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All activities including the type, times and duration are subject to change based on the resident's needs and interests.

Please use the registration sheet to sign up for any event with an asterisk (*) next to it.

New Year's Day
6:00 - 9:00 Movie
7:00 - 8:00 Prayer Circle Meeting

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study
11:00 - 12:00 Bingo
 12:30 - 1:30 Alterations w/Carolyn
 1:00 - 1:25 Channel 96: Gentle Yoga
1:30 - 2:30 Ridgemont Book Club West Virginia Short Stories
 1:45 - 3:00 Kroger (*)

10:00 - 10:30 Balance Class
11:00 - 12:00 Funny Finish Lines
 1:00 - 2:30 Shopping Walmart (*)
1:30 - 2:30 Catholic Mass
3:30 - 5:00 All Time Favorite's Sing-A-Long
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 4:00 Afternoon Movie
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (*)
 10:00 - 10:30 Channel 96: Catholic Mass
11:00 - 12:00 Spiritual Service
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
1:30 - 2:30 First Presbyterian Church Communion
2:30 - 3:05 Channel 96: Bible Study for Beginners
3:00 - 4:00 Catholic Mass with Fr. John Finnell
 6:00 - 8:00 Movie

10:00 - 10:30 Balance Class
11:00 Ridgemont Lunch Outing to Olive Garden (*)
 2:00 - 2:25 Channel 96: Gentle Yoga
3:00 - 4:00 Corn Hole

10:00 - 10:30 Sittercise
11:00 - 12:00 Sing-A-Long to the Oldies
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drills
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Bingo
7:00 - 9:00 WVU vs Arizona Basketball Watch Party
 7:15 - 9:15 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Elvis Bingo
1:30 - 2:30 Dementia & Alzheimer's Support Group
2:00 - 3:00 Check Cashing
2:00 - 3:00 Elvis Trivia
7:00 - 8:00 Prayer Circle Meeting

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Gentle Yoga
1:30 - 2:30 Ridgemont Book Club West Virginia Short Stories
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Meet & Greet with Andy Barker, Executive Director

10:00 - 10:30 Balance Class
11:00 - 12:00 Random Trivia
 1:00 - 2:30 Shopping @ Dollar Tree (*)
3:30 - 4:30 Uno Card Games
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
1:00 - 2:00 Hot Chocolate Bar
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 3:00 Adult Relaxation and Coloring
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (*)
 10:00 - 10:30 Channel 96: Catholic Mass
 10:30 - 12:30 Church Shuttle (*)
 11:00 - 12:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 - 12:00 Spiritual Service
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:30 - 3:05 Channel 96: Bible Study for Beginners
3:00 - 4:00 Catholic Communion
 6:00 - 8:00 Movie

10:00 - 10:30 Balance Class
11:00 - 2:30 Ridgemont Lunch Outing to Cracker Barrel (*)
 2:00 - 2:25 Channel 96: Gentle Yoga
2:00 - 3:00 Corn Hole

10:00 - 10:30 Sittercise
10:30 - 11:30 First Presbyterian Church Bible Study
10:30 - 1:30 Massages by The Massage & Reiki Center (*)
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
1:00 - 2:00 Holy Communion With St. Marks Methodist Church
 1:30 - 1:55 Channel 96: Balance Skills & Drills
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Celebrate the Birthday of Elvis with Special Guest Lee Dean
3:00 - 4:00 Resident Association Meeting
 7:15 - 9:15 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 What Am I? Auction
2:00 - 3:00 Ridgemont Meeting
3:00 - 4:00 Meet & Greet with Josh Kidd ABHC Administrator (*)
7:00 - 8:00 Prayer Circle Meeting
8:00 - 10:00 WVU vs Houston Basketball Watch Party

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study
11:00 - 12:00 Bingo
 12:30 - 1:30 Alterations w/Carolyn
 1:00 - 1:25 Channel 96: Gentle Yoga
1:30 - 2:30 Ridgemont Book Club West Virginia Short Stories
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Bible Study w/ Rabbi Urecki & Rev. Jim Lewis

10:00 - 10:30 Balance Class
11:00 - 12:00 Match Up the Sayings
 1:00 - 2:30 Shopping @ Drug Emporium (*)
3:30 - 5:00 All Time Favorite's Sing-A-Long
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 3:00 Violin Recital
5:00 - 7:00 WVU vs Iowa State Basketball Watch Party
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (*)
 10:00 - 10:30 Channel 96: Catholic Mass
 10:30 - 12:30 Church Shuttle (*)
 11:00 - 12:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 - 12:00 Spiritual Service
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:30 - 3:05 Channel 96: Bible Study for Beginners
3:00 - 4:00 Catholic Communion
 6:00 - 8:00 Movie

Martin Luther King Jr. Day
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
1:00 - 2:00 Monthly Birthday Celebration
 2:00 - 2:25 Channel 96: Gentle Yoga
3:00 - 4:00 Pet visits with Charleston Kanawha Humane Association

10:00 - 10:30 Sittercise
11:00 - 12:00 Sing-A-Long with Phyllis
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drills
 1:45 - 3:00 Kroger (*)
2:00 - 3:00 Bingo
 7:15 - 9:15 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
11:30 - 12:30 Welcome New Resident Orientation
2:00 - 3:00 Check Cashing
2:00 - 3:30 Winter Wonderland Tea Party at ABHC (*)
7:00 - 8:00 Prayer Circle Meeting

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Gentle Yoga
1:30 - 2:30 Ridgemont Book Club West Virginia Short Stories
 1:45 - 3:00 Kroger (*)
3:00 - 5:00 Winter Wonderland Dance with Arlen Bishop
 7:15 - 8:15 Little Big Band Trio

10:00 - 10:30 Balance Class
11:00 - 12:00 Trivia
1:00 - 2:00 Chit Chat
 1:00 - 2:30 Shopping @ Target (*)
2:00 - 3:00 Eunice Ray Birthday Celebration
3:30 - 4:30 Uno Card Games
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 3:00 Adult Relaxation and Coloring
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (*)
 10:00 - 10:30 Channel 96: Catholic Mass
 10:30 - 12:30 Church Shuttle (*)
 11:00 - 12:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 - 12:00 Spiritual Service
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:30 - 3:05 Channel 96: Bible Study for Beginners
3:00 - 4:00 Catholic Communion
 6:00 - 8:00 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Times Table Bingo
1:00 - 2:00 Sing-A-Long w/ Keith Ellison
 2:00 - 2:25 Channel 96: Gentle Yoga

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drills
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Edgewood Summit Got Talent Show
 7:15 - 9:15 Movie

Chinese New Year
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 4:00 Afternoon Movie
7:00 - 8:00 Prayer Circle Meeting

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Gentle Yoga
1:30 - 2:30 Ridgemont Book Club West Virginia Short Stories
 1:45 - 3:00 Kroger (*)
3:00 - 4:00 Junk Drawer Detective

10:00 - 10:30 Balance Class
11:00 - 12:00 True or False
3:30 - 5:00 All Time Favorite's Sing-A-Long
 7:15 - 9:15 Movie



January 2025

AL Print

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