

SRC LOCATIONS:

Auditorium: Chair & Floor Yoga, SRC Singers
Dining Room: Book Club, Pinochle, American Legion, Vietnam Veterans, Bible Study
Game Room: Hooks & Needles
Sewing Room: Stitches & Seams



McMenamin Rec Center: Exercise, Dominoes, Breakfast Bar, Hoagie/Sandwich Night, Circle of Support, Peace Meditation (Reiki, Singing Bowls & Peace Art)

Calendar is for convenience only. Dates/times/locations subject to change. Refer to the Ridge Reporter or Flyer for complete details.

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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BUS TRIPS:
 Monday, April 17 – September Farm, Smucker’s Gourd Farm, Wimpy & Dee’s Classic Diner

2	3 Exercise 9 AM Book Club 2 PM	4 Dominoes 2 PM Hooks & Needles 2 PM Chair Yoga 3:30 PM Vietnam Veterans 7 PM	5 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5:30 PM	6 Circle of Support – 11 AM Pinochle 2 PM SRC Singers 3:30 PM "What's It Worth" 6 PM	7 Exercise 9 AM Pickleball 9 AM OFFICES CLOSED	8
9	10 Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM	11 Breakfast Bar 9:15 AM Resident/Staff Meeting 9:30 AM Dominoes 2 PM Chair Yoga 3:30 PM	12 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM Caring for the Caregiver 6 PM	13 Pinochle 2 PM SRC Singers 3:30 PM	14 Exercise 9 AM Pickleball 9 AM Lunch Bunch-Main St. Pub 11:30 AM	15
16	17 Exercise 9 AM Blood Drive – 2 TO 7 PM	18 Dominoes 2 PM Chair Yoga 3:30 PM TRAAC Field Trip – 10:30 AM	19 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM	20 Circle of Support – 11 AM Pinochle 2 PM SRC Singers 3:30 PM Downsizing Your Home – 6 PM	21 Exercise 9 AM Pickleball 9 AM Stretch into Spring – 11 AM	22 BRC SHRED EVENT 9 TO 11 AM
23 Peace Meditation 3 PM	24 Exercise 9 AM	25 Breakfast Bar 9:15 AM Dominoes 2 PM Chair Yoga 3:30 PM Elder Law: Will, POA, Proxies 6 PM	26 Men's Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM	27 Pinochle 2 PM SRC Singers 3:30 PM American Legion 7 PM	28 Exercise 9 AM Pickleball 9 AM Spring-Ford Music – 11 AM BINGO – 1 PM	29

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