

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2017

## Ridges, Independent Living, Life Enrichment Guide

						<p>10 Maggie Campbell, LCSW, conversations 10:45 YMCA water aerobics 3 Violin Duet by Harrisonburg Strings 4pm Saturday Matinee: "The Good Lie" <small>All Fools' Day</small></p>
<p>2:30-3:30 Sunday Worship Service-GDR  2:30 Outing: Musical "Cabaret" @ PVCC</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 11 Walking Grp-L 12:30 JMRL Bookmobile-PL 7 WWII Presentation-PDR: Bill Eckerson 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 * Poetry Grp-Library 2 Seated Yoga 3<sup>rd</sup> fl. GDR 2 Shopping Loop: Crozet 4 Mr. Bishop, Humanitarian Presentation-HCR 7 WWII Presentation PDR- Bill Eckerson</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 10 Alzheimer's Caregiver's Support Group-L 11 Walking Grp-L 10:45 YMCA water aerobics 2 Games - Café 3:30 Music: Billy Brockman-L Dinner: Culinary Creation: Jean Cuthbert 7 Genealogy Series with Mrs. Rash.</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 Sue's Bible Study, Apt 343 2 Communion PDR 3-4 Knitting Group-L 7 Music: John Wyant Band-L</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay Fit-HCR 10 Outing: Lunch in Richmond @ The Cheesecake Factory &amp; shopping @ Macy's! 11 Walking Group-L</p> 	<p>10:45 YMCA water aerobics 1:30 Red Hat Tea Party @ Crozet Baptist 3 Saturday Matinee: "Manchester by the Sea"</p>
<p>2:30-3:30 Sunday Worship Service-GDR  <small>Palm Sunday</small></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 11 Lodge Family Sings-L 4 Wii-HCR 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub <small>First Day of Passover</small></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 * Poetry Grp-Library 2 Game Time: Café 4:30 NEW Comers Welcoming &amp; Minute to Win It! PUB 2 Seated Yoga 3<sup>rd</sup> fl. GDR</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 10:45 YMCA water aerobics 2 Shopping Loop: Waynesboro 2 Games - Café 7 Genealogy Series with Mrs. Rash. Please sign up!</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 Sue's Bible Study, Apt 343 2:45 Western Alb. High Sch. Strings Orchestra-RDR 3-4 Knitting Group L 5 Daring Diners: The Rooftop, Crozet</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay Fit-HCR 11 Walking Group-L 11:30 Good Friday Service @ Crozet Baptist 3:30 Bingo-PUB <b>BINGO</b></p>	<p>10:45 YMCA water aerobics 3 Saturday Matinee: "Wild Oats"</p>
<p>2:30-3:30 Sunday Worship Service-GDR  <small>Easter Sunday</small></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 11 Walking Grp-L 12:30 JMRL Bookmobile-PL 4 Wii-HCR 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 * Poetry Grp-Library 2 Game Time: Café 2 Seated Yoga 3<sup>rd</sup> fl. GDR 3:30 Music: Sunnyside Band-L</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 10:45 YMCA water aerobics 11:15 Angelo Russo with the American Legion workshop on depression-RDR 2 Shopping Loop: Charlottesville</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 Sue's Bible Study, Apt 343 3-4 Knitting Group-L 4 Communion-PDR 5:30 "A Century-or-so of Crozet History" author Phil James</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay Fit-HCR 11 Walking Group-L 2 Hike- Mint Springs 7 Music: Lark-Barbershop Quartet-L </p>	<p>10:45 YMCA water aerobics 3 Saturday Matinee: "Phantom of the Opera" <small>Earth Day</small></p>
<p>2:30-3:30 Sunday Worship Service-GDR  2:30 Outing: Municipal Band Spring Concert @ PVCC</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 11am Lodge Family Sings-L 3:30 Bingo-PUB 7-9 Mary Beth Revak &amp; ACME Swing Rehearse-Pub <b>BINGO</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay Fit Exercise- HCR 10 Wellness Workshop: Hear Better, Live Better &amp; hearing check 11 Walking Grp-L 1:30 * Poetry Grp-Library 2 Game Time: Café 2 Seated Yoga 3<sup>rd</sup> fl. GDR 6:30 Karaoke-PUB </p>	<p>8:30 Outing: MENS Breakfast to Tip Top Restaurant. 9 Adv. Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 10:45 YMCA water aerobics 2 Shopping Loop: Crozet 2 Games - Café 3:30 Music: James Currey-L</p> 	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Walking Grp-L 1:30 Sue's Bible Study, Apt 343 3-4 Knitting Group-L 4:30 Music: The Lodge Family Singers-L</p>	<p>8:30 Crozet Barber Shop 9 Advanced Energy Exercise- HCR 10 Stay Fit-HCR 11 Walking Group-L 4:30 Music: Jessalyn Fink and Students-L <small>Arbor Day</small> </p>	<p>10:45 YMCA water aerobics 3 Saturday Matinee: "The Lunch Box"</p>
<p>8:15 a.m. Senior Center Trip: see brochure Norfolk, Virginia International Tattoo Music Senior Center will contact you for info and payment. 2:30-3:30 Sunday Worship Service-GDR</p>						