

**SRC LOCATIONS:**

**Auditorium:** Chair & Floor Yoga  
**Dining Room:** Book Club, Pinochle, American Legion, Seminars, 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.*

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Calendar is for convenience only. Dates/times/locations subject to change. Refer to Ridge Reporter or Flyer for complete details</i></p>		<p><b>1</b></p> <p><b>Dominoes 2 PM</b>                      Hooks &amp; Needles 2 PM                      Water Aerobics 6:30 PM                      Vietnam Veterans 7 PM</p>	<p><b>2</b></p> <p><b>Exercise 9 AM</b>  <b>Hoagie/Sandwich 5 PM</b>                      Floor Yoga 9:30 AM                      Pickleball 5:30 PM</p>	<p><b>3</b></p> <p><b>Circle of Support – 11 AM</b>                      Pinochle 2 PM                      Water Aerobics 6:30 PM</p> <p><b>Brown Bag History 12 Noon</b></p>	<p><b>4</b></p> <p><b>Exercise 9 AM</b>                      Pickleball 9 AM</p> <p><b>The Brain 1 PM</b></p>	<p><b>5</b></p>
	<p><b>6</b></p>	<p><b>7</b></p> <p><b>Exercise 9 AM</b>                      Book Club 2 PM</p>	<p><b>8</b></p> <p><b>Dominoes 2 PM</b>                      Water Aerobics 6:30 PM</p>	<p><b>9</b></p> <p><b>Exercise 9 AM</b>                      Floor Yoga 9:30 AM                      Pickleball 5:30 PM</p>	<p><b>10</b></p> <p>Pinochle 2 PM                      Water Aerobics 6:30 PM</p>	<p><b>11</b></p> <p><b>Exercise 9 AM</b>                      Pickleball 9 AM                      Lunch Bunch – Exeter Family Restaurant - 11:30 AM</p>
<p><b>13</b></p> <p><b>Word Salad 4:30 PM</b></p>	<p><b>14</b></p> <p><b>Exercise 9 AM</b>                      WOW Bookmobile 10 AM                      Bible Study 2 PM</p>	<p><b>15</b></p> <p><b>Dominoes 2 PM</b>                      Water Aerobics 6:30 PM</p>	<p><b>16</b></p> <p><b>Exercise 9 AM</b>                      Floor Yoga 9:30 AM                      Pickleball 5:30 PM</p> <p><b>Mister Softee 2 PM</b></p>	<p><b>17</b></p> <p><b>Circle of Support – 11 AM</b>                      Pinochle 2 PM                      Water Aerobics 6:30 PM</p> <p><b>Find Your Fitness 2 PM</b></p>	<p><b>18</b></p> <p><b>Exercise 9 AM</b>                      Pickleball 9 AM</p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b></p> <p><b>Exercise 9 AM</b></p>	<p><b>22</b></p> <p><b>Dominoes 2 PM</b>                      Water Aerobics 6:30 PM</p>	<p><b>23</b></p> <p><b>Men’s Breakfast 8 AM</b>  <b>Exercise 9 AM</b>                      Floor Yoga 9:30 AM                      Pickleball 5:30 PM</p>	<p><b>24</b></p> <p>Pinochle 2 PM                      Water Aerobics 6:30 PM                      American Legion 7 PM</p>	<p><b>25</b></p> <p><b>Exercise 9 AM</b>                      Pickleball 9 AM</p> <p><b>Bingo 1 PM</b></p> <p><b>Illusionist &amp; Mentalist 4 PM</b>  <i>Pre-Ordered Pizza to Follow</i></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p> <p><b>Exercise 9 AM</b>                      WOW Bookmobile 10 AM</p>	<p><b>29</b></p> <p><b>Dominoes 2 PM</b>                      Water Aerobics 6:30 PM</p>	<p><b>30</b></p> <p><b>Exercise 9 AM</b>                      Floor Yoga 9:30 AM                      Pickleball 5:30 PM</p>	<p><b>31</b></p> <p>Pinochle 2 PM                      Water Aerobics 6:30 PM</p>	<p><b>BUS TRIPS:</b>                      Thursday – August 17 – Valley Forge National Park Trolley Tour</p>	