

# March 2019

## Ridges, Independent Living, Life Enrichment Guide

<p>6</p>						<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong <b>5:30 Pub Trivia w/ Ben</b></p>	<p><b>10:00 St. Thomas Catholic Church: Communion and Rosary-PDR</b> 2 Saturday Matinee "Mona Lisa Smile"</p>
<p>2:30-3:30 Sunday Worship Service-GDR <b>3</b></p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR <b>12:30-1:00 Library Bookmobile</b> 1 Walks-L 1 Bridge <b>3:30 Tatting Demonstration with Mrs. Paige &amp; Mary Ann Starr-Back Lobby, \$6 for supplies</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C <b>5:30 Mardi Gras Dinner Party with Mill Street Ramblers! Dixie Band</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C <b>2 Loop-Crozet</b></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 <b>4:30 "Sound of Music" Musical numbers by WAHS!-RDR</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong</p>	<p>2 Saturday Matinee "The Little Rascals"</p>	
<p>2:30-3:30 Sunday Worship Service-GDR <b>10</b></p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR 1 Walks-L 1 Bridge <b>3:30 Music: Kim and Jimbo-L</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C <b>3 Music-Carol Carr piano</b></p>	<p>Ash Wednesday</p> <p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C <b>2 Loop-Waynesboro</b> 3:30 Resident Association Mtg. 5 Mass-HCR 6:30-8 Old Trail Garden Spot Sign-ups-L</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 <b>3:30 Music-Kimball Swanson</b> <b>Pie Day, 3.14</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong <b>4 St. Paddy's Celebration!-P</b></p>	<p>10-11:30 Old Trail Garden Spot Sign-ups-L 2 Saturday Matinee "Good Will Hunting"</p>	
<p>2:30-3:30 Sunday Worship Service-GDR <b>17</b></p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR <b>12:30-1:00 Library Bookmobile PL</b> 1 Walks-L 1 Bridge 3:30 Bingo</p>	<p><b>8:30 Men's Breakfast-P</b> 9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C <b>2 Loop-Charlottesville</b> <b>3 Irish Music-Matthew O'Donnell-L</b></p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 3 Knitting Grp-back of Lobby 4 Communion-HCR Third Thursday</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong</p>	<p>2 Saturday Matinee "Billy Graham: An Extraordinary Journey" <b>Daring Diner's: Grace Estate Winery, Food Truck-Spice Sea</b> The David Tewksbury Band will be playing</p>	
<p>2:30-3:30 Sunday Worship Service-GDR <b>24</b></p>	<p>9 Advanced Energy -HCR 10 Stay fit Exercise- HCR 1 Walks-L 1 Bridge 4 Book Club-L</p>	<p><b>8:30 Outing: National Museum of the Marine Corps in Quantico</b> 9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walks-L 1:30 Bible Study, Apt #343 2 Games-C</p>	<p>7 Genealogy/Joyce Rash-PDR 9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Bridge 2 Games-C <b>2 Loop-Crozet</b> <b>3:30 Music-James Curry-L</b> 5 Mass</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 6:30 Karaoke-P</p>	<p>9 Advanced Energy Exercise- HCR 10 Stay fit Exercise- HCR 1 Walking Group-L 1 Mah Jong</p>	<p>2 Saturday Matinee "West Side Story"</p>	
<p>2:30-3:30 Sunday Worship Service-GDR <b>31</b></p>							

