



# December 2024

McMenamin Rec Center: Exercise, Dominoes, Hoagie/Sandwich Night, Light Refreshments, Bananagrams, Fellowship Lunch, Circle of Support, Peace Meditation, Reiki  
*Calendar is for convenience only. Dates/times/locations subject to change. Refer to the Ridge Reporter or Flyer for complete details.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise 9 AM Book Club 2 PM	3 Mahjong 1 PM Chair Yoga 3:30 PM Vietnam Veterans 7 PM	4 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM <b>Supermarket BINGO!</b> 10:30 AM	5 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM <b>TRASH/RECYCLE</b>	6 Exercise 9 AM Bananagrams 2 PM Joy of Yoga 10:30 AM SRC Christmas Luncheon 11:30AM	7 <b>Brown Bag History</b> 12 Noon
8	9 Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM	10 Light Refreshments 9:15 AM Resident Meeting 9:30 AM Mahjong 1 PM Chair Yoga 3:30 PM	11 Exercise 9 AM Floor Yoga 9:30 AM Needlecrafters 3 PM	12 Dominoes 2 PM Pinochle 2 PM	13 Exercise 9 AM Bananagrams 2 PM	14
15	16 Exercise 9 AM	17 <b>Stories Behind the Words</b> 12 noon Mahjong 1 PM Chair Yoga 3:30 PM <b>Owl Walk 6PM</b>	18 Men's Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM	19 Dominoes 2 PM Pinochle 2 PM	20 Exercise 9 AM Bananagrams 2 PM Joy of Yoga 10:30 AM	21
22	23 Exercise 9 AM WOW Bookmobile 10 AM	24 Fellowship Lunch 12 Noon Mahjong 1 PM Chair Yoga 3:30 PM <b>OFFICE CLOSED</b>	25 Exercise 9 AM Floor Yoga 9:30 AM Needlecrafters 3 PM <b>OFFICE CLOSED</b>	26 Dominoes 2 PM Pinochle 2 PM American Legion 7 PM	27 Exercise 9 AM Bananagrams 2 PM	28
29	30 Exercise 9 AM	31 Mahjong 1 PM Chair Yoga 3:30 PM	<b>BUS TRIPS:</b> Wednesday – December 11 – Hollywood Casino Wednesday December 18 - Local Christmas Light Tour 1 Thursday – December 19 - Local Christmas Light Tour 2 Saturday – December 21 – “Annie”			<b>SRC LOCATIONS:</b> <i>Auditorium:</i> Chair & Floor Yoga <i>Sewing Room:</i> Always Open! <i>Dining Room:</i> Book Club, Pinochle, American Legion, Needlecrafters, Vietnam Veterans, Mahjong <i>Presentations typically held in Dining</i>