

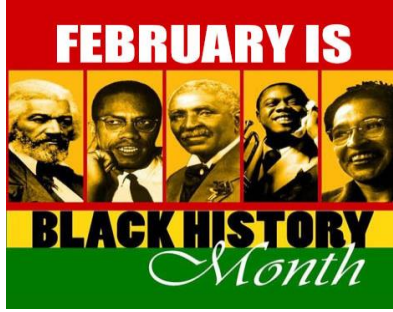


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|--|---|---|--|---|--|
|  | <h1>February 2019</h1> <h2>Activities Calendar</h2> | | |  |  | NCC Classes Start 1 9:30 Le Groupe Français 10:00 NCC Class 2:00 NCC Class 7:30 Friday Flicks | 2 9:30 Grocery Shopping Shuttle 10:00 NCC Class Begins 12:00 Transportation to Quick Center 7:30 Saturday Night Movie |
| Trip: Candlelight Concert 3 11:15 Catholic Mass 2:00 Episcopal Service 3:00 "Sherlock" 5:00 Channel 3 Movie 5:30 Super Bowl Party | 4 10:00 Art Class 10:30 Activities Comm. 1:00 Party Bridge 2:30 Yiddish Group 3:45 "The Jewel in the Crown" 4:15 Ridge Crest Sing-a-long | 5 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 7:30 Eric & Barbara Comstock Concert | 6 11:00 Il Gruppo Italiano 11:30 Freshman Orientation 1:00 Tom Brown – "Tales of the South Pacific" 1:30 Computer Class 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Movie | Happy Chinese New Year! 7 Trip: Westchester B'way 9:30 Food & Beverage Comm. 10:00 Stop & Shop 10:30 Short Story Discussion 1:00 Dramatic Reading 1:20 Match-point Duplicate 3:45 The Great Courses | 8 9:30 Le Groupe Français 10:00 NCC Class 10:30 Meadow Ridge Chorus 2:00 NCC Class 2:30 Writing For Fun 7:30 Friday Flicks | 9 Bethel Cinema Matinee 10:00 NCC Class 7:30 Saturday Night Movie | |
| 11:15 Catholic Mass 10 3:00 "Sherlock" 3:00 "Loyal Citizens, Prisoners of War" Presentation 5:00 Channel 3 Movie | 11 10:00 Art Class 1:00 Party Bridge 3:45 "The Jewel in the Crown" 7:30 Monday Night at the Ballet | Krikor Jeweler 12 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 3:00 NEW Mix & Mingle | Trip: Aldrich Museum 13 11:00 Il Gruppo Italiano 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Night Movie | Valentine's Day 14 9:30 Seamstress 9:45 Grounds Comm. 10:00 Danbury Fair Mall 1:00 Dramatic Reading 1:00 Fresh Start Fair 1:20 Match-point Duplicate 2:00 Caregiver Support 3:45 The Great Courses | 15 9:30 Le Groupe Français 9:30 Building Committee 10:00 NCC Class 11:00 Film Committee 2:00 NCC Class 5:10 Shabbat 7:30 Friday Flicks | 16 9:30 Grocery Shopping Shuttle 10:00 NCC Class 7:30 Saturday Night Movie | |
| Trip: Gourmet Adventure 17 11:15 Catholic Mass 3:00 "Sherlock" 5:00 Channel 3 Movie | President's Day 18 10:00 Art Class 11:00 "The Story" A series of conversations 1:00 Party Bridge 2:30 Yiddish Group 3:45 "The Jewel in the Crown" | 19 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 3:00 Canasta 3:30 Celebrating Black History, Paul Brown Speaker | 20 11:00 Il Gruppo Italiano 1:00 Bible Study 1:00 Therapy Presentation 1:30 Computer Class 2:00 The Big "B" 3:45 Armchair Travels 7:30 Patty Carver | 21 10:30 Resident Meeting 1:00 Dramatic Reading 1:20 Match-point Duplicate 1:30 Stop & Shop 2:00 Health Services Meeting 2:30 Unitarian Gathering 3:45 The Great Courses | 22 9:30 Le Groupe Français 10:00 NCC Class 10:30 Meadow Ridge Chorus 2:00 NCC Class 2:30 Writing For Fun 4:00 Wine & Cheese 7:30 Friday Flicks | 23 Bethel Cinema Matinee 10:00 NCC Class 7:30 Saturday Night Movie | |
| Trip: New Canaan Players 24 11:15 Catholic Mass 3:00 "Sherlock" Last One 5:00 Channel 3 Movie | 25 10:00 Art Class 11:00 "The Story" A series of conversations 1:00 Party Bridge 1:30 Art Lecture w/ Lauren 3:45 "The Jewel in the Crown" 7:30 John Mucci | 26 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 3:00 Paint & Sip | Trip: Glass Blowing 27 11:00 Il Gruppo Italiano 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Night Movie | 28 9:30 Seamstress 10:00 Target 10:30 Book Group 1:00 Dramatic Reading 1:20 Match-point Duplicate 3:00 NEW Mix & Mingle 3:45 The Great Courses | Check the Weekly Bulletin and the Fitness Calendar for more information. | | |

New York Times Reader: Monday in Gilbert Room. Wednesday, Thursday & Friday in Library.

Meadow Ridge Group Fitness Calendar & Class Descriptions.

Fitness Evaluations will be conducted in February. Please see Paul to schedule.

| 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 ◇ 10:30-11:20 Christa | Core Crunch ◇◇ 10:15-10:30 Christa | Yoga ◇ 10:30-11:20 Christa | Mindful Meditation ◇ 10:15-10:30 Christa | Pilates ◇◇ 10:30-11:00 |
| Gentle Water Balance ◇ 10:45-11:15 Paul | 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! |
| Tai Chi ◇◇ 10:45-11:45 Robin | 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 | | Gentle Stretch & Move ◇◇ 2:30-3:00 Paul | | Gentle Stretch & Move ◇◇ 2:30-3:00 Paul | |

| Intensity Key | |
|---------------|----------|
| ◇ | = Low |
| ◇◇ | = Medium |
| ◇◇◇ | = High |

| Location Key | |
|--------------|------------------|
| | = Auditorium |
| | = Pool |
| | = Fitness Studio |

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.

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.

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 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.

**Open Gym Hours:
Mon., Wed. & Fri.
9:00am-10:00am**

**Questions, Please call
Paul Brown, Manager
(203)544-7733 ext. 630**