

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2017

## Ridges, Independent Living, Life Enrichment Guide

			<p>9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 10am Alzheimer's Caregivers Mtg. 11am Walking Grp-L <b>11am YMCA water aerobics</b> <b>2pm Shopping Loop: Waynesboro</b> 2pm Games – Café <b>2:30 Ash Wednesday Service- 3<sup>rd</sup> Fl. GDR.</b></p>	<p>9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 Sue's Bible Study, Apt 343 2:00 Catholic Communion-1<sup>st</sup> PDR 3-4pm Knitting Group- Back of L. <b>3:30 Music: Katherine Shaver Band- Lobby</b></p>	<p>9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 2pm Color Me Calm-PDR 4pm Book Club-L</p> 	<p>11am YMCA water aerobics <b>3pm Saturday Matinee: "The Help"</b></p>
<p>2:30-3:30 Sunday Worship Service-GDR 6:30 Video/ Talk with Bronco Mendenhall, UVa Football Coach, PUB</p>	<p>5 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Lodge Family Sings-L 11am Walking Grp-L <b>12:30 JMRL Bookmobile-PL</b> <b>3:30 Music: Kim and Jimbo-L</b> 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>6 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HC 11am Walking Grp-L 1:30 * Poetry Grp-Library 2pm Game Time: Café 2pm Seated Yoga 3<sup>rd</sup> fl. GDR 3:30 Resident Association Mtg. RDR</p>	<p>7 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L <b>11am YMCA water aerobics</b> <b>2pm Shopping Loop: Charlottesville</b> 2pm Games – Café <b>4:30 WAHS "Once Upon a Mattress"-RDR</b></p> 	<p>8 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 Sue's Bible Study, Apt 343 3-4pm Knitting Group-L <b>3pm Music: Martha &amp; Me-L Garden Registration-L</b></p>	<p>9 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 3pm Quarter's Bingo-PUB</p>  <p><b>7pm Music: Ken Ellis Student Showcase-L</b></p>	<p>10 <b>10am Old Trail Comm. Garden Registration-L</b> 11am YMCA water aerobics <b>3pm Saturday Matinee: "Little Women"</b></p>
<p>2:30-3:30 Sunday Worship Service-GDR</p> <p>Purim Daylight Saving Time Begins</p>	<p>12 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Lodge Family Sings-L 11am Walking Grp-L <b>2pm Workshop: Senior Center Presentation-RDR</b> 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>13 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 * Poetry Grp-Library <b>2pm Shopping Loop- Crozet</b> 2pm Game Time: Café 2pm Seated Yoga 3<sup>rd</sup> fl. GDR <b>5pm Daring Diners: Fleurie French Restaurant, Pre-Theater Menu</b></p>	<p>14 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L <b>11am YMCA water aerobics</b> <b>2pm Shopping Loop: US Army Field Band &amp; Soldiers' Chorus- Pam has 12 FREE tickets, please sign up.</b></p>	<p>15 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 Sue's Bible Study, Apt 343 4:00 Catholic Communion-1<sup>st</sup> PDR 3-4pm Knitting Group-L</p>	<p>16 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 2pm Color Me Calm-PDR <b>3:30 Author, Helen Williamson, reads Irish Folklore-L</b> <b>5pm Happy Hour &amp; Newcomers' Welcome PUB</b></p>  <p>St. Patrick's Day</p>	<p>17 11am YMCA water aerobics <b>3pm Saturday Matinee: "Nine Lives"</b></p>
<p>2:30-3:30 Sunday Worship Service-GDR</p> <p><b>3:30pm Crozet Comm. Orchestra, Crozet Baptist Church</b></p>	<p>19 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Lodge Family Sings-L 11am Walking Grp-L <b>12:30 JMRL Bookmobile-PL</b> 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>20 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 * Poetry Grp-Library 2pm Game Time: Café 2pm Seated Yoga 3<sup>rd</sup> fl. GDR</p>	<p>21 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L <b>11am YMCA water aerobics</b> <b>2pm Shopping Loop: Waynesboro</b> 2pm Games – Café <b>7pm Genealogy Series with Mrs. Rash. NEW class. Please sign up!</b></p>	<p>22 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 Sue's Bible Study, Apt 343 2:00 Catholic Communion-1<sup>st</sup> PDR 3-4pm Knitting Group-L</p>	<p>23 9am Advanced Energy Exercise- HCR 10am Stay Fit-HCR 11am Walking Group-L 3pm Quarter's Bingo-PUB</p> 	<p>24 11am YMCA water aerobics <b>3pm Saturday Matinee: "Bringing Up Baby"</b> <b>3pm Music: Jay Daniels-L</b></p>
<p>2:30-3:30 Sunday Worship Service-GDR</p>	<p>26 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 11am Lodge Family Sings-L 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>27 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 * Poetry Grp-Library 2pm Game Time: Café 2pm Seated Yoga 3<sup>rd</sup> fl. GDR</p>	<p>28 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L <b>11am YMCA water aerobics</b> <b>2pm Shopping Loop: Charlottesville</b> 2pm Games – Café <b>7pm Genealogy Series with Mrs. Rash. Please sign up!</b></p>	<p>29 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 1:30 Sue's Bible Study, Apt 343 3-4pm Knitting Group-L <b>3pm NHS presents: Music by: Noriko Donahue &amp; Rick Larue-L</b></p>	<p>30 9am Advanced Energy Exercise- HCR 10am Stay fit Exercise- HCR 11am Walking Grp-L 2pm Color Me Calm-PDR <b>3pm Music: Greg Brown, Classical and Spanish Guitar-L</b></p>	<p>31 <b>Walking Group Starts this month. 11 am every weekday morning. Meet in the lobby.</b></p> 

**\*Poetry Group will meet on Tuesdays at 1:30pm in the Library.**