May 2026

Ridge's, Independent Living, Life Enrichment Guide

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Walks-LR 9:30 Fitness-HCR 1:00 Bridge-LR 1:30 Mexican Train Dominos-C **2:30 Create Your Own Kentucky Derby Hat! -HCR** May Day	**2** 2:00 Rummikub-C 3:00 Bingo-P 6:20 **Kentucky Derby Watch Party! -P (Horses will run at 6:57pm sharp)**
3 Church Loops 1:30 Outing: Marshalls & Wegmans 2:00 Crozet Methodist Church, Streamed Service-HCR	**4** 9:00 Walks-LR 9:30 Zumba-HCR 9:45 Olive Tree Outing 10:30 Bananagrams-C 12:30 Bookmobile-PL 1:00 Bridge-LR 1:30 Mexican Train Dominos-C	**5** 9:00 Walks-LR 10:00 Yoga-HCR 11:00 Lodge Singers *Taco Bar Lunch! -P* **2:00 Resident Association Mtg.-RDR** 7:00 Poker-C Cinco de Mayo	**6** 9:00 Walks-LR 9:30 Loop: Crozet 9:30 Fitness-HCR 2:00 Rummikub-C 7:00 Music: Jay Daniels-LR	**7** 9:00 Walks-LR 9:30 Yoga-A **2:30 Mother's Day Tea-RDR** 3:00 Knitting Grp. -LR 3:00 Catholic Comm.-GDR 5:00 Happy Hour 	**8** 9:00 Walks-LR 9:30 Fitness-HCR 1:00 Bridge-LR 1:30 Mexican Train Dominos-C	**9** 2:00 Rummikub-C 3:00 Bingo-P
10 Church Loops 2:00 Crozet Methodist Church, Streamed Service-HCR Mother's Day National Skilled Nursing Care Week	**11** 9:00 Walks-LR 10:30 Bananagrams-C 1:00 Walks-LR 1:30 Mexican Train Dominos-C	**12** 9:00 Walks-LR 10:00 Yoga-HCR 11:00 Lodge Singers 3:00 Music: David Weiss Band-LR 7:00 Poker-C	**13** 9:00 Walks-LR 9:30 Loop: C'ville 9:30 Fitness-HCR *10:30 Men's Group-PDR* 2:00 Rummikub-C	**14** 9:00 Walks-LR 9:00 Breakfast Outing: Tip Top Restaurant 9:30 Yoga-A 3:00 Knitting Grp. -LR 3:00 Catholic Comm.-GDR 5:00 Happy Hour	**15** 9:00 Walks-LR 9:30 Fitness-HCR 1:00 Bridge-LR 1:30 Mexican Train Dominos-C	**16** 2:00 Rummikub-C 3:00 Bingo-P Armed Forces Day
17 Church Loops 2:00 Crozet Methodist Church, Streamed Service-HCR 1:30 Flying Fox Winery in Afton	**18** **7:30** Trip to the National Museum of the Marine Corps through OLLI 9:00 Walks-LR 9:30 Zumba-HCR 10:30 Bananagrams-C 12:30 Bookmobile-PL 1:00 Bridge-LR 1:30 Mexican Train Dom.-C Memorial Day (Observed)	**19** 9:00 Walks-LR 10:00 Yoga-HCR 10:30 Madison Height's Koinonia Choir-LR 11:00 Lodge Singers 1:15 *Art Class w/ Cary-VAS* 7:00 Poker-	**20** 9:00 Walks-LR 9:30 Loop: Waynesboro 9:30 Fitness-HCR 2:00 Rummikub-C	**21** 9:00 Walks-LR 9:30 Yoga-A 3:00 Knitting Grp. -LR 3:00 Catholic Comm.-GDR Third Thursday Shavuot Begins	**22** 9:00 Walks-LR 9:30 Fitness-HCR 1:00 Bridge-LR 1:30 Mexican Train Dominos-C 2:00 Music: Holly Frost-LR	**23** 2:00 Rummikub-C 3:00 Bingo-P
24 Church Loops 2:00 Crozet Methodist Church, Streamed Service-HCR	 Memorial Day	**26** 9:00 Walks-LR 10:00 Yoga-HCR 11:00 Lodge Singers 1:15 *Art Class w/ Cary-VAS* 7:00 Poker-C	**27** 9:00 Walks-LR 9:30 Loop: Crozet *10:30 Men's Group-PDR* 9:30 Fitness-HCR 2:00 Rummikub-C 3:00 Music: Haywood Giles & Son-LR	**28** 9:00 Walks-LR 9:30 Yoga-A 3:00 Music; Kimball Swanson-LR 3:00 Knitting Grp. -LR 3:00 Catholic Comm.-GDR 5:00 Happy Hour	**29** 9:00 Walks-LR 9:30 Fitness-HCR 1:00 Bridge-LR 1:30 Mexican Train Dominos-C	**30** 2:00 Rummikub-C 3:00 Bingo-P
31 Church Loops 2:00 Crozet Methodist Church, Streamed Service-HCR						

Ground Floor: HCR-Harris Community Rm **First Floor: LR**- Living Rm, **HAM**-Ham's Billiard Rm **RDR-** Ridges Dining Rm, **P**-Pub, **L-** Library, **C**-Café, **VAS-**Visual Art Studio
PL: Parking Lot, **PDR** Private Dining Rm **Second Floor: A-**Afton Mountain Community Rm. **Third Floor: H**-Haden's Farm Community Rm, Greenwood Dining Rm. Please sign up for outings and art classes in the mailroom. Thank you.

May the month of May be a month of sunshine,
Happiness, and endless blessings.

Life Enrichment Director: Pamela Rose, email: pamelajessee@lodgeatoldtrail.com. The calendar is subject to change. Red-Outings, Purple: entertainment/special activity