

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# FEBRUARY 2018


## Ridges, Independent Living, Life Enrichment Calendar

2:30-3:30 Sunday Worship Service-GDR **4**  
6:30 Super Bowl-PUB



9 Advanced Energy Exercise HCR **5**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
7 Poker


9 Advanced Energy Exercise HCR **6**  
10 Stay fit Exercise- HCR  
**11 Outing-Lunch and shop at Wegmans**  
1 Walking Grp-L  
2 Games-C  
3 Supplies for Valentine Card Making in HCR (No instructor, just fun!)



9 Advanced Energy Exercise HCR **7**  
10 Stay fit Exercise- HCR  
10:45 YMCA water Aerobics  
1 Walking Group-L  
1 Bridge  
**2 Loop- Charlottesville**  
1 Walking Grp-L  
**3 Music- Katherine Shaver Trio-L**

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

9 Advanced Energy Exercise HCR **9**  
10 Stay fit Exercise- HCR  
**1 Tennis-Coach Cubby-HCR**  
1 Walking Grp-L  
3:30 Bingo



10:45 YMCA water aerobics **3**  
**11 Ivy Piano Studio with Marie Ellis-L**  
1:30 Saturday Matinee: "The Prize Winner"

2:30-3:30 Sunday Worship Service-GDR **11**


9 Advanced Energy Exercise HCR **12**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
**3 Music- Violinist Megan Young accompanied by her grandmother.**  
7 Poker

9 Advanced Energy Exercise HCR **13**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
2 Games-C  
*Mardi Gras Dinner*



Mardi Gras


9 Advanced Energy Exercise HCR **14**  
10 Stay fit Exercise- HCR  
10:45 YMCA water Aerobics  
1 Walking Group-L  
1 Bridge  
**2 Loop- Crozet**  
**3:30 Billy Brockman-L**



Valentine's Day

9 Advanced Energy Exercise HCR **15**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
1:30 Sue's Bible Study-Apt #343  
3 Knitting Grp-L  
4 Catholic Communion-PDR

9 Advanced Energy Exercise HCR **16**  
10 Stay fit Exercise- HCR  
**1 Tennis-Coach Cubby-HCR**  
1 Walking Grp-L




Chinese New Year

10:45 YMCA water aerobics **17**  
1:30 Saturday Matinee: "Best in Show"


2:30-3:30 Sunday Worship Service-GDR **18**  
**2:30 Charlottesville Symphony, Brahms' Second**

9 Advanced Energy Exercise HCR **19**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
**2:30 Corks & Canvas Event! With artist Jason Abbot HCR**  
Please sign up!  
7 Poker



Presidents'

9 Advanced Energy Exercise HCR **20**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
2 Games-C  
**2 Loop- Waynesboro**  
4:15 Bingo



9 Advanced Energy Exercise HCR **21**  
10 Stay fit Exercise- HCR  
10:45 YMCA water Aero.  
**11:30 Outing: VMFA, Lunch at Amuse and Tour Terracotta Soldiers.**  
1 Bridge  
1 Walking Grp-L  
**3 Music- Martha and Me-L**  
7 Genealogy with Mrs. Rash-

9 Advanced Energy Exercise HCR **22**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
1:30 Sue's Bible Study-Apt #343  
2 Catholic Communion-PDR  
3 Knitting Grp-L  
**7 Music- Skyline Harmony Women's Chorus-L**

**8 Barbershop** **23**  
9 Advanced Energy Exercise HCR  
10 Stay fit Exercise- HCR  
**1 Tennis-Coach Cubby-HCR**  
1 Walking Grp-L  
3:30 Winter Olympics TLOT Style!

10:45 YMCA water aerobics **24**  
1:30 Saturday Matinee: "The Natural"

2:30-3:30 Sunday Worship Service-GDR **25**

9 Advanced Energy Exercise HCR **26**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
7 Poker

9 Advanced Energy Exercise HCR **27**  
10 Stay fit Exercise- HCR  
1 Walking Grp-L  
2 Variety Show:  
**Rumble in The Jungle**



9 Advanced Energy Exercise HCR **28**  
10 Stay fit Exercise- HCR  
10:45 YMCA Water Aero.  
1 Walking Group-L  
1 Bridge  
**2 Loop- Charlottesville**  
1 Walking Grp-L  
4 Book Club-L  
**5 Daring Diners: Lovington Café!**

February Chapter 2 of 12.

