

Meadow Ridge Weekly Bulletin

August 11th – August 17th

Michelle will have
Office Hours on Tuesday,
August 13th from 4:30-5:30.

Upcoming Trips

8/18: Gourmet Adventures

8/21: Wilton Library Art
Show

8/28: Goodspeed

9/5: Hammond House

9/10: Quick Center

Transportation for Lab Work:

Tuesdays (fasting): 8:30am

**Thursdays (non-fasting):
10:00am**

*Please see posters for more
information.*

"Highlights of the Week"
section on bulletin boards. Each
week, we will highlight In-
House activities, entertainment
or speakers for you to enjoy!

Sunday, August 11th

Julia Hanan is the Manager on Duty

11:15 Catholic Mass (Assisted Living)

3:00 "Doctor Blake" (Auditorium)

6:00 Channel 3 Movie "Maltese Falcon"

Not Rated 1 hour 40 min 1941
(Auditorium)

Monday, August 12th

9:30 Stretch & Strength (Auditorium)

10:00 Art Class (Act. #2)

10:15 Core Crunch (Fitness Studio)

10:30 Library Committee (Library)

10:45 Tai Chi (Fitness Studio)

10:45 Gentle Water Balance (Pool)

1:00 Party Bridge (Bennett)

Call Elaine Tyler to play (544-1284)

3:00 Gentle Stretch & Move (Fit. Studio)

3:45 "Upstairs/Downstairs" (Auditorium)

4:00 Meadow Ridge Chorus (AL)

7:30 Monday Night at the Ballet (Auditorium)

Tuesday, August 13th

9:30 Stretch & Strength (Auditorium)

10:15 Water Volleyball (Pool)

10:30 Current Events & Issues (Act. #1)

11:00 Mark Twain Librarian (Library)

11:30 Balance (Fitness Studio)

1:00 Indoor Cardio Walking (Fitness Studio)

1:20 Match-point Duplicate (Bennett)

Call Charles Holloman before
10:00 AM to play (544-1005)

1:45 Shopping Trip: Caraluzzi's (Main Ent.)

3:00 Canasta (Act. #2)

Wednesday, August 14th

- 9:30 Stretch & Strength (Auditorium)
- 10:15 Core Crunch (Fitness Studio)
- 10:45 Aquacise (Pool)
- 11:30 Chair Yoga (Fit. Studio)
- 1:00 Computer Class (Act. #1)
- 2:00 The Big "B" (Act. #2)
- 2:00 Friends of Bill W (Gilbert Room)

- 2:00 Il Gruppo Italiano (Library)
- 3:00 Gentle Stretch & Move (Fit. Studio)
- 3:30 TRIP: Sunset Schooner Sail (Lobby)
- ~~3:45 Armchair Travels (Act. #1)~~
- 4:00 Travel Presentation (Act. #1)
- 7:30 Evan Weiner "1969" history lecture (Auditorium)

Thursday, August 15th

- 9:30 Stretch & Strength (Auditorium)
- 10:15 "Arthritis" Water Class (Pool)
- 11:30 Balance (Fitness Studio)
- 1:00 Wii Sports (Fitness Studio)
- 1:20 Match-point Duplicate (Bennett)
Call Charles Holloman before
10:00 AM to play (544-1005)

Fleetwood Jewelry Vendor

- 1:30 Shop Rite (Lobby)
- 2:00 Scrabble (Act. #2)
- 2:30 Dramatic Reading (Gilbert Room)
- 2:45 Tai Chi (Fitness Studio)
- 3:45 The Great Courses (Auditorium)

Friday, August 16th

- 9:30 Stretch & Strength (Auditorium)
- 9:30 Building Committee (Conf. Rm)
- 9:30 Le Groupe Français (Gilbert)
- 10:15 Mindful Meditation (Fitness Studio)
- 10:45 Water Walking (Pool)
- 10:45 Walking Club (Fitness Studio)
- 11:00 Film Committee (Conference Rm)
- 11:00 Kenny's Open Office Hr. (Act. #1)

- 1:00 Fitness Presentation (Act. #1)
- 3:00 Gentle Stretch & Move (Fitness Studio)
- 4:00 Wine & Cheese (Atrium)
- 5:10 Shabbat (Gilbert Room)
- 7:30 Friday Night Flick "Big Eyes"
PG-13 1 hr 45 min 2014 (Aud)

Saturday, August 17th

Nancy Gotschlich is the Manager on Duty

Bethel Cinema – Sign up in the Trip Book. Check Poster Wed. afternoon for more info.

- 10:15 Seated Pilates (Auditorium)
- 10:45 Pilates (Auditorium)

- 7:30 Saturday Night Movie "Kon Tiki"
PG-13 1 hr 58 min 2012
(Auditorium)