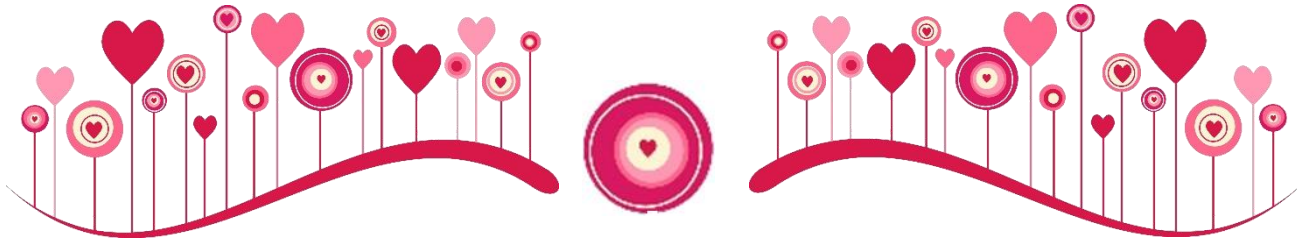





Activities & Shopping Trips are subject to change or cancellations.
Please watch bulletin board and elevators for announcements.

February 2024

Room Guide: CH=Chapel, CR=Community Room, RL=Resident Lounge, LO=Lobby
See Reverse for Exercise Class Descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:15 – 10:30 Fitness Classes 10:30am Shopping Cub 55 6:30pm Hand and Foot RL	8:30am Optage Footcare 1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 6:00pm Dime BINGO
4	5	6	7	8	9	10
1pm Tripoley CR 3pm Mexican Train RL	RSVP FOR INCOME TAXES DUE 1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 12:30pm Watercolor Class 3:15pm Bible Study CH 6:30pm Games Night CR/RL	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 3:45pm Piano Recital CR 6:30pm Wii Bowling RL	8:15 – 10:30 Fitness Classes 10:30am Shop @ Knollwood 3:00pm – Video, RL: The Children's March 1963 6:30pm Hand and Foot RL	1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 4:15pm Pizza Party! 6:00pm Dime BINGO
11 SUPER BOWL SUNDAY!	12	13	14 VALENTINE'S DAY	15	16	17
1pm Tripoley CR 3pm Mexican Train RL	1:00pm Cribbage CR 1:15pm Book Club RL 2:15pm Income Tax Appts 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 1pm Schwan's Delivery LO 2:00pm B-Day Entertainment Mary Hall 6:30pm Games Night CR/RL	12:00pm – Valentine's Pizza party! 1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR	8:15 – 10:30 Fitness Classes 10:30am Shopping Cub 55 1:00pm Karaoke 6:30pm Hand and Foot RL	1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 6:00pm Dime BINGO
18	19	20	21	22	23	24
1pm Tripoley CR 3pm Mexican Train RL	1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 12:30pm Watercolor Class 3:15pm Bible Study CH 6:30pm Games Night CR/RL	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL	8:15 – 10:30 Fitness Classes 10:30am Shop @ Knollwood 3:00pm Explore the Smithsonian Videos - RL 6:30pm Hand and Foot RL	1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 6:00pm Dime BINGO
25	26	27	28	29 LEAP DAY		
1pm Tripoley CR 3pm Mexican Train RL	1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 1:00pm Schwan's Delivery LO 3:15pm Bible Study CH 7:00pm See Change Treble Choir - CR	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL	*NO Fitness Classes Today* 10:30am Shopping Cub 55 1:00pm Karaoke 6:30pm Hand and Foot RL		

WestRidge Exercise Class Descriptions

Led by Jodie Shenberg



8:15 am -8:45 am Strength Training

Strength Training will combine body weight exercises with exercise equipment such as resistance bands and dumbbells to complete a total body workout

8:45 am -9:30 am Strength Fusion

Strength Fusion class is focused on strengthening and conditioning the muscles. Hand weights, exercise bands, and balls will be used to target specific muscles. This class will also incorporate stretching and a segment on balance to focus on increasing flexibility, balance, and strengthening of the muscles that keep us upright. Some exercises will be in the chair and others will be standing. (using the chair for balance if so desired).



9:30am - 10:00am Building Better Balance-

Building Better Balance will focus on helping you to build better balance through muscle stabilization, coordination, and strength training of the muscles that help keep our bodies upright.

