

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, Hoagie/Sandwich Night, Light Refreshments, Culinary Adventure Lunch, Circle of Support, Peace Meditation

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

OCTOBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| 1 | 2 Exercise 9 AM Book Club 2 PM | 3 Dominoes 2 PM Hooks & Needles 2 PM Chair Yoga 3:30 PM Vietnam Veterans 7 PM | 4 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5 PM Brown Bag: Art 12 Noon | 5 Circle of Support – 11 AM Pinochle 2 PM | 6 Exercise 9 AM Pickleball 9 AM Healthy Brain 1 PM | 7 |
| 8 | 9 Exercise 9 AM Bookmobile 10 AM Bible Study 2 PM PUMPKIN CONTEST THRU 10/20 | 10 Light Refreshments 9:15 AM Resident Meeting 9:30 AM Dominoes 2 PM Chair Yoga 3:30 PM | 11 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5 PM Suffering from Aches & Pains 1 PM | 12 Pinochle 2 PM Brown Bag: History 12 Noon | 13 Exercise 9 AM Pickleball 9 AM Stony Hill Farm 11 AM to 1 PM Lunch Bunch – Pizza Como & PC Pub 12 Noon | 14 |
| 15 | 16 Exercise 9 AM | 17 Dominoes 2 PM Chair Yoga 3:30 PM AT BRC: Making Your Money Last 10 AM | 18 Men’s Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5 PM | 19 Circle of Support – 11 AM Pinochle 2 PM | 20 Exercise 9 AM Pickleball 9 AM Strolling Musician 4 PM With Pre-Ordered Pretzels | 21 |
| 22 Peace Meditation 3 PM | 23 Exercise 9 AM Bookmobile 10 AM | 24 Culinary Adventure 12 Noon Dominoes 2 PM Chair Yoga 3:30 PM Will, POA & Health Care Proxy (Elder Law) 6 PM | 25 Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5 PM Blood Drive 2-7 PM | 26 Pinochle 2 PM American Legion 7 PM | 27 Exercise 9 AM Pickleball 9 AM Stony Hill Farm 11 AM to 1 PM BINGO 1 PM | 28 Hallowe’en Hangout 4 PM |
| 29 | 30 Exercise 9 AM | 31 Dominoes 2 PM Chair Yoga 3:30 PM | BUS TRIPS: Wednesday, October 11 – Sunnybrook Ballroom <i>Calendar is for convenience only. Dates/times/locations subject to change. Refer to Ridge Reporter or Flyer for complete details</i> | | | |