

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday


February 2019

Ridges, Independent Living, Life Enrichment Guide

Ground Level- HCR-Harris Community Room, **First Floor:** L- Lobby, HAM-Ham's Billiard Room R- Ridges Dining Room, P-Pub S-Seasons, LIB- Library, **Second Floor:** --Afton Mountain Community Room, LR-Living Room, **Third Floor:** H-Haden's Farm Community Room, IR-In Room, GDR-Greenwood Dining Room

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

Super Bowl LIII in the PUB
6:30pm CBS Sports

3 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
3 **Lodge Family Singers: L "Show Tunes"**

4 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walks-L
1:30 Bible Study, Apt #343
2 Games-C

Chinese New Year

5 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Bridge
2 Games-C
2 Loop- Charlottesville
3 New. Singer Entertainer: Joe Pettis-L


6 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
2 Catholic Communion-PDR
3 Knitting Grp-back of Lobby


Reminder, Pick up boxed dinner


7 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Mah Jong

8 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Mah Jong
2 Saturday Matinee "Lionheart"


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

11 9 Advanced Energy -HCR
10 Stay fit Exercise- HCR
11 Lodge Family Singers-L
1 Walks-L
1 Bridge
3:30 Chili Throw Down!


12 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walks-L
1:30 Bible Study, Apt #343
2 Games-C
4 Bingo


13 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Bridge
2 Games-C
2 Loop- Crozet
3:00 Music: Lou Boden, Indian Flutes-RDR
5:00 Mass



14 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
3 Knitting Grp-back of Lobby
3:00 Music: Me and Martha-L

Valentine's Day


15 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Mah Jong
3:30 Music-Billy Brockman-L

16 **2 Saturday Matinee "The Switch"**
2 Knitting w/ Polly Sheets
Prayer Shawl Grp, .Back of Lobby

2:30 Outing: Charlottesville Symphony
2:30-3:30 Sunday
Worship Service-GDR


17 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
Trip to National Cathedral!
Must be signed up


18 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walks-L
1:30 Bible Study, Apt #343
2 Games-C
3:00 Music: Bill Andrews on the Flat Top-L

19 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Bridge
2 Loop- Waynesboro
2:30 Hearing Aid Checks 2nd
3:00 Historian Mike Wingfield Presentation on Living in Central Virginia 1880-1911 RDR


20 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
3 Knitting Grp-back of Lobby
4 Catholic Communion-PDR

Third Thursday

21 **8 Barbershop**
9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Mah Jong
3:00 Music: Greg Brown Spanish Guitar-L
4 Happy Hour- Meet Beth Barber!



22 **1:30 Music: John Wyant-L**
23 Movie Matinee "The Theory of Everything"

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

25 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walks-L
1:30 Bible Study, Apt #343
2 Games-C
3:00 Music: Jim Lilly and Sunnyside Band

26 9 Advanced Energy Exercise
10 Stay fit Exercise- HCR
1 Walks-L
1:30 Bible Study, Apt #343
2 Games-C
5:00 Daring Diner's: "The Fitzroy"
Reservations made

27 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
1 Bridge
2 Games-C
2 Loop- Charlottesville
5 Mass

28 9 Advanced Energy Exercise- HCR
10 Stay fit Exercise- HCR
1 Walking Group-L
2 Catholic Communion-PDR
3 Knitting Grp-back of Lobby
6:30 Karaoke-P


"Love is the greatest refreshment in life"
-Pablo Picasso
