

SRC LOCATIONS:

Auditorium: Chair & Floor Yoga
Dining Room: Book Club, Pinochle, American Legion,
Needlecrafters, Vietnam Veterans, Mahjong
Sewing Room: Always Open!
Presentations/Seminars typically held in Dining Room



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.

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BUS TRIPS: Friday – November 15 – American Treasure Tour & Museum Calendar is for convenience only. Dates/times/locations subject to change. Refer to Ridge Reporter or Flyer for complete details					1 Exercise 9 AM Bananagrams 2 PM Pickleball 9 AM Joy of Yoga 10:30 AM	2
3 FALL BACK 1 HOUR	4 Exercise 9 AM Book Club 2 PM	5 Mahjong 1 PM Chair Yoga 3:30 PM Vietnam Veterans 7 PM	6 Exercise 9 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Supermarket BINGO! 10:30 AM	7 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM Brown Bag History 12 Noon Navigating Medicare 7 PM	8 Exercise 9 AM Bananagrams 2 PM Lunch Bunch – Moccia’s Train Stop 11:30 AM	9
10	11 Exercise 9 AM WOW Bookmobile 10 AM Bible Study 2 PM	12 Light Refreshments 9:15 AM Resident Meeting 9:30 AM Mahjong 1 PM Chair Yoga 3:30 PM	13 Exercise 9 AM Floor Yoga 9:30 AM Needlecrafters 3 PM Blood Drive 2 to 7 PM	14 Dominoes 2 PM Pinochle 2 PM	15 Exercise 9 AM Bananagrams 2 PM Joy of Yoga 10:30 AM	16
17	18 Exercise 9 AM	19 Mahjong 1 PM Chair Yoga 3:30 PM Stories Behind the Words 12 Noon	20 Men’s Breakfast 8 AM Exercise 9 AM Floor Yoga 9:30 AM Beekeeping 1 PM	21 Dominoes 2 PM Pinochle 2 PM	22 Exercise 9 AM Bananagrams 2 PM	23
24 Peace Meditation 2 PM Premiere Dance Studio 2 PM	25 Exercise 9 AM WOW Bookmobile 10 AM	26 Fellowship Lunch 12 Noon Mahjong 1 PM Chair Yoga 3:30 PM	27 Exercise 9 AM Floor Yoga 9:30 AM Needlecrafters 3 PM TRASH/RECYCLE	28 Dominoes 2 PM Pinochle 2 PM American Legion 7 PM OFFICE CLOSED	29 Exercise 9 AM Bananagrams 2 PM OFFICE CLOSED	30