheese Gathering 6:30 Rummikub Table Game	10:00 Stretch and Tone Workout 10:45 Tuesday Tap & Groove 11:30 Nail Spa 1:30 Tai Chi Flow 2:00 Pianist-Steve Hershman 2:00 Harvest Wreath Workshop 3:00 TSOLife 101 3:30 Wine & Hors d'oeuvres 6:00 Film-Hocus Pocus	Happy Birthday Lisa C. 9:30 Resistance Training 10:15 Movement Circuit 10:30 Trip-Fall Foliage Walking Circuit 11:00 Rosary with Denise 11:30 In the News Discussion 2:00 Autumn Harvest Festival 2:30 Fall Farm Friends 4:30 Melrose Station Kind Club 6:00 Tea & Tales from New England	10:00 Chaboom Fitness 10:45 Barre & Balance 11:30 Grateful for the Seasons Reflection 1:30 Heartbeat of the Drums 1:30 Guest Talk-Robin S. 2:00 Eversound 101 2:00 Art Expressions Class 2:45 Mixology w/ Michelle 3:30 Pub Trivia Hour	Happy Birthday Carolyn K. 9:30 Core & Stability 10:30 Melrose Walk to Remember 11:30 New York Times-Wordle 1:30 Tai Chi Flow 1:30 Trip-Mahoney's 2:00 Dalia's Jewelry Pop Up 2:00 Stationettes Rehearsal 2:30 Bingo for a Cause 3:30 Wine & Cheese Gathering 6:00 Firepit Fridays	10:00 Strength Training 10:45 Heartbeat of the Drums 11:30 Chair Massage 1:30 Nature & Wonder 1:30 Cribbage Club 2:00 Laugh Lounge 3:00 Film-When Harry Met Sally 4:00 Rummikub Table Game 4:30 Guided Meditation
9:00 Trip-St. Mary's Church 9:30 Spiritual Services 10:00 Strength Training 10:45 Open Art Studio 11:30 The Word Within 1:15 Sculpt & Stretch 2:00 Jeopardy 3:00 Series-The Sixties 4:00 Hand Spa Bliss	9:30 Trip-Local Errands 10:00 Stretch and Flexibility 10:45 Cardio Barre 11:00 Ambassador Committee 11:30 The Huddle Sports Talk 1:00 REACT Neuro Sessions 2:00 Bingo for a Cause 2:00 Baking Workshop 3:30 Wine & Cheese Gathering 6:00 Cribbage & Cards	10:00 Stretch and Tone Workout 10:45 Yoga with Marianne 11:30 Golden Age of Jingles 12:00 Gentlemen's Luncheon 1:30 Tai Chi Flow 2:00 Guitarist-Chris Ekblom 2:00 Nail Spa 3:00 Resident Council 3:30 Wine & Hors d'oeuvres 6:00 Film-Ordinary Angels	Happy Birthday Maria O. 10:00 Movement Circuit 10:45 Smartboard Social 11:30 Podcast Spotlight-Gut Health 1:30 Resistance Training 1:30 Trip-Caffe Nero 2:00 Art Workshop w/ Kim 2:30 Classical Music Hour 3:00 Dementia Support Group 3:30 Cocktail Hour 6:00 Spa Glow Hour	10:00 Chaboom Fitness 10:45 Barre Pilates 11:30 Gratitude Journaling 1:30 Heartbeat of the Drums 1:45 Melrose Test Kitchen 2:00 Travel Germany w/ Ron 2:00 Art Expressions Class 3:00 Culinary Committee 3:30 Pub Trivia Hour	10:00 Core & Stability 10:15 Trip-Rose Art Museum 10:45 Movement Circuit 11:30 New York Times-Wordle 1:30 Tai Chi Flow 1:30 Self-Care Sanctuary 2:00 TSOLife 101 2:30 Bingo for a Cause 3:30 Wine & Cheese Gathering 6:00 Conversation & Company	10:00 Strength Training 10:45 Heartbeat of the Drums 11:30 Nature & Wonder 1:30 Seashells for a Cause 2:00 NYT-Spelling Bee 3:00 Film-Knives Out 4:00 Mindful Watercolors 4:30 Guided Meditation
9:00 Trip-St. Mary's Church 9:30 Spiritual Services 10:00 Strength Training 10:45 Open Art Studio 11:30 Music & Memories 1:15 Sculpt & Stretch 2:00 Halloween Culture & History 3:00 Series-The Sixties 4:00 Tech Ed-Podcasts	9:30 Stretch and Flexibility 10:15 Barre & Balance 11:00 Discovering AI-SDM Foundation 1:00 REACT Serenity Session 2:00 Bingo for a Cause 2:00 Baking Workshop: Pumpkin Cheesecake Bars 3:00 Diabetes Health-Bayada 3:30 Wine & Cheese Gathering 6:30 Rummikub Table Game	10:00 Stretch and Tone Workout 10:45 Monster Mash Moves 11:30 Nail Spa 1:30 Tai Chi Flow 2:00 Vocalist-Steve O'Connell 2:00 Jewelry Design Workshop 3:00 Smartboard 101 3:30 A Spirited Halloween Social 6:00 Film-Practical Magic	10:00 Communion with Judy 10:00 Movement Circuit 10:15 Trip-Pier's Park 10:45 Melrose Station Kind Club 11:30 In the News Discussion 1:30 Heartbeat of the Drums 2:30 Classical Music Hour 3:00 Chili Cook Off 6:00 Smartboard After Dark	10:00 Chaboom Fitness 10:45 Barre & Balance 11:30 TED Talk-Nelson Mandela 1:30 Resistance Training 2:00 Eversound 101 2:00 Art Expressions Class 3:30 Cocktail Hour 6:00 Pianist-John Flynn	Happy Birthday Phyllis C. 9:30 Core & Stability 10:00 Melrose Daycare Costume Parade 10:45 Movement Circuit 11:30 New York Times-Wordle 1:15 Trip-Fall Foliage Tour 1:30 Tai Chi Flow 2:00 Bike Basics Demo 2:30 Bingo for a Cause 3:30 Wine & Cheese Gathering 3:30 RMS Trick or Treat	Halloween 10:00 Strength Training 10:45 Heartbeat of the Drums 11:30 Chair Massage 1:30 Nature & Wonder 1:30 Cribbage Club 2:00 Laugh Lounge 3:00 Film-Addams Family 4:00 Rummikub Table Game 4:30 Guided Meditation

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY