



## *Connect Through Clubs and Committees at Meadow Ridge*

We believe in building a strong sense of community with abundant social opportunities. Our residents can re-awaken passions and talents or try something new.

All residents are invited to join any of our clubs or committees. Calendars are distributed weekly with times and locations listed.

### **Food & Wellness**

- Food & Beverage Committee
- Health Services Committee

### **Activities, Arts & Culture**

- Film Committee
- Library Committee
- Concert Series Committee
- Outdoor Sports Committee
- Activities Committee
- Opera/Ballet Committee
- Book Club

### **Environment**

- Farm Club
- Solar Committee
- Grounds Committee
- Building Committee

### **Meadow Ridge Community**

- Country Store
- Marketing Committee
- Welcoming Committee
- Resident Association Board
- Ridge Record Newsletter
- Scholarship Committee
- Finance Committee
- Information Technology Club



## Engaging Activities and Programs

At Meadow Ridge, our residents are active, cultured and educated. Whether you're continuing existing hobbies or exploring new ones, you can find a range of activities to create the lifestyle you want.

### Left Brain

- Interdenominational Services
- Conversational Groups
- Poker
- Men's Group
- Party Bridge
- On-Site Meadow Ridge University College Classes in the Spring & Fall
- On-Site Lectures
- Computer Class

### Right Brain

- Clay Class
- Drawing Class
- Resident Art Show
- Painting Class
- Horticultural Workshop
- Bird-Watching Groups
- Partnership with Westport Arts Center
- Writing Workshops
- Knitting Groups

### Keeping Fit

- Stretch Class
- Pickleball
- Water Aerobics
- Bocce Ball
- Personalized Fitness Training
- Tai Chi
- Meditation Group
- Yoga
- Pilates
- Putting Green & Golf Simulator
- Croquet

### Entertainment

- Recitals & Performances
- Volunteer Opportunities
- Transportation to Local Movie Theaters
- On-Campus Movies
- Group Travel (NYC, Museums, Local Attractions)
- Traveling to Gourmet Area Restaurants

