




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<h1>March 2019</h1> <h2>Activities Calendar</h2>				
					9:30 Le Groupe Français 1 10:00 NCC Class 4:00 Fall Prevention Presentation 2:00 NCC Class 4:00 Ridge Record Meeting 7:30 Friday Flicks	9:30 Grocery Shopping Shuttle 2 10:00 NCC Class 12:00 Quick Center Transportation 7:30 Saturday Night Movie
3 11:15 Catholic Mass 2:00 Episcopal Service 3:00 Video Series 3:00 "Winterlude" 6:00 Channel 3 Movie	4 10:00 Art Class 10:30 Activities Comm. 1:00 "The Story" A Series of Conversations 1:00 Party Bridge 2:00 Birthday Party 2:30 Yiddish Group 3:45 "The Jewel in the Crown" 4:00 Opera/Ballet Comm. Mtg. 4:15 Ridge Crest Sing-a-long 7:30 Redding BOE Discussion	5 10:00 Resident Board 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 4:00 Dementia Support Group 7:30 Mardi Gras Party	6 Trip: Long Wharf 10:30 Digital Media 11:00 Il Gruppo Italiano 1:30 Computer Class 2:00 The Big "B" 2:00 Ash Wednesday Service (Episcopal) 3:45 Armchair Travels 7:30 Wednesday Movie	7 Trip: Theater Barn 9:30 Food & Beverage Committee 10:00 Stop & Shop 10:30 Short Story Discussion 11:00 Digital Media 1:00 Dramatic Reading 1:00 Scrabble 1:00 Digital Media 1:20 Match-point Duplicate 3:45 NEW The Great Tours	8 Today's Trends 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 Prometheus Duo	9 Bethel Cinema Matinee 10:00 NCC Class 7:30 Saturday Night Movie
10 Trip: Gourmet Adventure 11:15 Catholic Mass 3:00 "A Touch of Frost" 6:00 Channel 3 Movie	11 Fashions on the Go 10:00 Art Class 1:00 "The Story" A Series of Conversations 1:00 Party Bridge 3:45 "The Jewel in the Crown" 7:30 Monday Night at the Opera	12 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 4:00 Mix & Mingle 6:00 Pizza Bingo	13 Trip: Aldrich Museum 11:00 Il Gruppo Italiano 1:00 Bible Study 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Night Movie	14 9:30 Seamstress 9:45 Grounds Comm. 10:00 Danbury Fair Mall 11:30 Freshman Orientation 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 2:00 Caregiver Support 3:45 NEW The Great Tours 7:30 RSO Rehearsal	15 9:30 Le Groupe Français 9:30 Building Committee 10:00 NCC Class 11:00 Film Committee 12:45 Low Vision Meeting 2:00 NCC Class 4:00 Wine & Cheese 5:10 Shabbat 7:30 Friday Flicks	16 9:30 Grocery Shopping Shuttle 10:00 NCC Class 7:30 Saturday Night Movie 7:30 RSO Transportation
17 Trip: Music on the Hill 11:15 Catholic Mass 3:00 "A Touch of Frost" 6:00 Channel 3 Movie Happy St. Patrick's Day	18 Bea Smith 10:00 Art Class 1:00 Party Bridge 2:30 Yiddish Group 3:45 "The Jewel in the Crown" 7:30 RSO, Solo Piano Concert	19 10:00 Country Store Mtg. 10:30 Current Events 11:00 Mark Twain Librarian 1:00 Therapy Presentation 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip	20 Trip: Hot Spot Glass Blowing 11:00 Il Gruppo Italiano 1:00 Bible Study 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Night Movie 	21 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 2:30 Unitarian Gathering 3:45 NEW The Great Tours	22 9:30 Le Groupe Français 10:00 NCC Class 10:30 Meadow Ridge Chorus 1:00 Welcoming Comm Mtg 2:00 NCC Class 2:30 Writing For Fun 7:30 Friday Flicks	23 Bethel Cinema Matinee 10:00 NCC Class 7:30 Saturday Night Movie
24 Trip: Candlelight Concert 11:15 Catholic Mass 3:00 "A Touch of Frost" 6:00 Channel 3 Movie	25 10:00 Art Class 1:00 Party Bridge 3:45 "The Jewel in the Crown" 7:30 Titanic Presentation	26 10:00 Clay Workshop 10:30 Current Events 11:00 Mark Twain Librarian 1:20 Match-point Duplicate 1:45 Caraluzzi's Trip 2:00 Art Lecture w/ Lauren 4:00 Mix & Mingle	27 11:00 Il Gruppo Italiano 1:00 Bible Study 1:00 Bus Workshop 2:00 The Big "B" 3:45 Armchair Travels 7:30 Wednesday Night Movie	28 9:30 Seamstress 10:00 NEW Whole Foods Trip 10:30 Book Group 1:00 Dramatic Reading 1:00 Scrabble 1:20 Match-point Duplicate 3:45 NEW The Great Tours	29 9:30 Le Groupe Français 10:00 NCC Class 2:00 NCC Class 7:30 Friday Flicks	30 9:30 Grocery Shopping Shuttle 10:00 NCC Class 7:30 Saturday Night Movie
31 Trip: Hockey Game 11:15 Catholic Mass 3:00 "A Touch of Frost" 6:00 Channel 3 Movie						

Check the Weekly Bulletin and the Fitness Calendar for more information.

Meadow Ridge Group Fitness Calendar & Class Descriptions

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	NEW Advanced Balance ◇◇ 11:30-12:00 Christa	Wii Sports 1:00-1:30	NEW Balance Circuit ◇ 11:45-12:15 Christa	
		Gentle Stretch & Move ◇◇ 12:30-1:00 Christa		Gentle Stretch & Move ◇◇ 12:30-1:00 Christa	
Gentle Stretch & Move ◇◇ 2:30-3:00 Paul	NEW Beginner Wii Sports ◇ 2:00-3:00 Paul	Gentle Stretch & Move ◇◇ 2:30-3:00 Paul	NEW Beginner Wii Sports ◇ 2:00-3:00 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.

Advanced Balance Bar ◇◇ Join this advanced class to focus on exercises to improve balance using the exercise bar in the fitness studio.

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.

Balance Circuit ◇ This class is a fresh and challenging way to improve your balance. The circuit will use multisensory, center-of-gravity and variation training methods. Completing the course will lead to more flexibility and efficient gait pattern.

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.

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**