

SRC LOCATIONS:

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



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.

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SRC BUS TRIPS: Thursday, August 22 – Strasburg Railroad & Cracker Barrel <i>Calendar is for convenience only. Dates/times/locations subject to change. Refer to Ridge Reporter or Flyer for complete details.</i>				1 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM	2 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM	3
4	5 Exercise 10 AM Landis Farm Stand 9 AM Book Club 2 PM	6 Chair Yoga 3:30 PM Water Aerobics 6:30 PM Vietnam Veterans 7 PM	7 Exercise 10 AM Floor Yoga 9:30 AM Pickleball 5:30 PM Supermarket BINGO 10:30 AM Mister Softee 2 PM	8 Dominoes 2 PM Pinochle 2 PM	9 Exercise 10 AM Pickleball 9 AM Lunch Bunch – Spring-Ford Diner 11:30 AM Water Aerobics 6:30 PM	10
11	12 Exercise 10 AM Landis Farm Stand 9 AM WOW Bookmobile 10 AM Bible Study 2 PM	13 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	14 Exercise 10 AM Floor Yoga 9:30 AM Needlecrafters 3 PM Pickleball 5:30 PM	15 Circle of Support – 11 AM Dominoes 2 PM Pinochle 2 PM	16 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM	17 Brown Bag History: “Encampment of 1777” 12 Noon
18	19 Exercise 10 AM Landis Farm Stand 9 AM	20 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	21 Men’s Breakfast 8 AM Exercise 10 AM Hoagie/Sandwich 5 PM Floor Yoga 9:30 AM Pickleball 5:30 PM Mister Softee 2 PM	22 Dominoes 2 PM Pinochle 2 PM American Legion 7 PM	23 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM Entertainment: Maria Damore 4 PM	24
25	26 Exercise 10 AM Landis Farm Stand 9 AM WOW Bookmobile 10 AM	27 Chair Yoga 3:30 PM Water Aerobics 6:30 PM	28 Exercise 10 AM Floor Yoga 9:30 AM Needlecrafters 3 PM Pickleball 5:30 PM	29 Dominoes 2 PM Pinochle 2 PM	30 Exercise 10 AM Pickleball 9 AM Water Aerobics 6:30 PM	31