

Meadow Ridge Weekly Bulletin

September 15th – September 21st

Michelle will have Office Hours
on Tuesday, Sept. 17th from
11:00 AM – 12:00 PM

Upcoming Trips

9/25: Grace Farms

9/26: Bronx Zoo

10/2: Goodspeed

10/9: West Point Tour

Open Art Room Times:

Monday: 12:00pm – 5:00pm

Tuesday: 2:30pm – 5:00pm

Wednesday: 9:00am – 1:30pm

Thursday: 9:00am – 1:30pm

Friday: 9:00am – 5:00pm

**These times are subject to
change. Act. Room #2*

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

Sunday, September 15th

Lynda Moran is the Manager on Duty

11:15 Catholic Mass (Assisted Living)

3:00 "Doctor Blake" (Auditorium)

3:00 "Sunday in the Park" Bocce
(Spruce Courtyard)

5:15 Gourmet Adventures (Lobby)

6:00 Channel 3 Movie "Bohemian
Rhapsody"
PG-13 2 hrs 14 min 2018

Monday, September 16th

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 Hal Healy to play (544-8191)

2:00 Il Gruppo Italiano (Library) **NEW DAY**

2:30 Yiddish (Act. #2)

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

3:45 "Upstairs/Downstairs" (Auditorium)

4:00 Meadow Ridge Chorus (AL)

7:30 **League of Women Voters**
"Report from Hartford" (Aud)

Tuesday, September 17th

9:30 Stretch & Strength (Auditorium)

10:00 Country Store Mtg (Conference Rm)

10:00 Clay Workshop (Act. #2)

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

11:00 Mark Twain Librarian (Library)

11:30 Balance (Fitness Studio)

12:00 Stretch & Release (Fit. 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)

4:00 Mix & Mingle (Atrium)

7:30 **Ridgefield Symphony Orchestra**
Concert/Open House (Auditorium)

Wednesday, September 18th

- 9:30 Stretch & Strength (Auditorium)
 - 10:00 TRIP: Vineyard (Lobby)
 - 10:15 Core Crunch (Fitness Studio)
 - 10:45 Aquacise (Pool)
 - 11:30 Chair Yoga (Fit. Studio)
 - ~~1:00 Art Lecture with Lauren~~ **Rescheduled**
for 9/25th
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Fashions on the Go

- 2:00 The Big "B" (Act. #2)
 - 2:00 Friends of Bill W (Gilbert Room)
 - 3:00 Gentle Stretch & Move (Fit. Studio)
 - 3:45 Armchair Travels (Act. #1)
 - 7:30 **Eric Comstock concert (Auditorium)**
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Thursday, September 19th

- 9:30 Stretch & Strength (Auditorium)
- 9:30 Seamstress (Bennett Room)
- 10:15 "Arthritis" Water Class (Pool)
- 10:30 Resident Meeting (Auditorium)
- 11:30 Balance (Fitness Studio)
- 12:00 Stretch & Release (Fit. Studio)
- 1:20 Match-point Duplicate (Bennett)
Call Charles Holloman before
10:00 AM to play (544-1005)

- 1:30 Stop & Shop (Lobby)
 - 2:00 Scrabble (Act. #2)
 - 2:00 UU Gathering (Gilbert Room)
 - 2:00 Health Services Mtg (AL)
 - 2:00 Dramatic Reading #1 (Conference)
 - 2:45 Tai Chi (Fitness Studio)
 - 3:00 Dramatic Reading #2 (Conference)
 - 3:45 The Great Courses (Auditorium)
 - 7:30 **Opera/Ballet Presentation (Aud)**
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Friday, September 20th

- ~~9:30 Stretch & Strength~~ **CANCELLED**
- 9:30 Walkabout Workout (Spruce Ctyd)
- 9:30 Building Committee (Conf. Rm)
- 9:30 Le Groupe Français (Gilbert)
- ~~10:15 Mindful Meditation~~ **CANCELLED**
- 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)
 - 2:00 TRIP: Pomperaug Woods (Lobby)
 - 3:00 Gentle Stretch & Move
(Fitness Studio)
 - 5:10 Shabbat (Gilbert Room)
 - 7:30 Friday Night Flick "Amazing Grace"
Rated G 1 hr 29 min 2018 *Subtitles*
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Saturday, September 21st

- 10:15 Seated Pilates (Auditorium)
- 10:45 Pilates (Auditorium)
- 12:15 TRIP: Prospector Theater (Lobby)

Corey Seigel is the Manager on Duty

- 7:30 Saturday Night Movie
"At Eternity's Gate" *Subtitles*
PG-13 1 hr 50 min 2018
(Auditorium)