

SUN	MON	TUE	WED	THUR	FRI	SAT
 HAPPY MOTHER'S DAY	<i>All activities including the type, times and duration are subject to change based on the resident's needs and interests.</i>	Please use the registration sheet to sign up for any event with an asterisk (*) next to it.	 Happy Memorial Day A DAY OF REMEMBRANCE Let's say a prayer in honor of our fallen soldiers.	10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study w/Rev. Dr. Timothy Bias 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: Book of Amazing 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 4:00 - 5:00 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 - 4:00 Afternoon Movie 5:30 - 7:00 Kentucky Derby Party 7:15 - 9:15 Movie
9:00 - 12:30 Church Shuttle (*) 10:00 - 10:30 Channel 96: Catholic Mass 10:00 - 12:30 Church Shuttle (*) 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	Cinco de Mayo 10:00 - 10:30 Balance Class 11:00 - 2:30 Ridgemont Lunch Outing to Cracker Barrel (*) 2:00 - 2:25 Channel 96: Gentle Yoga 4:00 - 5:00 Cinco De Mayo Party	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 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 12:00 Ball Toss 1:30 - 4:30 Ice Cream & Nature Stroll Through Kanawha State Forest (Meet in the Lobby at 1:30PM-*\$) 7:00 - 8:00 Prayer Circle Meeting	10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study with Rev. Dr. Timothy Bias 11:00 - 12:00 Bingo 1:00 - 1:25 Channel 96: Gentle Yoga 1:30 - 2:30 Ridgemont Book Club: Book of Amazing Stories 1:45 - 3:00 Kroger (*)	10:00 - 10:30 Balance Class 11:00 - 12:00 Random Trivia 1:00 - 2:30 Shopping @ Dollar Tree (*) 3:30 - 4:30 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 1:00 - 2:00 Coke Float Social 1:30 - 1:55 Channel 96: Balance Skills & Drill 3:00 - 4:00 EZ Short Story: The Detour 7:15 - 9:15 Movie
Mother's Day 9:00 - 12:30 Church Shuttle (*) 10:00 - 10:30 Channel 96: Catholic Mass 10:00 - 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	Full Moon 10:00 - 10:30 Balance Class 11:00 - 2:30 Ridgemont Lunch Outing to Longhorn Steak House (*) 2:00 - 2:25 Channel 96: Gentle Yoga 3:00 - 4:30 THE AMERICAN FRONTIERSMAN SERIES: The Story of Tom Fitzpatrick: Trapper, Trader, Legend (1st FL MP)	10:00 - 10:30 Sittercise 10:30 - 1:30 Massages by The Massage & Reiki Center (*) 11:00 - 12:00 Bingo 11:00 - 1:00 Food Truck Triple B Eatery 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 (*) 2:00 - 3:00 Junk Drawer Detective 3:00 - 4:00 Resident Association Meeting 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 12:00 Random Trivia 1:30 - 2:30 Dementia & Alzheimer's Support Group 2:00 - 3:00 Check Cashing 3:00 - 5:00 Celebration of Life Service in Memory of Ken Gosnell 7:00 - 8:00 Prayer Circle Meeting	10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study with Rev. Dr. Timothy Bias 11:00 - 12:00 John Adams Middle School Chorus 12:30 - 1:30 Alterations w/Carolyn 1:00 - 1:25 Channel 96: Gentle Yoga 1:45 - 3:00 Kroger (*) 3:00 - 4:00 Bingo	10:00 - 10:30 Balance Class 11:00 - 12:00 Match Up the Sayings 1:00 - 2:30 Shopping @ Drug Emporium (*) 3:30 - 4:30 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 3:00 - 4:00 Andrew Jackson Middle School Band Performs 7:15 - 9:15 Movie
9:00 - 12:30 Church Shuttle (*) 10:00 - 10:30 Channel 96: Catholic Mass 10:00 - 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 Monthly Birthday Celebration 2:00 - 2:25 Channel 96: Gentle Yoga 3:00 - 4:00 Kanawha Charleston Humane Association Pet Visits	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 3:00 - 5:00 Celebration of Life Ceremony 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 1:30 Employee Activities Committee Hamburger & Hotdog Fundraiser 1:00 - 2:00 Awesome Auction 2:00 - 3:00 Ridgemont Meeting 7:00 - 8:00 Prayer Circle Meeting	10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study with Rev. Dr. Timothy Bias 11:00 - 12:00 Bingo 1:00 - 1:25 Channel 96: Gentle Yoga 1:45 - 3:00 Kroger (*) 3:00 - 5:00 Sock Hop with Arlen Bishop 4:00 - 5:00 Bible Study w/ Rabbi Urecki & Rev. Jim Lewis	10:00 - 10:30 Balance Class 11:00 - 12:00 Name That Tune 1:00 - 2:00 Chit Chat 1:00 - 2:30 Shopping @ Target (*) 4:00 - 5:00 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 10:00 - 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	Memorial Day 10:00 - 10:30 Balance Class 11:00 - 12:00 Random Trivia 2:00 - 2:25 Channel 96: Gentle Yoga 2:00 - 3:00 Spintopia 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 & Drills 1:45 - 3:00 Kroger (*) 2:00 - 3:30 TRAVEL CLUB: PARIS (ABHC -2ND FL-Shuttle loading at Ridgemont - 1:45PM) 7:15 - 8:30 Charleston Metro Band & Smores	10:00 - 10:30 Balance Class 11:00 - 12:00 Where Am I ? 2:00 - 4:00 Afternoon Movie 2:00 - 3:00 Check Cashing 7:00 - 8:00 Prayer Circle Meeting	10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study with Rev. Dr. Timothy Bias 11:00 - 12:00 Bingo 1:00 - 1:25 Channel 96: Gentle Yoga 1:45 - 3:00 Kroger (*) 3:00 Edgewood Summit's Got Talent Show	10:00 - 10:30 Balance Class 11:00 - 12:00 Ball Toss 2:00 - 3:00 Meet the Authors of Lives Intertwined, The Legacy of Murder on Staunton Road 3:30 - 4:30 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 Students of Jennifer Wood Perform 7:15 - 9:15 Movie

