

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, Fellowship 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.

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BUS TRIPS: All SRC Bus Trips depart from the back part of Berean Bible Church Parking Lot</p> <p>Thursday – November 16 – The Stoozeum</p>			<p>1</p> <p>Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5 PM Brown Bag ART 12 Noon</p>	<p>2</p> <p>Circle of Support – 11 AM Pinochle 2 PM</p>	<p>3</p> <p>Exercise 9 AM Pickleball 9 AM Healthy Brain 1 PM</p>	<p>4</p>
<p>5</p> <p>Turn Clocks BACK 1 hour</p>	<p>6</p> <p>Exercise 9 AM Book Club 2 PM</p>	<p>7</p> <p>Dominoes 2 PM Hooks & Needles 2 PM Chair Yoga 3:30 PM Vietnam Vets 7 PM</p>	<p>8</p> <p>Exercise 9 AM Floor Yoga 9:30 AM Charlotte’s Web 1 PM</p>	<p>9</p> <p>Pinochle 2 PM Brown Bag HISTORY 12 Noon</p>	<p>10</p> <p>Exercise 9 AM Lunch Bunch – Spring Hollow Golf Club – 12 Noon Karl Hausman 3 PM</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM</p>	<p>14</p> <p>Light Refreshments 9:15 AM Resident Meeting 9:30 AM Dominoes 2 PM Chair Yoga 3:30 PM Medicare Seminar 11 AM Healthy Steps 1 PM</p>	<p>15</p> <p>Men’s Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM</p>	<p>16</p> <p>Circle of Support – 11 AM Pinochle 2 PM</p>	<p>17</p> <p>Exercise 9 AM</p>	<p>18</p>
<p>19</p> <p>Premiere Dance Studio 1:30 PM</p>	<p>20</p> <p>Exercise 9 AM Watching Out for Us! Safe Walking 10 AM</p>	<p>21</p> <p>Dominoes 2 PM Chair Yoga 3:30 PM Healthy Steps 1 PM</p>	<p>22</p> <p>Exercise 9 AM Floor Yoga 9:30 AM TRASH/RECYCLE</p>	<p>23</p> <p>Pinochle 2 PM American Legion 7 PM OFFICES CLOSED</p>	<p>24</p> <p>Exercise 9 AM OFFICES CLOSED</p>	<p>25</p>
<p>26</p> <p>Peace Meditation 3 PM</p>	<p>27</p> <p>Exercise 9 AM WOW Bookmobile 10 AM</p>	<p>28</p> <p>Fellowship Lunch 12 Noon Dominoes 2 PM Chair Yoga 3:30 PM</p>	<p>29</p> <p>Exercise 9 AM Floor Yoga 9:30 AM</p>	<p>30</p> <p>Pinochle 2 PM</p>		