

SUN	MON	TUE	WED	THUR	FRI	SAT
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	10:00 - 10:30 Balance Class 10:00 - 3:00 The Ridgemont & ABHC Outing: Secret Sandwich Society (*) (Meet in the Lobby at 9:30AM-*\$) 2:00 - 2:25 Channel 96: Gentle Yoga 2:00 - 3:00 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 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 12:00 True or False 2:00 - 4:00 Afternoon Movie 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 West Virginia Short Stories 1:45 - 3:00 Kroger (*)	D-Day 10:00 - 10:30 Balance Class 11:00 - 12:00 Random Trivia 1:00 - 2:30 Shopping Walmart (*) 4:00 - 5:00 Meet and Greet with Bill Moore, Powerback Rehab Director 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 The Kitchen Sink-O-Paters (Dixieland Music) 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 - 2:30 Ridgemont Lunch Outing to the Olive Garden 2:00 - 2:25 Channel 96: Gentle Yoga 2:00 - 3:00 Corn Hole	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 - 3:00 Junk Drawer Detective 3:00 - 4:00 BINGO (AL-MP) 7:15 - 9:15 Movie	Full Moon 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 Black Cherry Ice Cream Social 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 11:00 - 1:00 Triple B Eatery Food Truck 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 @ Dollar Tree (*) 3:30 - 4:30 All Time Favorite's Sing-A-Long 7:15 - 9:15 Movie	Flag Day 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 Sing A Long with Suzie Q 7:15 - 9:15 Movie
Father'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	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 Bingo	10:00 - 10:30 Sittercise 11:00 - 12:00 Sing-A-Long with Phyllis and Special Guests Ed & Marilyn Gaunch 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: Vacation Destination: Myrtle Beach (Meet in the Lobby at 1:30PM for Transport to ABHC-CV) 7:15 - 8:15 Games & Giggles with Lee & Haley Dean 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 12:00 Ball Toss 1:00 - 2:00 Awesome Auction 2:00 - 3:00 Ridgemont Meeting 7:00 - 8:00 Prayer Circle Meeting	Juneteenth 10:00 - 10:30 Sittercise 11:00 - 12:00 Bible Study with Leslie Fish 11:00 - 12:00 Bingo 12:30 - 1 :30 Alterations w/Carolyn 1:00 - 1:25 Channel 96: Gentle Yoga 1:45 - 3:00 Kroger (*) 2:00 - 3:00 Remembering Dean Martin Songs	12:00 - 2:00 West Virginia Day BBQ & Brews (*) 1:00 - 2:30 Shopping @ Drug Emporium (*) 2:00 - 3:00 Kanawha County Humane Association Pet Visits 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 The Au Naturel Rhythm Generators (Old-Time Music with a Comic Flair) 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 Corn Hole 1:00 - 2:00 Sing-A-Long w/ Keith Ellison 2:00 - 2:25 Channel 96: Gentle Yoga	9:00 The Ridgemont Shuttle to Friends & Family Summer Cookout at Coonskin Park (*) 10:00 - 10:30 Sittercise 10:30 - 1:30 Massages by The Massage & Reiki Center (*) 11:00 - 12:00 Cornhole Tournament-The Ridgemont vs Arthur B. Hodges Center 12:00 - 1:00 Lunch Served at the Columbia Shelter at Coonskin 1:00 - 1:25 Channel 96: Seated Exercises 1:30 - 1:55 Channel 96: Balance Skills & Drills 1:45 - 3:00 Kroger (*) 7:15 - 9:15 Movie	10:00 - 10:30 Balance Class 11:00 - 12:00 EZ Short Story: The Giant Trout 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 Leslie Fish 11:00 - 12:00 Bingo 1:00 - 1:25 Channel 96: Gentle Yoga 1:45 - 3:00 Kroger (*) 3:00 - 5:00 Beach Bash with Arlen Bishop	10:00 - 10:30 Balance Class 11:00 - 12:00 Can You Picture This? 1:00 - 2:00 Chit Chat 1:00 - 2:30 Shopping @ Target (*) 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 Ice-Cream Sundae Social 1:30 - 1:55 Channel 96: Balance Skills & Drill 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 2:00 - 2:25 Channel 96: Gentle Yoga 2:00 - 3:00 Spintopia				<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.

