

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August 2019</h1> <h2>Activities Calendar</h2>			 <p>Meadow Ridge</p>	9:30 Food & Bev Comm 1 10:00 Stop & Shop 10:30 Short Story Discussion 1:20 Match-point Duplicate 2:00 Scrabble 2:30 Dramatic Reading 3:45 The Great Courses 7:30 Arthur Lipner Trio	9:30 Le Groupe Français 2 11:00 Kenny's Open Office Hour 7:30 Friday Flicks	3 Bethel Cinema Matinee 7:30 Saturday Night Movie
Trip: Tanglewood 4 11:15 Catholic Mass 2:00 Episcopal Service 3:00 "Dr. Blake" 6:00 Channel 3 Movie	5 10:00 Art Class 10:30 Activities Comm. 1:00 Party Bridge 2:30 Yiddish Group 3:45 "Upstairs/Downstairs" 4:00 Sing-a-long in Ridge Crest 7:30 Harpist Concert	Witchy Poo 6 10:00 Resident Board 10:00 Clay Workshop 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta	7 1:00 Fall Prevention 2:00 The Big "B" with Wilton Senior Center 2:00 Il Gruppo Italiano 2:00 Friends of Bill W Mtg 3:45 Armchair Travels 7:30 Wednesday Night Movie	8 9:30 Seamstress 9:45 Grounds Comm. 10:00 Walmart, TJ Maxx 1:20 Match-point Duplicate 2:00 Scrabble 2:00 Caregiver Support 2:30 Dramatic Reading 3:45 The Great Courses 5:00 Lobster Boil & Music	9 9:30 Le Groupe Français 11:00 Kenny's Open Office Hour 2:30 Writing For Fun 7:30 Friday Flicks	10 9:30 Grocery Shopping Shuttle 7:30 Saturday Night Movie
11 11:15 Catholic Mass 3:00 "Dr. Blake" 6:00 Channel 3 Movie	12 10:00 Art Class 10:30 Library Comm. 1:00 Party Bridge 3:45 "Upstairs/Downstairs" 4:00 Meadow Ridge Chorus 7:30 Monday Night at the Ballet	13 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta	Trip: Sunset Sail 14 1:00 Computer Class 2:00 The Big "B" 2:00 Il Gruppo Italiano 2:00 Friends of Bill W Mtg 3:45 Armchair Travels 4:00 Travel Presentation with Lia Levitt 7:30 Evan Weiner "1969"	Fleetwood Jewelry 15 10:30 Resident Mtg 11:30 Freshman Orientation 1:20 Match-point Duplicate 1:30 Shop Rite 2:00 Scrabble 2:00 Health Services Mtg. 2:30 Dramatic Reading 3:45 The Great Courses	16 9:30 Le Groupe Français 9:30 Building Comm. 11:00 Film Comm. 11:00 Kenny's Open Office 4:00 Wine & Cheese 5:10 Shabbat 7:30 Friday Flicks	17 Bethel Cinema Matinee 7:30 Saturday Night Movie
Trip: Gourmet Adventure 18 11:15 Catholic Mass 3:00 "Dr. Blake" 6:00 Channel 3 Movie	19 10:00 Art Class 1:00 Party Bridge 2:30 Yiddish Group 3:45 "Upstairs/Downstairs" 4:00 Meadow Ridge Chorus 7:30 Violin & Piano Concert	Krikor Jewelry 20 10:00 Clay Workshop 10:00 Country Store Mtg 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta	Trip: Wilton Lib. Art Show 21 2:00 The Big "B" 2:00 Friends of Bill W Mtg 2:00 Il Gruppo Italiano 3:45 Armchair Travels	22 9:30 Seamstress 10:00 Danbury Mall 10:30 Book Group 1:20 Match-point Duplicate 2:00 Scrabble 2:30 Dramatic Reading 3:45 The Great Courses	23 9:30 Le Groupe Français 11:00 Kenny's Open Office Hour 2:30 Writing For Fun 3:30 Bocce Event 7:30 Friday Flicks	24 9:30 Grocery Shopping Shuttle 7:30 Saturday Night Movie
25 11:15 Catholic Mass 3:00 "Dr. Blake" 6:00 Channel 3 Movie	26 10:00 Art Class 1:00 Party Bridge 3:45 "Upstairs/Downstairs" 4:00 Meadow Ridge Chorus 7:30 Jim Scianna Trio	27 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta 4:00 Mix & Mingle	Trip: Goodspeed 28 1:00 Computer Class 2:00 The Big "B" 2:00 Friends of Bill W Mtg 2:00 Il Gruppo Italiano 3:45 Armchair Travels 7:30 Wednesday Movie	29 10:00 Stop & Shop 1:20 Match-point Duplicate 2:00 Scrabble 2:30 Dramatic Reading 3:45 The Great Courses	30 9:30 Le Groupe Français 11:00 Kenny's Open Office Hour 4:00 Ridge Record Meeting 7:30 Friday Flicks	31 Bethel Cinema Matinee 7:30 Saturday Night Movie

Please see the Weekly Bulletin for more information. The Fitness Calendar is located on the back.





Meadow Ridge Group Fitness Calendar & Class Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch & Strength ◇◇◇ 9:30 - 10:10 Tracy	Stretch & Strength ◇◇◇ 9:30 - 10:10 Christa	Stretch & Strength ◇◇◇ 9:30 - 10:10 Tracy	Stretch & Strength ◇◇◇ 9:30 - 10:10 Christa	Stretch & Strength ◇◇◇ 9:30 - 10:10 Tracy	Seated Pilates ◇ 10:15 - 10:45 Anna & Leslie
Core Crunch ◇◇ 10:15 - 10:30 Christa	Arthritis Water Class 10:00-11:00 8/13 & 8/20 YMCA	Core Crunch ◇◇ 10:15 - 10:30 Christa	Arthritis Water Class 10:15 - 11:15 YMCA 8/15 & 8/22	Mindful Meditation ◇ 10:15 - 10:30 Tracy	Pilates ◇◇ 10:45 -11:15 Anna & Leslie
Gentle Water Balance ◇ 10:45 - 11:15 Tracy/Crista	Water Volleyball 10:15 - 11:15 8/27 Tracy	Aquacise ◇◇ 10:45 - 11:15 Christa	Balance ◇◇ 11:30 - 12:00 Christa	Water Walking ◇ 10:45 - 11:15 Christa	Open Gym Hours: Tuesday & Thursday 2:30-3:30 PM Fitness Staff available
	Balance ◇◇ 11:30 - 12:00 Christa				
Tai Chi ◇◇ 10:45 - 11:30 Robin		Chair Yoga ◇ 11:30 - 12:00 Tracy	Wii Sports 1:00 - 1:30	Walking Club 10:45 - 11:45 Tracy ALL LEVELS	
Gentle Stretch & Move ◇ ◇ 3:00 - 3:30 Tracy	Indoor Cardio Walking ◇ ◇ 1:00 - 1:30	Gentle Stretch & Move ◇ ◇ 3:00 - 3:30 Tracy	Tai Chi ◇ ◇ 2:45 - 3:45 Robin <i>New Day & Time</i>	Gentle Stretch & Move ◇ ◇ 3:00 - 3:30 Tracy	

Intensity Key

◇ = Low
◇◇ = Medium
◇◇◇ = High

Location Key

 = Auditorium
 = Pool
 = Fitness Studio
 = Outdoors

Aquacise ◇◇ Get the benefits of higher aerobic exercise with low impact on your body. Move, strengthen your muscles and keep your heart rate strong with this 30 minute class. **Participants should be able to get in/out and maneuver freely without assistance in the pool.** Please be changed, showered and in the pool at the start of the class.

Balance ◇◇ Reduce your risk for falls by performing balance specific exercises focused on strengthening your leg muscles, testing your sense of positioning and increasing your comfort to move through your environment.

Core Crunch ◇◇ A great addition to your balance program! This class focuses on your stomach and back muscles, improving your posture and balance. You will be seated for all exercises and all fitness levels are welcome.

Gentle Stretch & Move ◇◇ Stretch out your muscles and increase your heart rate from the comfort of the chair. Focus on active and gentle stretching with additional movements to increase daily activity. **A better choice for an individual who wants to exercise but has difficulty maneuvering up and down or standing for any length of time.**

Gentle Water Balance ◇ Pool classes are for Participants only Feeling wobbly and stiff? Strengthen your muscles and improve balance on land using water resistance with and without equipment through walking, standing, and balance poses.

Indoor Cardio Walking ◇◇ Indoor cardio walking to get your heart pumping and energy flowing. Each 15-minute routine is equivalent to 1 outdoor walking mile.

Mindful Meditation ◇ If you are looking for a class that will clear your mind, this is the right one for you! Join us every Friday morning at 10:15 am to see how stress relief and deep-breathing exercises will increase your mindfulness, and help you relax from your outside stressors.

Seated Pilates/Pilates ◇ With this carefully constructed pattern of exercises, you become reacquainted with the deep core muscles. These integral muscles are there to support functional life! Breathing, Circulation, Flexibility, reintegrating movement after injury and Mind-Body coordination are only a few of the many benefits that Pilates can offer. Seated Pilates is at 10:00 am and 10:30 am is a regular Pilates class.

Stretch & Strength ◇◇◇ A complete exercise experience for the **higher level** participant. Come to class to start off your day energized! This class includes cardiovascular, strength and balance exercises. **Participants should be able to sit, stand and maneuver well with a chair.** Hand weights and resistance bands are used regularly.

Tai Chi ◇◇

Strengthen the body, improve balance and immunity and reduce stress with this calming and gentle practice. Many studies support the benefits of Tai Chi for older adults.

Water Volleyball ◇

Enjoy water volleyball in the low end of the pool with an inflatable beach ball. Come enjoy this great aquatic activity, where you'll stay fit and have fun!

Water Walking ◇

Learn new, effective ways to burn calories in the pool. This is a perfect environment for anyone with sore joints, balance impairments, or anyone who just wants to try something new!

Chair Yoga ◇ This yoga class will be primarily performed seated. There will be standing options for a portion of the class. Modifications will be made available for those who choose not to stand during class. Yoga will teach you how to move your body through a variety of poses to align your mind, body and spirit.

Questions, Please Call (203) 544 - 7733 x630

Tracy Yost, Fitness Manager

Christa Wilson, Fitness Specialist