

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Ridges, Independent Living, Life Enrichment Guide

## January 2021

1 Walks-L  
**5:30 Pub Trivia w/ Ben**



New Year's Day

1 **Saturday Runs** 2

3

10 Advanced Energy -HCR  
 10-11 Stay fit Exercise- HCR  
**12:30-1:00 Library will deliver any order books**  
 1 Walks-L

4  
 10-11 Stay fit Exercise- HCR  
 1:30 Bible Study, Apt #239  
 1 Walks-L  
 1 Canasta-C

5  
 9-10 Advanced Energy -HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Loop-Crozet**

6  
 9-10 Advanced Energy Exer  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Yoga w/ Cecily-HCR**  
**3 Catholic Communion-GDR**  
 3 Knitting Grp-back Lobby

7  
 9-10 Advanced Energy Exercise- HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L

8

10

9-10 Advanced Energy -HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L

11  
 10-11 Stay fit Exercise- HCR  
 1:30 Bible Study, Apt #239  
 1 Walks-L  
 1 Canasta-C  
**3 Music Larry Kent & ToniMarie-L**

12  
 9-10 Advanced Energy Exe  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Loop-Charlottesville**  
**3 Music: Stan Hamerick-L**


13  
 9-10 Advanced Energy Exe  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Yoga w/ Cecily-HCR**  
**3 Catholic Communion-GDR**  
 3 Knitting Grp-back Lobby

14  
 9-10 Advanced Energy Exercise- HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L


15 **Saturday Runs** 16

17

9-10 Advanced Energy -HCR  
 10-11 Stay fit Exercise- HCR  
**12:30-1:00 Library will deliver any order books**  
 1 Walks-L  
 3 Bingo-P, (resident led)



18  
 10-11 Stay fit Exercise- HCR  
 1:30 Bible Study, Apt #239  
 1 Walks-L  
 1 Canasta-C  
**3 Music-Barbara Martin-L**  
**4 Happy Hour-P Moscow Mules!**



19  
 1 Walks-L  
 9-10 Advanced Energy Exer  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Loop-Waynesboro**

20  
 9-10 Advanced Energy Exe  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Yoga w/ Cecily-HCR**  
**3 Catholic Communion-GDR**  
 3 Knitting Grp-back Lobby

21  
 9-10 Advanced Energy Exercise- HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L

22 23


24

9-10 Advanced Energy -HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2:30 Corks & Canvas's Painting Class! HCR leave with a masterpiece! Sign-Up on the sign-up sheet.**



25  
 10-11 Stay fit Exercise- HCR  
 1:30 Bible Study, Apt #239  
 1 Walks-L  
 1 Canasta-C

26  
 9-10 Advanced Energy Exe  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Loop-Crozet**  
 4-Book Club-L



27  
 9-10 Advanced Energy Exe  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L  
**2 Yoga w/ Cecily-HCR**  
**3 Catholic Communion-GDR**  
 3 Knitting Grp-back Lobby

28  
 9-10 Advanced Energy Exercise- HCR  
 10-11 Stay fit Exercise- HCR  
 1 Walks-L

29 **Saturday Runs** 30



Activity Professionals Week

Australia Day (observed)

# January 2021

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: A--Afton Mountain Community Room, LR-Living Room, Third Floor: H-Haden's Farm Community Room, IR-In Room, GDR-Greenwood Dining Room