

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.

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Exercise 9 AM Book Club 2 PM</p> <p>WISE 1 PM</p>	<p>2</p> <p>Dominoes 2 PM Hooks & Needles 2 PM Chair Yoga 3:30 PM Vietnam Veterans 7 PM</p>	<p>3</p> <p>Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>4</p> <p>Circle of Support – 11 AM Pinochle 2 PM</p>	<p>5</p> <p>Exercise 9 AM Pickleball 9 AM</p> <p>The Brain Series 1 PM</p>	<p>6</p>
<p>7</p> <p>SRC Singers Spring Concert 3 PM</p>	<p>8</p> <p>Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM</p>	<p>9</p> <p>Breakfast Bar 9:15 AM Resident/Staff Meeting 9:30 AM Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>Pottstown FARM 10:30 AM</p>	<p>10</p> <p>Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>11</p> <p>Pinochle 2 PM</p>	<p>12</p> <p>Exercise 9 AM Pickleball 9 AM Lunch Bunch-Vincenzo's 11:30 AM</p> <p>Spring Street Songsters 4 PM</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Exercise 9 AM</p>	<p>16</p> <p>Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>Outsmart the Scammers 10 AM</p>	<p>17</p> <p>Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>18</p> <p>Circle of Support – 11 AM Pinochle 2 PM</p>	<p>19</p> <p>Exercise 9 AM Pickleball 9 AM Jamie Kennedy Comedy Night 6 PM</p> <p>Mister Softee @ SRC 2 PM</p>	<p>20</p> <p>Women, Widows & Widowers Financial Workshop 8:30 AM</p>
<p>21</p> <p>Peace Meditation 3 PM</p>	<p>22</p> <p>Exercise 9 AM</p>	<p>23</p> <p>Breakfast Bar 9:15 AM Dominoes 2 PM Chair Yoga 3:30 PM</p>	<p>24</p> <p>Men's Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>25</p> <p>Pinochle 2 PM American Legion 7 PM</p>	<p>26</p> <p>Exercise 9 AM Pickleball 9 AM</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Exercise 9 AM Farm Stand 8:30 AM MEMORIAL DAY PICNIC 4 PM OFFICES CLOSED</p>	<p>30</p> <p>Dominoes 2 PM Chair Yoga 3:30 PM</p> <p>TRASH PICKUP</p>	<p>31</p> <p>Exercise 9 AM Floor Yoga 9:30 AM Pickleball 5:30 PM</p>	<p>BUS TRIP: Thursday, May 18 – Brandywine Museum of Art</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>		