





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Meadow Ridge		<h1>December 2018</h1> <h2>Activities Calendar</h2> <p>Check Weekly Bulletin & Fitness Calendar for more information</p>			 Meadow Ridge	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">1</div> Bethel Cinema Matinee 7:00 Ridgefield Symphony Orchestra Trans. 7:30 Saturday Night Movie
<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">2</div> 11:15 Catholic Mass 2:00 Episcopal Service 2:00 Westport Gymnastics 3:00 "Sherlock" 5:00 Channel 3 Movie <i>Hanukkah Begins</i>	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">3</div> Trip: Mark Twain Library Art Show Fitness Freeze Begins 10:00 Art Class 11:00 Italian Group 1:00 Party Bridge 3:45 "The Crown" 4:15 Ridge Crest Sing-a-long	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">4</div> Jewelry Vendor 10:00 Resident Board 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta 4:00 Dementia Support Group	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">5</div> Trip: Holiday Market And Lunch Trip: Theater Barn 3:00 Hanukkah Party 3:45 Armchair Travels 7:30 Wednesday Night Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">6</div> Today's Trends 9:30 Food & Bev. Comm. 10:00 Stop & Shop 10:30 Short Story Discussion 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 3:45 Crafts for Charity 3:45 The Great Courses	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">7</div> 9:30 Le Groupe Français 4:30 The Big "B" 2:00 Tree Trimming & Carolers 3:30 Employee Appreciation Event 7:30 Friday Flicks	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">8</div> 9:30 Grocery Shopping Shuttle 7:30 Saturday Night Movie
<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">9</div> Gourmet Adventure 11:15 Catholic Mass 12:30 Redding Congregational Children's Concert in the Atrium 2:00 Japanese Music Concert 3:00 "Sherlock" 5:00 Channel 3 Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">10</div> 10:00 Art Class 10:30 Activities Comm. 10:30 Library Comm. Mgt. 11:00 Italian Group 1:00 Party Bridge 2:00 Dec. Birthday Party 3:45 "The Crown" 7:00 Monday Night at the Opera	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">11</div> Krikor Jeweler 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	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">12</div> Trip: Long Wharf 10:30 Slide Show of River Cruise / Mr. Balch 1:00 Therapy/Fitness Presentation 3:45 Armchair Travels 7:30 Conn Artist	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">13</div> Vendor 9:45 Grounds Committee 10:00 Seamstress 10:00 Danbury Fair Mall 10:30 Computer Class 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 2:00 Caregiver Support 3:45 The Great Courses 7:30 Southern CT Camarata	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">14</div> Trip: Music on the Hill 9:30 Le Groupe Français 10:30 Meadow Ridge Chorus 1:00 Writing For Fun 1:30 The Big "B" 2:00 Horticultural Wkshp 7:30 Friday Flicks	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">15</div> Bethel Cinema Matinee 3:00 Irish Dancers 7:30 Saturday Night Movie
<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">16</div> Trip: Fairfield Co. Chorale 11:15 Catholic Mass 3:00 "Sherlock" 5:00 Channel 3 Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">17</div> 10:00 Art Class 11:00 Italian Group 1:00 Party Bridge 2:00 Unitarian Gathering 3:45 "The Crown" 7:30 Fairfield Co. Children's Choir	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">18</div> 10:00 Clay Workshop 10:30 Current Events 11:00 Mark Twain Librarian 12:00 Quick Center 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">19</div> Trip: The Met 10:00 Redding Elementary Concert 3:45 Armchair Travels 7:30 Wednesday Night Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">20</div> Fashions on the Go 10:30 Resident Meeting 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 1:30 Stop & Shop 2:00 Health Services Meeting 2:00 Caregiver Support Group 3:45 The Great Courses 7:30 Christmas Bingo	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">21</div> 9:30 Le Groupe Français 9:30 Building Committee 11:00 Film Committee 1:30 The Big "B" 5:10 Shabbat	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">22</div> 9:30 Grocery Shopping Shuttle 4:15 Woodman Family Singers 7:30 Saturday Night Movie
<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">23</div> 11:15 Catholic Mass 3:00 "Sherlock" 5:00 Channel 3 Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">24</div> 11:00 Italian Group 2:00 Nutcracker DVD	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">25</div> 	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">26</div> 3:45 Armchair Travels 7:30 Wednesday Night Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">27</div> 10:00 Seamstress 10:00 Trader Joe's 10:30 Computer Class 10:30 Book Group 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 3:45 The Great Courses	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">28</div> 9:30 Le Groupe Français 10:30 Meadow Ridge Chorus 4:00 Writing For Fun 1:30 The Big "B" 7:30 Friday Flicks	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">29</div> Bethel Cinema Matinee 7:30 Saturday Night Movie
<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">30</div> 11:15 Catholic Mass 3:00 "Sherlock" 5:00 Channel 3 Movie	<div style="background-color: #4CAF50; color: white; padding: 2px 5px; display: inline-block;">31</div> 11:00 Italian Group 7:00 New Year's Eve Gala 					

