

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

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Transportation: Community van transportation for medical appointments is available on Tuesdays and Thursdays by appointment only Salon Services: The hairdresser and nail technician is available on Tuesdays and Wednesdays from 10am-4pm by appointment				10:00 Chaboom Fitness 10:45 Global Culture and Events 11:00 Choice Dilemmas 1:30 Walking Group 2:00 The Songbook Social 2:00 Art Expressions Class 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Jigsaw Puzzlers Group 01	10:00 Tai Chi for Arthritis 10:45 Historical Moments 11:00 Choir Group 11:30 Trip-Kelly's Route 1 1:30 Reflect and Pray 2:00 Peabody Essex Museum Talk 2:00 Stationettes Rehearsal 2:00 Aromatherapy Nail Spa 3:00 Afternoon High Tea 3:45 Resistance Band Training 6:00 Firepit Fridays 6:00 Feature Film of the Week 02	10:00 Yoga Flow 10:45 Positive News and Events 11:00 Knowledge Bout Challenge 1:30 Reflect and Pray 2:00 Laugh Lounge 2:00 Jewelry Design Workshop 3:00 Saturday Smoothie Cafe 3:45 Barbell Strength 6:00 Musical Favorites 03
9:30 Spiritual Services 10:00 Barre & Balance Class 10:45 World News Report 11:00 History Highlight: Houdini 1:00 Make a Joyful Noise 1:30 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 3:45 Barbell Strength 6:00 Game Night- Board Games 04	10:00 Tai Chi for Arthritis 10:45 Positive Perspectives 11:00 Gardening and Nature Club 1:30 Reflect and Pray 2:00 Bingo for a Cause 2:00 Baking Workshop: Caramel Apple Cake 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Dealer's Choice: Card Games 05	10:00 Yoga with Marianne 10:45 Current Events 11:00 Resident Council 11:30 Chronology Word Extracts 1:30 Walking Group 2:00 Reflective Moments Talk 2:00 Pianist-Richard Hughes 3:00 Happy Hour Social 3:45 Resistance Band Training 6:00 Open Art Studio 06	10:00 Barre & Balance Class 10:15 Trip-Topsfield Fair 10:45 History Unfolded 11:00 Jeopardy! 1:30 Reflect and Pray 2:00 Melrose Test Kitchen 2:00 Aromatherapy Nail Spa 3:00 Refreshment Hour 3:45 Barbell Strength 6:00 Game of Chance Bingo! 07	10:00 Chaboom Fitness 10:45 Global Culture and Events 11:00 Choice Dilemmas 1:30 Walking Group 2:00 Pianist-Hugh Kelleher 2:00 Art Expressions Class 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Jigsaw Puzzlers Group 08	10:00 Veterans Resource Visit 10:00 Tai Chi for Arthritis 10:45 Historical Moments 11:00 Choir Group 1:30 Trip-Brooksby Farm 2:00 Reflect and Pray 2:00 Self-Care Sanctuary 3:00 Afternoon High Tea 3:45 Resistance Band Training 6:00 Feature Film of the Week 09	10:00 Yoga Flow 10:45 Positive News and Events 11:00 Knowledge Bout Challenge 11:30 Salem Then & Now 1:30 Reflect and Pray 2:00 Jewelry Design Workshop 3:00 Saturday Smoothie Cafe 3:45 Barbell Strength 6:00 Musical Favorites 6:15 Communion with Marie 10
9:30 Spiritual Services 10:00 Barre & Balance Class 10:45 World News Report 11:00 History Highlight: E. Allen Poe 11:30 Music & Memories 1:00 Make a Joyful Noise 1:30 Walking Group 2:00 Art Expressions Class 2:00 New England Trivia 3:00 Sundae Social 3:45 Barbell Strength 6:00 Game Night- Board Games 11	Columbus Day 10:00 Tai Chi for Arthritis 10:45 Positive Perspectives 11:00 Gardening and Nature Club 1:30 Reflect and Pray 2:00 Bingo for a Cause 2:00 Baking Workshop: Chocolate Chip Pumpkin Cookies 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Dealer's Choice: Card Games 12	10:00 Yoga Flow 10:45 Current Events 11:00 Chronology Word Extracts 1:30 Walking Group 2:00 Pianist-Steve Hershman 2:00 Reflective Moments Talk 3:00 Happy Hour Social 3:45 Resistance Band Training 6:00 Open Art Studio 13	10:00 Barre & Balance Class 10:30 Trip-Fall Foliage Walking 10:45 History Unfolded 11:00 Floral Arranging 11:00 Rosary with Denise 2:00 Autumn Harvest Festival 2:00 Aromatherapy Nail Spa 3:00 Refreshment Hour 3:45 Barbell Strength 4:30 RMS Kind Club 6:00 Game of Chance Bingo! 