









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30-3:30 Sunday Worship Service-GDR <b>1</b>	8 Walking Grp-L <b>2</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L <b>12:30 JMRL Bookmobile-PL</b> 7 Poker	8 Walking Grp-L <b>3</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR <b>1:45 Outing-Goodwill-Find a bargain, find your Halloween costume!</b> 2 Games-	8 Walking Grp-L <b>4</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 1 Bridge <b>2 Voter Registration for new Lodge residents-2<sup>nd</sup> AMCR</b> <b>2 Shopping Loop- C'ville</b> 7 Poker	8 Walking Grp-L <b>5</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 3 Knitting Grp-L <b>4 Music: Kimball Swanson-Vocals and Guitar-L</b> Sukkot	8 Walking Grp-L <b>6</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 3 Wii Bowling-HCR	10:45 YMCA water aerobics <b>7</b> <b>2 Saturday Matinee: "On the Town"</b>
2:30-3:30 Sunday Worship Service-GDR <b>8</b>	8 Walking Grp-L <b>9</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L4:15 Bingo-PUB 7 Poker  Thanksgiving Day (Canada)	8 Walking Grp-L <b>10</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR <b>1 T'ia Chi-HCR</b> 2 Games-C <b>2 Shopping Loop- Crozet</b> <b>3:30 Halloween Mask Craft-HCR-ground fl.</b> <b>7 Music Concert</b> 	8 Walking Grp-L <b>11</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 1 Bridge <b>2 Outing: Albemarle County Office Building to get Va. Photo ID for voting.</b>	8 Walking Grp-L <b>12</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 3 Knitting Grp-L	8 Walking Grp-L <b>13</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise-HCR 2 Color Me Calm PDR 	10:45 YMCA water aerobics <b>14</b> <b>2 Saturday Matinee: "The Shack"</b>
2:30-3:30 Sunday Worship Service-GDR <b>15</b>	8 Walking Grp-L <b>16</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L <b>12:30 JMRL Bookmobile-PL</b> 3 Mexican Train Dominos-Cafe 7 Poker 	8 Walking Grp-L <b>17</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR <b>1 T'ia Chi-HCR</b> <b>2 Wellness Workshop: "Ten Things You May Not Know That Improve Wellbeing." With Speaker, Katie Caverly</b> <b>Dinner-Resident Spotlight: Dwight Geiger</b>	8 Walking Grp-L <b>18</b> 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics <b>2 Shopping Loop-Waynesboro</b> 1 Bridge <b>7 Genealogy w/ Joyce Rash-Library</b> 7 Poker	8 Walking Grp-L <b>19</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 3 Knitting Grp-L <b>5:30 Third Thursday: Peggy Sanner with the Chesapeake Bay Foundation-RSVP front desk</b>	8 Walking Grp-L <b>20</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR <b>3 Music-Greg Brown-Guitar</b> <b>5 Daring Diner's: Edelweiss German Restaurant</b>	10:45 YMCA water aerobics <b>21</b> <b>2 Saturday Matinee: "My Big Fat Greek Wedding 2"</b>
2:30-3:30 Sunday Worship Service-GDR <b>22</b>	8 Walking Grp-L <b>23</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L <b>3:30 Music-Jim Lilly &amp; Sunnyside</b> 7 Poker	8 Walking Grp-L <b>24</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR <b>1 Tia Chi-HCR</b> 2 Games-C <b>2 Shopping Loop- C'ville</b> <b>3 Wellness Workshop: Dermatologist Lindsey Kidd Presentation on common skin disorders. RDR</b> <b>4:30 New Comer's Welcome-PUB</b>	8 Walking Grp-L <b>25</b> 9 Advanced Energy Exercise-HCR <b>9:40 Lunch Outing- Peaks of Otter</b> 10 Stay fit Exercise- HCR 10:45 Leave YMCA water Aerobics 1 Bridge <b>3:30 Music-James Curry</b> 4:30 Book Club 7 Poker 	8 Walking Grp-L <b>26</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 1:30 Sue's Bible Study-Apt #343 <b>3 Music-Singer Bonnie Samuels</b> 3 Knitting Grp-L 4:15-5:00 Bingo PUB 	8 Walking Grp-L <b>27</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Color Me Calm PDR 	10:45 YMCA water aerobics <b>28</b> <b>2 Saturday Matinee: "How to Marry a Millionaire"</b>
2:30-3:30 Sunday Worship Service-GDR <b>29</b>	8 Walking Grp-L <b>30</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 11 Lodge Family Sings-L	8 Walking Grp-L <b>31</b> 9 Advanced Energy Exercise-HCR 10 Stay fit Exercise- HCR 2 Games-C <b>4 Halloween Party-Lobby Costume Contest Trick or Treaters-L</b>	 <h1>October 2017</h1> <h2>Ridges, Independent Living, Life Enrichment Guide</h2>			

