

Sunday

Monday

Tuesday

Wednesday










Thursday

Friday

Saturday

May 2021

Ridges, Independent Living, Life Enrichment Guide

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
| | | | | | | 1 |
| | 2 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 12:30-1:00 Library will deliver any order books | 3 8 Walks-L 9-10 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 1 Canasta-C 1:30 Bible Study, PDR | 4 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 9-10 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 2-4 Loop: Waynesboro | 5 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 1:30 Yoga w/ Cecily-HCR 2:30 Annual Mother's Day Tea for the Ladies-RDR 3 Catholic Communion-GDR 3 Knitting Grp-back Lobby | 6 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 5:30 Pub Trivia-P | 7 Shopping Runs 9-2  |
|  Mother's Day | 9 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR | 10 8 Walks-L 9-10 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 1 Canasta-C 1:30 Bible Study, PDR 5 Daring Diner's: Bonefish Grill \$\$  | Cinco de Mayo 11 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 9-10 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 2-4 Loop: Crozet 3 Music: Stan Hammerick-L | 12 8 Walks-L 9-10 Advanced Energy Exer- 10-11 Stay fit Exercise- HCR 2 Yoga w/ Cecily-HCR 3 Catholic Communion & Mass-GDR 3 Knitting Grp-back Lobby | 13 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 10-2 CARTE Boutique, Ladies Clothing sale-L  | 14 11-12:30 Baseball Event: 15 Spring Training with the Lodge Sponsored, Little League Richmond Braves Elite 434 Lunch: Cook Out!  Armed Forces Day |
| Shavuot Begins | 16 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 12:30-1:00 Library will deliver any order books | 17 8 Walks-L 9-10 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 1 Canasta-C 1:30 Bible Study, PDR 3 Music-David Weiss-L | 18 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 2-4 Loop: Charlottesville, 29N area | 19 8 Walks-L 9-10 Advanced Energy Exer- 10-11 Stay fit Exercise- HCR 2 Yoga w/ Cecily-HCR 3 Catholic Communion-GDR 3 Magician: Phil Crosson-L 3 Knitting Grp-back Lobby  | 20 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 10:20 Leave for LUNCH & Wine Fasting at Veritas Winery! Fasting: \$15, plus lunch: \$15-\$25 (Limit of 6)  | 22 Shopping Runs 9-2  |
| | 23 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR | 24 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 1:30 Bible Study, PDR Canasta-C 3 Music-Danish Singer, Paulien and Company-L | 25 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR 2-4 Loop: Waynesboro 4:15 Book Club Meeting -- Lib | 26 8 Walks-L 9-10 Advanced Energy Exer- 10-11 Stay fit Exercise- HCR 2 Yoga w/ Cecily-HCR 3 Catholic Communion & Mass-GDR 3 Knitting Grp-back Lobby | 27 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR | 28 29 8 Walks-L 9 Advanced Energy -HCR 10-11 Stay fit Exercise- HCR |
| | 30 8 Walks-L  Thank you. | 31 | | | | |