

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# JUNE 2023

RIDGES INDEPENDENT LIVING  
LIFE ENRICHMENT GUIDE



<p>2:00- Crozet Methodist Church, Stream Service -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- Bananagrams -C 12:30- Bookmobile -PL 1:00- Bridge -C 2:00- Brain Boosters: Scattergories -P 3:00- Live Music with Kim and Jimbo -LR</p>	<p>9:00- Walks -LR 9:30- Yoga -A 10:00- Resident Led Fitness Class -HCR 2:00- Sun Tea and Conversations -BP</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- The Cheese Shop 2:00- Rummikub -C</p>	<p>9:00- Walks -LR 9:30- Yoga -A 3:00- Knitting Group -LR 3:00- Catholic Communion -GDR 5:00- Happy Hour -P 7:00- Movie: <i>A Man Called Otto</i> -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Waynesboro 3:00- Live Music with Spanish Guitarist Greg Brown -LR 5:30- Pub Trivia -P</p>	<p>2:00- Rummikub -C 2:00- Live Music at Pro Re Nata: Josh Rogan 4:00- Bingo -P</p>
<p>2:00- Crozet Methodist Church, Stream Service -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- Bananagrams -C 12:30- Bookmobile -PL 1:00- Bridge -C 2:00- Brain Boosters: Scattergories -P 3:00- Live Music with Kim and Jimbo -LR</p>	<p>9:00- Walks -LR 9:30- Yoga -A 10:00- Resident Led Fitness Class -HCR 2:00- Sun Tea and Conversations -BP</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- The Cheese Shop 2:00- Rummikub -C</p>	<p>9:00- Walks -LR 9:30- Yoga -A 2:30- Paint &amp; Sip with Jason -HCR 3:00- Knitting Group -LR 3:00- Catholic Communion -GDR 5:00- New Resident Meet &amp; Greet Happy Hour -BP 7:00- Movie: <i>The Glass Castle</i> -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Charlottesville</p>	<p>2:00- Rummikub -C 4:00- Bingo -P</p>
<p>2:00- Crozet Methodist Church, Stream Service -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- Bananagrams -C 1:00- Bridge -C 2:00- Brain Boosters: Scrabble -P</p>	<p>9:00- Walks -LR 9:30- Yoga -A 10:00- Resident Led Fitness Class -HCR 2:00- Wedding Day Celebration -LR</p>	<p>9:00- Walks -LR 9:00- Steaming Hotties Coffee Club -P 10:00- Resident Led Fitness Class -HCR 2:00- Rummikub -C 3:00- Live music with We Bring the Music Presents: The Jim Howe Quartet -LR 5:00- King Family Vineyard: Food Trucks &amp; Music <small>Flag Day (US)</small></p>	<p>8:30- Father's Day Breakfast -P 9:00- Walks -LR 9:30- Yoga -A 3:00- Knitting Group -LR 3:00- Catholic Communion -GDR 3:00- Live Music with Kimball Swanson -LR 5:30- Third Thursday -RDR 7:00- Movie: <i>Airport '77</i> -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Crozet</p>	<p>2:00- Rummikub -C 4:00- Bingo -P</p>
<p>2:00- Crozet Methodist Church, Stream Service -HCR</p> <p><small>Father's Day</small></p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:00- Bananagrams -C 12:30- Bookmobile -PL 1:00- Bridge -C 2:00- Brain Boosters: Boggle -P 3:00- Juneteenth Documentary -HCR</p> <p><small>Juneteenth</small></p>	<p>9:00- Walks -LR 9:30- Yoga -A 10:00- Resident Led Fitness Class -HCR 1:00- Minda's Boutique -HCR 2:00- Cooking Class with Justin - MUST SIGN UP -DR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 11:30- Lunch at Whistle Stop Grill 2:00- Rummikub -C 3:00- Live Music with Brian Frankie -LR</p> <p><small>Summer Begins</small></p>	<p>9:00- Walks -LR 9:30- Yoga -A 3:00- Knitting Group -LR 3:00- Catholic Communion -GDR 5:00- Happy Hour -P 7:00- Movie: <i>Legends of the Fall</i> -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Waynesboro</p>	<p>2:00- Rummikub -C 4:00- Bingo -P</p>
<p>2:00- Paramount Theater: <i>Guys &amp; Dolls</i> 2:00- Crozet Methodist Church, Stream Service -HCR</p>	<p>9:00- Walks -LR 10:00- ACAC Fitness - HCR 11:00- Bananagrams -C 1:00- Bridge -C 2:00- Brain Boosters: Phase 10 -P 3:00- Miller Center Presents: <i>How can we measure the health of a democracy?</i> -HCR</p>	<p>9:00- Walks -LR 9:30- Yoga -A 10:00- Resident Led Fitness Class -HCR 2:00- Sun Tea and Conversations -BP</p>	<p>9:00- Walks -LR 9:00- Steaming Hotties Coffee Club -P 10:00- ACAC Fitness -HCR 1:00- Book Club -L 2:00- Rummikub -C</p>	<p>9:00- Walks -LR 9:30- Yoga -A 3:00- Knitting Group -LR 3:00- Catholic Communion -GDR 3:30- Hymns &amp; Patriotic Songs with Pam -LR 5:00- Happy Hour -P 7:00- Movie: <i>Where the Crawdads Sing</i> -HCR</p>	<p>9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Charlottesville</p>	<p>GROUND FLOOR: HCR - Harris Community Room BP - Back Patio FIRST FLOOR: LR - Living Room HAM - Ham's Billiard Room P - Pub L - Library C - Café PL - Parking Lot PDR - Private Dining Room SECOND FLOOR: A - Afton Mountain Community Room LR - Living Room THIRD FLOOR: H - Hayden's Farm Community Room GDR - Greenwood Dining Room</p> 