

Meadow Ridge Weekly Bulletin

September 22nd – September 28th

Michelle will have Office Hours
on Friday, Sept. 27th
from 12:30 PM – 1:30 PM

Upcoming Trips

10/2: Goodspeed

10/6: Gourmet Adventures

10/11: West Point Tour

10/13: Candlelight Concert
Series

Open Art Room Times:

Monday: 12:00pm – 5:00pm

Tuesday: 12:00pm – 2:00pm

Wednesday: 9:00am – 12:30pm

Thursday: 9:00am – 1:30pm

Friday: 2:30pm – 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 22nd

Laurie Bergeron 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)

6:00 Channel 3 Movie
"At Eternity's Gate"
PG-13 1 hr 50 min 2018

Monday, September 23rd

Bea Smith vendor

~~9:30 Stretch & Strength~~ **CANCELLED**
9:30 Fall Into Fitness (Spruce Courtyard)
10:00 Art Class (Act. #2)
~~10:15 Core Crunch~~ **CANCELLED**
10:45 Tai Chi (Fitness Studio)
10:45 Gentle Water Balance (Pool)
12:30 Low Vision Group (Act. #1)

1:00 Party Bridge (Bennett)
Call Hal Healy to play (544-8191)
2:00 Il Gruppo Italiano (Library)
2:00 Meadow Ridge University Class
(Aud.) Registered Residents ONLY
3:00 Gentle Stretch & Move (Fit. Studio)
~~3:45 "Upstairs/Downstairs"~~ Moved to Tues.
4:00 Meadow Ridge Chorus (AL)
7:30 Glenda Davenport concert (Aud)

Tuesday, September 24th

9:30 Stretch & Strength (Auditorium)
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.)
2:00 Library Showcase (Library)
3:00 Canasta (Act. #2)
3:45 "Upstairs/Downstairs" (Auditorium)

Wednesday, September 25th

- 9:15** TRIP: Grace Farms (Lobby)
 - 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. #2)
 - 1:00** Art Lecture with Lauren (Act. #1)
 - 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** Wednesday Night Movie
"Gigi" Rated G 1 hr 56 min 1958
(Auditorium) *NO Subtitles*
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Thursday, September 26th

- 8:45** TRIP: Bronx Zoo (Lobby)
 - 9:30** Stretch & Strength (Auditorium)
 - 10:00** Trader Joes Shopping (Lobby)
 - 10:15** "Arthritis" Water Class (Pool)
 - 10:30** Book Group (Gilbert Room)
 - 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)
 - 2:00** Scrabble (Act. #2)
 - 2:00** Dramatic Reading #1 (Gilbert)
 - ~~**2:45** Tai Chi~~ **CANCELLED**
 - 3:00** Bible Study (Act. #1)
 - 3:00** Dramatic Reading #2 (Gilbert)
 - 3:45** The Great Courses (Auditorium)
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Friday, September 27th

- 9:30** Stretch & Strength (Auditorium)
 - 9:30** Le Groupe Français (Gilbert)
 - 10:00** Meadow Ridge University Class
(Act. #1) Registered Residents ONLY
 - 10:15** Mindful Meditation (Fitness Studio)
 - 10:45** Water Walking (Pool)
 - 10:45** Walking Club (Fitness Studio)
 - 11:00** Kenny's Open Office Hr. (Act. #1)
 - 1:00** Welcoming Committee (Act. #2)
 - 2:30** Writing for Fun (Gilbert Room)
 - 3:00** Gentle Stretch & Move (Fit. Studio)
 - 7:30** Friday Night Flick "Hotel Mumbai"
Rated R 2 hrs 4 min 2019 *Subtitles*
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Saturday, September 28th

- 9:30** Grocery Shopping Shuttle (Lobby)
- 10:00** Meadow Ridge University Class
(Act. #1) Registered Residents ONLY
- 10:15** Seated Pilates (Auditorium)
- 10:45** Pilates (Auditorium)
- 7:30** Saturday Night Movie
"Fair Game" *Subtitles*
PG-13 1 hr 48 min 2010 (Aud)

Lindsey Brown is the Manager on Duty