

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2017

Ridges Life Enrichment Calendar

2:30-3:30 Sunday Worship Service-GDR **3**

8 Walking Grp-L
9 Advanced Energy Exercise -HCR
10 Stay fit Exercise- HCR
11 Lodge Family Sings-L
12:30 JMRL Bookmobile-PL
7 Poker-Poker Table

Labor Day

8 Walking Grp-L **4**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
2 Games-C
3 NHS Presents Music: French Singer- The Paulien Trio-L

8 Walking Grp-L **5**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
10:45 Leave YMCA water Aerobics
2 Shopping Loop-Waynesboro
3:30 Music-Singing & Swinging- The Katherine Shaver Band! -L
7 Poker-Poker Table

8 Walking Grp-L **6**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Sue's Bible Study-Apt #343
2:00 Catholic Communion PDR
3 Knitting Grp-L
4 Bingo-P



8 Walking Grp-L **7**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
Red Hatter's Lunch @ Freia Fife's House # 434-327-6432
1:30 Mah Jong-C



10:45 YMCA water aerobics **1**
2 Saturday Matinee: "La La Land "

2:30-3:30 Sunday Worship Service-GDR **10**

Grandparents Day

8 Walking Grp-L **11**
9 Advanced Energy Exercise -HCR
10 Stay fit Exercise- HCR
11 Lodge Family Sings-L
3:30 Music Hall of Famer's-Kim and Jimbo Rhythms from around the World-L
7 Poker-PT

8 Walking Grp-L **12**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
2 Games-C
7 Tuesday Nights Summer Concert Series: -L

8 Walking Grp-L **13**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
10:45 Leave YMCA water Aerobics
2 Shopping Loop-Charlottesville
7 Poker-PT

8 Walking Grp-L **14**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Sue's Bible Study-Apt #343
3 Knitting Grp-L
VEGAS NIGHT



8 Walking Grp-L **15**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Mah Jong-C
2 Shopping Trip- J.Jill Store, Barracks Rd.
2 Color Me Calm PDR

10:45 YMCA water aerobics **16**
2 Saturday Matinee: "Hidden Figures "

2:30-3:30 Sunday Worship Service-GDR **17**

8 Walking Grp-L **18**
9 Advanced Energy Exercise -HCR
10 Stay fit Exercise- HCR
11 Lodge Family Sings-L
12:30 JMRL Bookmobile-PL
4 Meeting: Plan our outing to Charlestown Casino & Horse Races-P: ALL WELCOME!
7 Poker PT



8 Walking Grp-L **19**
9 Advanced Energy Exercise-10 Stay fit Exercise- HCR
2 Food Committee Meeting with Chef Matt-RDR: All Welcome.
2 Shopping Loop-Crozet
4pm IT Specialist: How to avoid computer scams and programs to protect yourself-HCR

8 Walking Grp-L **20**
9 Advanced Energy Exercise-HCR
8:50 Outing-Smith Mtn. Lake
10 Stay fit Exercise- HCR
10:45 Leave YMCA water Aerobics
7 Poker-PT

8 Walking Grp-L **21**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Sue's Bible Study-Apt #343
3 Knitting Grp-L
4:00 Catholic Communion-PDR
5:30 Third Thursday: An Evening with Kelly Turkeys!," RSVP
Rosh Hashanah

8 Walking Grp-L **22**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Mah Jong-C
3:30 Pam wants an... Activities Meeting! We've been doing some different trips, what else??
Autumn Begins



10:45 YMCA water aerobics **23**
2 Saturday Matinee: "On the Town "
3 Music and Vocals By: Jay Daniels!



2:30-3:30 Sunday Worship Service-GDR **24**

8 Walking Grp-L **25**
9 Advanced Energy Exercise -HCR
10 Stay fit Exercise- HCR
11 Lodge Family Sings-L
4 Autumn's Here! Newcomer's Welcome
7 Poker



8 Walking Grp-L **26**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
2 Games-C
3:30 Mexican Train Domino's-Café

8 Walking Grp-L **27**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
10:45 Leave YMCA water Aerobics
2 Shopping Loop-Waynesboro
4:45- Outing- Daring Diners: Stable Craft Brewing in Waynesboro
7 Poker

8 Walking Grp-L **28**
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Sue's Bible Study-Apt #343
2:00 Catholic Communion-PDR
3 Knitting Grp-L
4 Bingo-P



8 Walking Grp-L **29**
8:30 Outing: Barbershop
9 Advanced Energy Exercise-HCR
10 Stay fit Exercise- HCR
1:30 Outing: Shop Martha's Market, Tickets \$10
2 Color Me Calm PDR
7 Music- Lark Barbershop Quartet-L

10:45 YMCA water aerobics **30**
2 Saturday Matinee: "Love Comes Softly"

Yom Kippur