

<h1>September 2023</h1> <p>RIDGES INDEPENDENT LIVING LIFE ENRICHMENT GUIDE</p>		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1	SATURDAY 2
SUNDAY 3 2:00- Crozet Methodist Church, Stream Service - HCR	MONDAY 4 9:00- Walks -LR 10:00- Fitness Class -HCR 11:00- Bananagrams -C 12:30- Bookmobile -PL 1:00- Bridge -C 3:30 – Labor Day Gathering: Tea, Talk and Games – P 5:30 – Wear White to Dinner - DR	5 9:00- Walks -LR 9:30- Yoga -A 11:00 - Group Crossword – HCR 4:00 – Craft Group Interest Meeting – HCR	6 9:00- Walks -LR 10:00- Fitness Class - HCR 1:00 – Trader Joe’s 2:00- Rummikub -C 3:00 - Music: Dan Layman – LR	7 9:00- Walks -LR 9:30- Yoga -A 11:30 – Keswick Vineyards Lunch and Putt Putt 3:00- Knitting Group –LR 3:00- Catholic Communion -GDR 5:00- Happy Hour -P 7:00- Movie: <i>First resident to arrive picks</i>	8 9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Crozet 5:00 – Justin Nelson Jazz - DR	9 9:00 - Charlottesville City Market 2:00- Rummikub –C 3:00- Bingo –P 4:00- Book Share and Discuss - PDR
10 2:00- Crozet Methodist Church, Stream Service - HCR	11 9:00- Walks -LR 9:30 – 9/11 Moment of Silence and Memorial Walk - LR 10:00- Fitness Class - HCR 11:00- Bananagrams -C 1:00- Bridge -C	12 9:00- Walks -LR 9:30- Yoga -A 2:00 – Men’s Community Service (Packing Kid’s Lunches) – HCR 6:00 – Ladies’ Night Out	13 9:00- Walks -LR 10:00- Fitness Class - HCR 11:00 - Downtown Culpeper and Lunch 2:00- Rummikub -C 3:00 We Bring the Music: “Jazz Connection”-LR	14 9:00- Walks -LR 9:30- Yoga -A 1:00 – Harris Teeter 3:00- Knitting Group –LR 3:00- Catholic Communion -GDR 5:00 – Happy Hour with Ann Mallek - P 7:00- Movie: <i>Ian’s pick</i>	15 9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15- Shop: Waynesboro 7:00 – Art Show with Col. Avery Chenoweth USMC (Ret.) - LR	16 9:30 Guided Meditation - HCR 1:00 Pilates with Liz - HCR 2:00 - Rummikub –C 3:00 - Bingo –P 3:30 – Evidence of Things Not Seen (Play at University Baptist Church)
17 2:00- Crozet Methodist Church, Stream Service - HCR	18 9:00- Walks -LR 10:00- Fitness Class - HCR 11:00- Bananagrams -C 12:30- Bookmobile -PL 1:00- Bridge -C	19 9:00- Walks -LR 9:30- Yoga -A 3:00 – Stan and Dan Music - LR 6:00 – Couple’s Dinner at Burton’s	20 9:00- Walks -LR 10:00- Fitness Class - HCR 11:15 – Antiquing Trip 2:00- Rummikub -C 4:00 – Music Club Interest Meeting – HCR	21 9:00- Walks -LR 9:30- Yoga -A 3:00- Knitting Group –LR 3:00- Catholic Communion -GDR 5:45- Third Thursday 7:00- Movie: <i>First resident to arrive picks</i>	22 9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00 - Bridge -C 2:15 - Shop: C’ville 5TH Street Station 3:00 – Greg Brown Music – Spanish Guitar - DR	23 11:00 – Crozet Car Show 2:00- Rummikub –C 3:00- Bingo –P 4:30 – Short Film Viewing and Discussion - HCR
24 2:00- Crozet Methodist Church, Stream Service - HCR	25 9:00- Walks -LR 10:00- Fitness Class - HCR 11:00- Bananagrams -C 1:00- Bridge -C 3:00 – Kimball Swanson Music – Folk and Classics - LR	26 9:00- Walks -LR 9:30- Yoga -A 4:00 Tech Talk with Ellie: Bring Your Own Device – P 6:00 - Men’s Bar Crawl	27 9:00- Walks -LR 10:00- Fitness Class - HCR 1:00 Book Club 2:00- Rummikub -C 5:45 – Piano with Liz – DR	28 9:00- Walks -LR 9:30- Yoga -A 1:00 – Bring your own topic discussion - PDR 3:00- Knitting Group –LR 3:00- Catholic Communion -GDR 5:00- Happy Hour -P 7:00- Movie: <i>Ian picks</i>	29 9:00- Walks -LR 10:00- Resident Led Fitness Class -HCR 1:00- Bridge -C 2:15 - Shop: Crozet 4:00 – Women’s Community Service (Packing Kid’s Lunches) – HCR	30 2:00- Rummikub –C 3:00- Bingo –P 7:45 – Boxing Match Viewing Party - HCR

For more information on the special events and to sign up, please visit the mail room between the Pub and the Café.

Venue Codes

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
DR – Dining Room

Second Floor:
A – Afton Mountain Community Room
LR2 - Living Room

Third Floor:
H – Hayden’s Farm Community Room
GDR – Greenwood Dining Room

Red: Outing
Purple: Onsite Activity