14	10:00 Chaboom Fitness 10:45 Global Culture and Events 11:00 Choice Dilemmas 1:30 Walking Group 1:30 Halloween History w/ Robin 2:00 Art Expressions Class 2:45 Mixology w/ Michelle 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Jigsaw Puzzlers Group 15	10:00 Tai Chi for Arthritis 10:30 Melrose Walk to Remember 10:45 Historical Moments 11:00 Choir Group 1:30 Reflect and Pray 1:30 Trip-Mahoney's 2:00 Dalia's Jewelry Pop Up 2:00 Stationettes Rehearsal 2:00 Self-Care Sanctuary 3:00 Afternoon High Tea 3:45 Resistance Band Training 6:00 Firepit Fridays 6:00 Feature Film of the Week 16	10:00 Yoga Flow 10:45 Positive News and Events 11:00 Knowledge Bout Challenge 1:30 Reflect and Pray 2:00 Laugh Lounge 2:00 Guitarist-Dan Freed 2:00 Jewelry Design Workshop 3:00 Saturday Smoothie Cafe 3:45 Barbell Strength 6:00 Musical Favorites 17
9:30 Spiritual Services 10:00 Barre & Balance Class 10:45 World News Report 11:00 History Highlight: Fae Folklore & Mythology 1:30 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 3:45 Barbell Strength 6:00 Game Night- Board Games 18	10:00 Tai Chi for Arthritis 10:45 Positive Perspectives 11:00 Gardening and Nature Club 1:30 Reflect and Pray 2:00 Bingo for a Cause 2:00 Baking Workshop: Pumpkin Pie 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Dealer's Choice: Card Games 19	10:00 Yoga with Marianne 10:45 Current Events 11:00 Film Selection Committee 11:30 Chronology Word Extracts 12:00 Gentlemen's Luncheon 1:30 Walking Group 2:00 Guitarist-Chris Ekblom 3:00 Happy Hour Social 3:45 Resistance Band Training 6:00 Open Art Studio 20	10:00 Barre & Balance Class 10:45 History Unfolded 11:00 Jeopardy! 1:30 Reflect and Pray 1:30 Trip-Caffe Nero 2:00 Art Workshop w/ Kim 2:00 Aromatherapy Nail Spa 3:00 Refreshment Hour 3:45 Barbell Strength 6:00 Game of Chance Bingo! 21	10:00 Chaboom Fitness 10:45 Global Culture and Events 11:00 Choice Dilemmas 1:30 Walking Group 1:45 Melrose Test Kitchen 2:00 Travel Germany w/ Ron 2:00 Art Expressions Class 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Jigsaw Puzzlers Group 22	10:00 Tai Chi for Arthritis 10:15 Trip-Rose Art Museum 10:45 Historical Moments 11:00 Choir Group 1:30 Reflect and Pray 2:00 Self-Care Sanctuary 3:00 Afternoon High Tea 3:45 Resistance Band Training 6:00 Conversation & Company 6:00 Feature Film of the Week 23	Happy Birthday Tony C. 10:00 Yoga Flow 10:45 Positive News and Events 11:00 Knowledge Bout Challenge 1:30 Reflect and Pray 1:30 Seashells for a Cause 2:00 Guitarist-Dan Freed 2:00 Jewelry Design Workshop 3:00 Saturday Smoothie Cafe 3:45 Barbell Strength 6:00 Musical Favorites 24
9:30 Spiritual Services 10:00 Barre & Balance Class 10:45 World News Report 11:00 History Highlight: All Hallow's Eve 11:30 Music & Memories 1:30 Walking Group 2:00 Art Expressions Class 3:00 Sundae Social 3:45 Barbell Strength 6:00 Game Night- Board Games 25	10:00 Tai Chi for Arthritis 10:45 Positive Perspectives 11:00 Gardening and Nature Club 11:00 Discovering AI-SDM Foundation 2:00 Bingo for a Cause 2:00 Baking Workshop: Pumpkin Cheesecake Bars 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Dealer's Choice: Card Games 26	10:00 Yoga Flow 10:45 Current Events 11:00 Culture Cafe: The Netherlands 1:30 Walking Group 2:00 Vocalist-Steve O'Connell 3:00 Happy Hour Social 3:45 Resistance Band Training 6:00 Open Art Studio 27	10:00 Barre & Balance Class 10:00 Communion with Judy 10:15 Trip-Pier's Park 10:45 RMS Kind Club 11:00 Floral Arranging 2:00 Virtual Tour: R.W. Spectacular 2:00 Aromatherapy Nail Spa 3:00 Refreshment Hour 3:00 Chili Cook Off 3:45 Barbell Strength 6:00 Bingo! 28	10:00 Chaboom Fitness 10:45 Global Culture and Events 11:00 Choice Dilemmas 1:30 Walking Group 2:00 Art Expressions Class 3:00 Refreshment Hour 3:45 Cardio Drumming 6:00 Pianist-John Flynn 6:00 Jigsaw Puzzlers Group 29	10:00 Melrose Daycare Costume Parade 10:00 Tai Chi for Arthritis 10:45 Historical Moments 11:00 Choir Group 1:15 Trip-Fall Foliage Tour 2:00 Self-Care Sanctuary 3:00 Afternoon High Tea 3:30 RMS Trick or Treat 3:45 Resistance Band Training 6:00 Feature Film of the Week 30	Halloween 10:00 Yoga Flow 10:45 Positive News and Events 11:00 Knowledge Bout Challenge 1:30 Reflect and Pray 2:00 Laugh Lounge 2:00 Jewelry Design Workshop 3:00 Saturday Smoothie Cafe 3:45 Barbell Strength 6:00 Musical Favorites 31