

Meadow Ridge Weekly Bulletin

August 18th – August 24th

Michelle will not have any office hours this week.

Upcoming Trips

8/28: Goodspeed

9/5: Hammond House

9/10: Quick Center

9/11: Westchester
Broadway

9/15: Gourmet Adventures

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 18th

11:15 Catholic Mass (Assisted Living)

3:00 "Doctor Blake" (Auditorium)

5:15 Gourmet Adventures (Lobby)

Nancy Gotschlich is the Manager on Duty

6:00 Channel 3 Movie "Kon Tiki"

PG-13 1 hr 45 min 2012

(Auditorium)

Monday, August 19th

9:30 Stretch & Strength (Auditorium)

10:00 Art Class (Act. #2)

10:15 Core Crunch (Fitness Studio)

10:45 Tai Chi (Fitness Studio)

10:45 Gentle Water Balance (Pool)

1:00 Party Bridge (Bennett)

Call Elaine Tyler to play (544-1284)

2:30 Yiddish Group (Act. #1)

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

3:45 "Upstairs/Downstairs" (Auditorium)

4:00 Meadow Ridge Chorus (AL)

7:30 Violin & Piano Concert (Auditorium)

Tuesday, August 20th

Krikor Jewelry

9:30 Stretch & Strength (Auditorium)

10:00 Clay Workshop (Act. #2)

10:00 Country Store Meeting (Conf. Rm)

10:00 "Arthritis" Water Class (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 21st

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| 9:30 Stretch & Strength (Auditorium) | 2:00 Friends of Bill W (Gilbert Room) |
| 10:15 Core Crunch (Fitness Studio) | 2:00 Il Gruppo Italiano (Library) |
| 10:45 Aquacise (Pool) | 3:00 Gentle Stretch & Move (Fit. Studio) |
| 10:45 Wilton Library Art Show (Lobby) | 3:45 Armchair Travels (Act. #1) |
| 11:30 Chair Yoga (Fit. Studio) | 7:30 Wednesday Movie "7 Days in Entebbe" PG-13 1 hr 47min 2018 (Auditorium) |
| 2:00 The Big "B" (Act. #2) | |
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Thursday, August 22nd

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| 9:30 Seamstress (Bennett Room) | 1:20 Match-point Duplicate (Bennett)
Call Charles Holloman before
10:00 AM to play (544-1005) |
| 9:30 Stretch & Strength (Auditorium) | 2:00 Scrabble (Act. #2) |
| 10:00 Danbury Mall (Lobby) | 2:30 Dramatic Reading (Gilbert Room) |
| 10:15 "Arthritis" Water Class (Pool) | 2:45 Tai Chi (Fitness Studio) |
| 11:30 Balance (Fitness Studio) | 3:45 The Great Courses (Auditorium) |
| 1:00 Wii Sports (Fitness Studio) | |
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Friday, August 23rd

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| 9:30 Stretch & Strength (Auditorium) | 3:00 Gentle Stretch & Move
(Fitness Studio) |
| 9:30 Le Groupe Français (Gilbert) | 3:30 Bocce Event (Spruce Courtyard) |
| 10:15 Mindful Meditation (Fitness Studio) | 7:30 Friday Night Flick "East of Eden"
PG 1 hr 55 min 1955 (Aud) |
| 10:45 Water Walking (Pool) | |
| 10:45 Walking Club (Fitness Studio) | |
| 11:00 Kenny's Open Office Hr. (Act. #1) | |
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Saturday, August 24th

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| 9:30 Grocery Shopping Shuttle (Lobby) | 7:30 Saturday Night Movie
"The Red Violin"
Rated R 2 hours 10 min 1998
(Auditorium) |
| 10:15 Seated Pilates (Auditorium) | |
| 10:45 Pilates (Auditorium) | |
- Nancy Kost is the Manager on Duty**