

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2017

Ridges, Independent Living, Life Enrichment Calendar

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| <p>2:30-3:30 Sunday Worship Service-GDR 6</p> | <p>8 Walking Grp-L 7 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 12:30 JMRL Bookmobile-PL</p> | <p>8 Walking Grp-L 8 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Games-C 4:00 Meet Sweet Pea the piglet & Karma the Python with our staff members Justin & Samantha 6:30 Municipal Band Concert @ the Paramount</p>   | <p>8 Walking Grp-L 9 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 2 Shopping Loop-C'ville 3:30 Music & Show: Nashville to Vaudeville-L</p> | <p>8 Walking Grp 10 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise-HCR 1:30 Sue's Bible Study Apt # 343 4 Music- Kimball Swanson-Lobby</p>  | <p>8 Walking Grp-L 11 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Mah Jong-C 2 Color Me Calm PDR</p> | <p>10 St. Thomas Catholic Church will have communion and the Rosary in the Ridges dining room 10:45 YMCA water aerobics 3 Saturday Matinee: "The Magnificent Seven"</p> |
| <p>2:30-3:30 Sunday Worship Service-GDR 13</p> | <p>8 Walking Grp-L 14 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 4 Summer Social in the PUB! Welcome Newcomer's.</p>  | <p>8 Walking Grp-L 15 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Games-C 6:30 Municipal Band Concert @ the Paramount</p> | <p>8 Walking Grp-L 16 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 2 Shopping Loop-Waynesboro 3:30 Hearing Aid Checks-2nd Floor activity room 7 The Crozet Orchestra Ensemble</p> | <p>8 Walking Grp-L 17 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343c Communion 3 Knitting Grp-L 4 Catholic Communion -PDR Third Thursday The Life & Afterlife of a Jazz Legend</p>  | <p>8 Walking Grp-L 18 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Mah Jong-C 2 Color Me Calm PDR 3 Music- the wonderful Greg Brown-L</p> | <p>10:45 YMCA water aerobics 3 Saturday Matinee: "A Walk in the Clouds"</p> |
| <p>1:30 Sue Renard and Friends Hymn Sing-Lobby 2:30-3:30 Sunday Worship Service-GDR 20</p> | <p>8 Walking Grp-L 21 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 12:30 JMRL Bookmobile-PL 4:15 Bingo 7 The Crozet Orchestra Ensemble</p>  | <p>8 Walking Grp-L 22 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Games-C</p> | <p>8 Walking Grp-L 23 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 11:15 Lunch- Outing Dr. Ho's Humble Pie 2:30 Shopping Loop-C'ville 7 Genealogy w/ Joyce Rash-L</p> | <p>8 Walking Grp-L 24 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 2 Communion-PDR 3 Knitting Grp-L 7 Classical Piano by Vicky Lee-L</p> | <p>8:30 Crozet Barbershop 25 8 Walking Grp-L 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Mah Jong-C 4 Music- Stan Hamrick-L</p> | <p>10:45 YMCA water aerobics 3 Saturday Matinee: "Singin' in the Rain"</p> |
| <p>2:30-3:30 Sunday Worship Service-GDR 27</p> | <p>8 Walking Grp-L 28 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L 7 Poker-Men & Women</p> | <p>8 Walking Grp-L 29 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Games-C 5 Daring Diners: Aromas Cafe</p> | <p>8 Walking Grp-L 30 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 2 Shopping Loop-Crozet 3:30 Music- Our fav! James Curry-L 4 Book Club-L</p> | <p>8 Walking Grp-L 31 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 3 Knitting Grp-L</p> | <p>Ground Level- HCR-Harris Community Room. RED: Outing, PURPLE: Entertainment First Floor: L- Lobby, HAM-Ham's Billiard Room R- Ridges Dining Room, S-Seasons, LIB-Library Second Floor: A-Afton Mountain Community Room, LR-Living Room, P2-Patio Third Floor: H-Haden's Farm Community Room, IR-In Room, GDR-Greenwood Dining Room, HP-Haden's Farm Patio</p> | |