

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday

January 2019

Ridges, Independent Living Life Enrichment Guide



New Year's Day

<p>2:30-3:30 Sunday Worship Service-GDR</p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR 11 Lodge Family Singers-L 12:30-1:00 Library Bookmobile PL 1 Walks-L 1 Bridge</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C 2 Loop- Crozet</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 2 Catholic Communion-PDR 3 Knitting Grp-back of Lobby</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong 5:30 Pub Trivia w/ Ben</p>	<p>2 Saturday Matinee "Mougli-Legend of the Jungle"</p>
<p>2:30-3:30 Sunday Worship Service-GDR</p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR 11 Lodge Family Singers-L 12:30-1:00 Library Bookmobile PL 1 Walks-L 1 Bridge</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C 2 Loop- Waynesboro 3 Music- Barbara Martin-L 5 Mass HCR</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 3 Knitting Grp-back of Lobby</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong</p>	<p>1:30 Music-John Wyant 2 Saturday Matinee "A Question of Faith"</p>
<p>2:30-3:30 Sunday Worship Service-GDR</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Lodge Family Singers-L 1 Walks-L 1 Bridge 4 Bingo</p> 	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 11:15 Lunch Outing: Basic Necessities 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C 2 Loop- Charlottesville 2:30 Hearing Aid Checks 2nd Floor near nurses Station</p> 	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 4 Catholic Communion-PDR 3 Knitting Grp-back of Lobby</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong 2 Music-Jay Daniels-L</p>	<p>2 Saturday Matinee "Message in a Bottle"</p>
<p>2:30-3:30 Sunday Worship Service-GDR</p> <p><u>FYI:</u> Total Lunar Eclipse Tonight Begins at 9:31pm Total at 12:12 am</p> 	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR 11 Lodge Family Singers-L 12:30-1:00 Library Bookmobile PL 1 Walks-L 1 Bridge</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C 3 Music-Carol Carr</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C 2 Loop- Crozet 4 Book Club 5 Mass HCR</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 3 Knitting Grp-back of Lobby 4 Winter Happy Hour!</p> 	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong 3 Music-Jim Howe Quartet</p>	<p>2 Saturday Matinee "Sommersby"</p>
<p>2-2:30 Music: Terra Voce Flute and Cello-L</p> <p>2:30-3:30 Sunday Worship Service-GDR</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 11 Lodge Family Singers-L 1 Walks-L 1 Bridge 4 Bingo</p> 	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C 5 Daring Diner's: Restaurant: Olive Garden</p>	<p>9 Advanced Energy Exercise 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C 2 Loop- Waynesboro</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 3 Knitting Grp-back of Lobby</p>	<p>"People don't generally notice whether it's winter or summer when they're happy" -Anton Chekhov</p>	