

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.

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BUS TRIPS: Thursday – September 21 – Strasburg Train Ride</p> <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>1 Exercise 9 AM Pickleball 9 AM Stony Hill Farm 11 AM</p>	<p>2</p>
<p>3</p>	<p>4 OFFICES CLOSED Exercise 9 AM Book Club 2 PM</p>	<p>5 Dominoes 2 PM Hooks & Needles 2 PM Vietnam Veterans 7 PM</p> <p>TRASH PICKUP</p>	<p>6 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5:30 PM</p> <p>Brown Bag: Art 12 Noon</p>	<p>7 Circle of Support – 11 AM Pinochle 2 PM</p>	<p>8 Exercise 9 AM Pickleball 9 AM Lunch Bunch – Moccia’s Restaurant – 11:30 AM <u>Carpool Only!</u></p>	<p>9</p>
<p>10</p>	<p>11 Exercise 9 AM Farm Stand 8:30 AM WOW Bookmobile 10 AM Bible Study 2 PM</p> <p>Tai Chi for Arthritis 11 AM</p>	<p>12 Light Refreshments 9 AM Community Meeting 9:30 AM Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>After a Hospital Stay – Rehab Options 6 PM</p>	<p>13 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p> <p>Vital Link 11 AM</p>	<p>14 Pinochle 2 PM</p> <p>Brown Bag: History 12 Noon</p>	<p>15 Exercise 9 AM Pickleball 9 AM Stony Hill Farm 11 AM</p>	<p>16 SHRED EVENT 9 AM TO 11 AM</p>
<p>17</p>	<p>18 Exercise 9 AM Farm Stand 8:30 AM</p>	<p>19 Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>Fire Safety 11 AM</p>	<p>20 Men’s Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p> <p>Mister Softee 2 PM</p>	<p>21 Circle of Support – 11 AM Pinochle 2 PM</p> <p>Push Away Arthritis 2 PM</p>	<p>22 Exercise 9 AM Pickleball 9 AM</p>	<p>23</p>
<p>24 PEACE MEDITATION 3 PM</p>	<p>25 Exercise 9 AM Farm Stand 8:30 AM WOW Bookmobile 10 AM</p> <p>AARP Smart Driver 1 PM</p>	<p>26 Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>AARP DriverTEK Class 10 AM AARP Smart Driver 1 PM</p>	<p>27 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>28 Pinochle 2 PM American Legion 7 PM</p>	<p>29 Exercise 9 AM Pickleball 9 AM Stony Hill Farm 11 AM</p> <p>Elvis 4 PM Pre-ordered pizza to follow</p>	<p>30 YARD SALE</p>