

SRC LOCATIONS:

Auditorium: Chair & Floor Yoga
Dining Room: Book Club, Pinochle, American Legion, Vietnam Veterans
Game Room: Hooks & Needles
Sewing Room: Stitches & Seams



McMenamin Rec Center: Exercise, Dominoes, Breakfast Bar, Hoagie/Sandwich Night
 Calendar is for convenience only. Dates/times/locations subject to change. Refer to the Ridge Reporter or Flyer for complete details.

NOVEMBER 2022

| 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>1 Dominoes 2 PM Chair Yoga 3:30 PM Hooks & Needles 2 PM Vietnam Veterans 7 PM</p> | <p>2 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM</p> | <p>3 Pinochle 2 PM Ed Savitsky Medicare Seminar 6:30 PM</p> | <p>4 Exercise 9 AM</p> | <p>5</p> |
| <p>6 TURN CLOCKS BACK 1 HOUR</p> | <p>7 Exercise 9 AM Book Club 2 PM</p> | <p>8 Breakfast Bar 9:15 AM Resident Meeting 10 AM Dominoes 2 PM Chair Yoga 3:30 PM Hearing Loss: Surviving Noisy Stressful Holidays 6 PM</p> | <p>9 Exercise 9 AM Floor Yoga 9:30 AM Self-Defense 1 PM</p> | <p>10 Pinochle 2 PM Pilot Club 11 AM (at F-32)</p> | <p>11 Exercise 9 AM Lunch Bunch – Duck Inn - Colledgeville - 11:30 AM</p> | <p>12</p> |
| <p>13 Peace Meditation Time 3 PM</p> | <p>14 Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM</p> | <p>15 Dominoes 2 PM Chair Yoga 3:30 PM</p> | <p>16 Exercise 9 AM Floor Yoga 9:30 AM Self-Defense 1 PM</p> | <p>17 Pinochle 2 PM</p> | <p>18 Exercise 9 AM Karl Hausman 4 PM</p> | <p>19</p> |
| <p>20 Premiere Dance 2 PM</p> | <p>21 Exercise 9 AM</p> | <p>22 Breakfast Bar 9:15 AM Dominoes 2 PM Chair Yoga 3:30 PM</p> | <p>23 Men’s Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM TRASH/RECYCLE PICKUP</p> | <p>24 Pinochle 2 PM American Legion 7 PM OFFICES CLOSED</p> | <p>25 Exercise 9 AM OFFICES CLOSED</p> | <p>26</p> |
| <p>27</p> | <p>28 Exercise 9 AM</p> | <p>29 Dominoes 2 PM Chair Yoga 3:30 PM</p> | <p>30 Exercise 9 AM Floor Yoga 9:30 AM Self-Defense 1 PM</p> | <p>31 Pinochle 2 PM</p> | <p>BUS TRIPS: November 8 – Reading Museum</p> | |