



Meadow Ridge Weekly Programs

JULY 11 – JULY 17

Pool Hours—7 days/week: 6:00 a.m. – 10:00 p.m.

AquaFit—Mon/Wed/Fri: 11:30 a.m.

Water Walking—Tues/Thurs: 9:00 a.m.

Ai Chi—Wed: 9:00 a.m.

Please sign in/out

Fitness Center Hours—

7 days/week—6:00 a.m. – 10:00 p.m.

Please sign in/out

Sunday, July 11th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:30 a.m. **Stretch & Strength** | 30 min
11:00 a.m. **Chair Yoga** | 30 min
1:30 p.m. **“All Creatures Great and Small”** | 1 hr
3:00 p.m. **The Opera/Ballet Committee Presents: “The Pearl Fishers”** | Set in ancient times on the island of Ceylon, this opera describes a moving tale of friendship tested by love. Please arrive 15 minutes early for remarks. Running time is 120 minutes. (Auditorium)
4:00 p.m. **Bocce “Sundays in the Park”** | Please join us! (Spruce Courtyard)

Monday, July 12th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:30 a.m. **Stretch & Strength + Core** | 45 min (Auditorium)
9:30 a.m. **Stretch & Strength** | 30 min
10:00 a.m. **Core Fitness** | 30 min
10:00 a.m. **Art Class with Kathy** | (Activity Room 2)
10:00 a.m. **Resident/Staff Croquet Challenge** | Light refreshments will be served. (Laurel Courtyard, Croquet Court)
11:00 a.m. **Library Committee Meeting** | (Activity Room 1)
11:00 a.m. **Theater Classics: “All That Jazz”** | R 2 hr 3 min, 1979
12:00 p.m. **Daily Courtyard Walk** | Meet in Fitness Center
12:00 p.m. **Talk with Tracy, Fitness Director** | (Fitness Center)
1:00 p.m. **Party Bridge** | (Bennett Room)
2:00 p.m. **5-Star Fitness** | 30 min
3:15 p.m. **Rummikub** | (Bennett Room)
3:30 p.m. **Opera/Ballet Committee Meeting** | (Activity Room 1)
3:30 p.m. **New Series! Broadchurch** | This British crime series follows the clues & obstacles that surface in the investigation of the murder of a young boy in a small seaside village.
7:30 p.m. **Encore Performance! The Opera/Ballet Committee Presents: “The Pearl Fishers”**
Please arrive 15 minutes early for remarks. Running time is 120 minutes. (Auditorium)

Tuesday, July 13th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:00 a.m. **New! Water Walking** | (Pool)
9:30 a.m. **Tai Chi** | 45 min (Auditorium—In Person)
9:30 a.m. **Seated Tai Chi** | 25 min
10:30 a.m. **Current Events** | Limited seating (Activity Room 1)
11:00 a.m. **“Marco Polo: The Age of Exploration”** | 44 min
12:00 p.m. **Daily Courtyard Walk** | Meet in the Fitness Center
12:15 p.m. **NIFS Summer Games Express Workout** | 15 min (Fitness Studio)
2:00 p.m. **5-Star Fitness** | 30 min (Ch 3)
2:00 p.m. **Caraluzzi’s Shopping Trip** | Sign up at the front desk. (Front Entrance)
2:00 p.m. **Scrabble** | (Activity Room 2)
3:30 p.m. **“Royal Pains Series”** | 45 min
7:30 p.m. **Tuesday Night Tunes: “James Taylor’s Greatest Hits”** | 1 hr 26 min



Wednesday, July 14th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:00 a.m. **Ai Chi** | (Pool—4-week series)
9:30 a.m. **Stretch & Strength + Core** | 45 min (Auditorium—In Person)
9:30 a.m. **Stretch & Strength** | 30 min
10:00 a.m. **Core & More** | 30 min
11:00 a.m. **“Cocktails with a Curator: Perio della Francesca”** | 21 min
& **“Travels with a Curator: Villa Barbaro, Maser”** | 16 min
11:00 a.m. **Bingo!** | Join the fun and bring your quarters! (Activity Room 2)
12:00 p.m. **Trip: Let’s Do Lunch at Marly’s in Wilton Center** | (Front Lobby)
12:00 p.m. **Daily Courtyard Walk** | Meet in the Fitness Center
2:00 p.m. **5-Star Fitness** | 30 min
3:00 p.m. **Westport Country Playhouse Virtual Show: Tiny House** | Join us for refreshments!
(Auditorium)
4:00 p.m. **Friends of Bill** | (Gilbert Room) If interested, call Susan Auslander
7:30 p.m. **Movie: “The Father”** | PG-13, 1 hr 37 min, 2020 (Auditorium)

Thursday, July 15th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:00 a.m. **New! Water Walking** | (Pool)
9:30 a.m. **Chair Yoga** | 45 min (Fitness Studio)
10:00 a.m. **Report from Hartford** | Presentation by Will Haskell, CT State Senator and Anne Hughes, CT State Representative (Auditorium)
10:00 a.m. **Grounds Committee** | (Zoom)
10:00 a.m. **Shopping Trip: Stop & Shop** | (Front Lobby)
11:00 a.m. **“The Secrets of Antarctica”** | 50 min
12:00 p.m. **Daily Courtyard Walk** | Meet in the Fitness Center
12:15 p.m. **NIFS Summer Games Express Workout** | 15 min (Fitness Studio)
1:00 p.m. **Bible Study** | (Fitness Studio) (Activity Room 1)
1:00 p.m. **Tech Time with Marco** | (Fitness Studio) (Conference Room)
2:00 p.m. **5-Star Fitness** | 30 min
2:00 p.m. **Caregivers Support Group** | (Conference Room)
2:30 p.m. **Dramatic Reading** | (Activity Room 1)
3:30 p.m. **Great Courses: History’s Voyages of Exploration** | (1-minute delay between lectures)

Friday, July 16th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
9:30 a.m. **Stretch & Strength + Core** | 45 min (Auditorium—In Person)
10:00 a.m. **Core Fitness** | (Ch 3)
11:00 a.m. **Film Committee** | (Activity Room 1)
11:00 a.m. **“The Royal Origins of a Full English Breakfast”** | 43 min
12:00 p.m. **Daily Courtyard Walk** | Meet in the Fitness Center
1–3:00 p.m. **Clothing Drive!** | All donations go to the Vietnam Veterans of America
2:00 p.m. **A Stitch in Time** | Bring your needlework and join the fun! (Atrium)
2:00 p.m. **5-Star Fitness** | 30 min
7:30 p.m. **Movie: “The Treasure of the Sierra Madre”** | 2 hr 6 min, 1948 (Auditorium)

Saturday, July 17th

- 9:00 a.m. **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 min
10:00 a.m. **Shopping Shuttle** | Sign up at the front desk (Front Lobby)
10:00 a.m. **Mah Jongg** | (Bennett Room)
10:00 a.m. **Chair Pilates** | 30 min (Auditorium—In Person)
10:30 a.m. **Mat Pilates** | Advanced class | 30 min (Auditorium—In Person)
3:00 p.m. **“Amelia Earhart: Queen of the Air”** | 43 min
7:30 p.m. **Movie: “Gigi”** | G, 1 hr 59 min, 1958 (Auditorium)