Meadow Ridge Group Fitness Calendar & Class Descriptions

No Fitness Classes on 12/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Stretch & Strength ◇◇◇ 9:30-10:10 Christa	Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Stretch & Strength ◇◇◇ 9:30-10:10 Christa	Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Seated Pilates ◇ 10:00-10:30
Core Crunch ◇◇ 10:15-10:30 Christa	Yoga ◇ 10:30-11:25 Christa	Core Crunch ◇◇ 10:15-10:30 Christa	Yoga ◇ 10:30-11:25 Christa	Mindful Meditation ◇ 10:15-10:30 Christa	Pilates ◇◇ 10:30-11:00
Gentle Water Balance ◇ P 10:45-11:15	Balance ◇◇ 11:30-12:00 Christa	Aquacise ◇◇ 10:45-11:15 Paul	Balance ◇◇ 11:30-12:00 Christa	Water Walking ◇ 10:45-11:15 Christa	Enjoy Working Out In the Fitness Center!
Qi Gong ◇ 10:45-11:45 John	Cardio Fit ◇◇ 12:15-12:45 Christa	Cardio Drumming ◇◇ 11:30-12:00 Christa	Cardio Fit ◇◇ 12:15-12:45 Christa	Cardio Drumming ◇◇ 11:30-12:00 Christa	
Gentle Stretch & Move ◇ ◇ 2:30-3:00 Paul	Wii Sports 1:00-1:30	Gentle Stretch & Move ◇ ◇ 12:30-1:00 Christa	Wii Sports 1:00-1:30	Gentle Stretch & Move ◇ ◇ 12:30-1:00 Christa	
		Gentle Stretch & Move ◇ ◇ 2:30-3:00 Paul			

Intensity Key
 ◇ = Low
 ◇◇ = Medium
 ◇◇◇ = High

Location Key
 = Auditorium
 = Pool
 = Fitness Studio
 = Fitness Center

Aquacise ◇◇ **Pool classes are for Residents only** 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.

Cardio Drumming ◇◇ This cardiovascular workout utilizes various surfaces and a pair of drumsticks. Whether you choose to sit or stand, we work on relieving stress and anxiety while increasing energy, joint mobility and immunity. No drum experience necessary!

Cardio Fit ◇◇ Join us for an aerobics class that's safe and heart-healthy. You'll enjoy moving to the music through a variety of exercises that increase your range of motion and make your heart stronger!

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.

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.

Qi Gong ◇ Practice the art of conscious movement with full, rhythmic breathing that can increase energy and ease joints and tension. Practice can be performed on the floor or in a chair. Calm movement with awareness to balance your inner mind with your outside body.

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.

Water Walking ◇ **Pool classes are for Residents only**
 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!

Yoga ◇ This yoga class will be primarily performed seated, however we will be standing 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 improve your inner strength, cardiovascular response and balance.

<p>Open Gym Hours: Mon., Wed. & Fri. 9:00am-10:00am</p>	<p>Questions, Please call Paul Brown, Manager (203)544-7733 ext. 630</p>
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