

SRC LOCATIONS:

Auditorium: Chair & Floor Yoga
Dining Room: Book Club, Pinochle, American Legion, Needlecrafters, Vietnam Veterans
Sewing Room: Always Open!



McMenamin Rec Center: Exercise, Dominoes, Hoagie/Sandwich Night, Light Refreshments, 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.

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Exercise 10 AM Book Club 2 PM	2 Chair Yoga 3:30 PM Water Aerobics 6:30 PM Vietnam Veterans 7 PM	3 Exercise 10 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5:30 PM TRASH/RECYCLE PICKUP Mister Softee 2 PM	4 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM Ice Cream Social 4 PM OFFICE CLOSED	5 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM	6
7	8 Exercise 10 AM WOW Bookmobile 10 AM Bible Study 2 PM	9 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	10 Exercise 10 AM Floor Yoga 9:30 AM Needlecrafters 3 PM Pickleball 5:30 PM Supermarket Bingo 10:30 AM	11 Dominoes 2 PM Pinochle 2 PM	12 Exercise 10 AM Pickleball 9 AM Lunch Bunch-Vincenzo's 12 Noon Water Aerobics 6:30 PM	13
14	15 Exercise 10 AM Landis Farm Stand 9 AM	16 Chair Yoga 3:30 PM Water Aerobics 6:30 PM Red Cross Blood Drive 2 to 7 PM	17 Men's Breakfast 8 AM Exercise 10 AM Floor Yoga 9:30 AM Pickleball 5:30 PM Home Instead Bingo 1 PM Mister Softee 2 PM	18 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM	19 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM	20 Brown Bag History 12 Noon
21	22 Exercise 10 AM Landis Farm Stand 9 AM WOW Bookmobile 10 AM	23 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	24 Exercise 10 AM Floor Yoga 9:30 AM Needlecrafters 3 PM Pickleball 5:30 PM	25 Dominoes 2 PM Pinochle 2 PM American Legion 7 PM	26 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM Trivia w/Jann Huggens 4 PM	27
28	29 Exercise 10 AM Landis Farm Stand 9 AM	30 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	31 Exercise 10 AM Floor Yoga 9:30 AM Pickleball 5:30 PM Turtles 10:30 AM or 1:30 PM	BUS TRIP: Thursday, July 18 – Dienner's Country Restaurant & Shopping Calendar is for convenience only. Dates/times/locations subject to change. Refer to Ridge Reporter or Flyer for complete details		