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New Year's Day
10:00 - 10:30
Channel 96:
Balance Class
 2:00 - 2:25 Channel 96: Gentle Yoga
 3:00 - 4:00 Catholic Mass
 4:00 - 5:00 Channel 96: History of Theatre
 7:15 - 9:15 Movie

1

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 (*)
 2:00 - 3:00 Cardio Drumming with Tony Hill
 3:00 - 4:00 Bingo
 4:00 - 5:00 Channel 96: The History of Radio
 7:15 - 9:15 Movie

2

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 EZ Music Trivia
4:00 - 5:00 Channel 96: Russia Bolshoi Theater: Opéra and Ballet

3

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study w/ Rev. Dr. Jay Parkins
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 Junk Drawer Detective
4:00 - 5:00 Channel 96: Changes in Farming

4

10:00 - 10:30 Balance Class
11:00 - 12:00 Ball Toss
 1:00 - 2:30 Shopping @ Walmart (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:30 - 5:00 All Time Favorite's Sing-A-Long
4:00 - 5:00 Channel 96: The Alamo Defenders
 7:15 - 9:15 Movie

5

10:00 - 12:00 Celebration of Life Reception in Memory of William Pugh
 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

6

9:00 - 12:30 Church Shuttle (*)
 10:00 - 10:30 Channel 96: Catholic Mass
 10:30 - 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

7

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
4:00 - 5:00 Channel 96: The Life of Bertha Palmer

8

10:00 - 10:30 Sittercise
10:30 - 11:30 First Presbyterian Church Bible Study
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 (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:00 - 4:00 Resident Association Meeting
4:00 - 5:00 Channel 96: Narrative in Music (Part 1) with Matt Siffert
 7:15 - 9:15 Movie

9

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
1:30 - 2:30 Dementia & Alzheimer's Support Group
2:00 - 3:00 Check Cashing
2:00 - 3:00 EZ Short Story: A Tale of Two Dresses
4:00 - 5:00 Channel 96: Narrative in Music (Part 2) with Matt Siffert

10

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study w/ Rev. Dr. Jay Parkins
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Gentle Yoga
 1:45 - 3:00 Kroger (*)
2:00 - 3:00 Remembering Growing Up With Silblings
4:00 - 5:00 Channel 96: Narrative in Music (Part 3) with Matt Siffert

11

10:00 - 10:30 Balance Class
11:00 - 12:00 Humor: Eating Grapes and other Resolutions
 1:00 - 2:30 Shopping @ Dollar Tree & Big Lots (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:30 - 5:00 All Time Favorite's Sing-A-Long
4:00 - 5:00 Channel 96: Exploring the Big Band Swing Era with Hillman
 7:15 - 9:15 Movie

12

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 Coloring & Relaxation
6:00 - 8:00 West Virginia vs Texas Basketball Watch Party
 7:15 - 9:15 Movie

13

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

14

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 Kanawha Humane Association Pet Visits
4:00 - 5:00 Channel 96: Salute to Broadway Part Two-Music & Memories with Big Ben Hillman

15

10:00 - 10:30 Sittercise
10:30 - 1:30 Massages by The Massage & Reiki Center (*)
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 Cardio Drumming with Tony Hill
3:00 - 4:00 Bingo
4:00 - 5:00 Channel 96: Native American Music with Matt Siffert
 7:15 - 9:15 Movie

16

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
1:00 - 2:00 Awesome Auction
1:30 - 2:30 First Presbyterian Church Meeting
2:00 - 3:00 Ridgemont Meeting
4:00 - 5:00 Channel 96: Acting for Camera vs. Stage
8:00 - 10:00 West Virginia Vs Oklahoma Basketball Watch Party

17

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study w/ Rev. Dr. Jay Parkins
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 Can You Picture This?
4:00 - 5:00 Channel 96: Merengue Fundamentals

18

10:00 - 10:30 Balance Class
11:00 - 12:00 Funny Finish Lines
 1:00 - 2:30 Shopping @ Drug Emporium (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:30 - 5:00 All Time Favorite's Sing-A-Long
4:00 - 4:45 Channel 96: The Majestic Birds of Hawaii
 7:15 - 9:15 Movie

19

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 WV Humanities Council History Alive Program "Minnie Reed"
 7:15 - 9:15 Movie

20

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

21

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
4:00 - 5:00 Channel 96: The Music of Holocaust Memory in the Early Cold War

22

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 Cardio Drumming with Tony Hill
2:00 - 3:30 Corky Catchall
4:00 - 5:00 Channel 96: Wings at the San Diego Air & Space Muesum
7:00 - 9:00 West Virginia Vs UCF Basketball Watch Party
 7:15 - 9:15 Movie

23

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Adult Coloring & Relaxation
2:00 - 3:00 Check Cashing
4:00 - 5:00 Channel 96: The Vikings-Who Were They?

24

10:00 - 10:30 Sittercise
11:00 - 12:00 Bible Study w/ Rev. Dr. Jay Parkins
11:00 - 12:00 Bingo
 1:00 - 1:25 Channel 96: Gentle Yoga
 1:45 - 3:00 Kroger (*)
2:00 - 3:00 What Am I ?
3:00 - 5:00 Winter Wonderland Dance w/Arlen Bishop
4:00 - 5:00 Channel 96: Mickey Mantle and the Yankees with Hang Liu

25

10:00 - 10:30 Balance Class
11:00 - 12:00 Random Trivia
1:00 - 2:00 Ladies Chit Chat
 1:00 - 2:30 Shopping @ Target Plaza & Kohls Plaza (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:30 - 5:00 All Time Favorite's Sing-A-Long
4:00 - 5:00 Channel 96: Hang Liu Mickey Mantle & the 1965 World Series
 7:15 - 9:15 Movie

26

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 Along with Suzie Q
2:00 - 4:00 West Virginia Basketball Game vs. Oklahoma State
 7:15 - 9:15 Movie

27

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

28

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
2:00 - 3:00 Corn Hole
4:00 - 5:00 Channel 96: Mickey Mantle & The 1953 World Series with Hang Liu

29

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 Cardio Drumming with Tony Hill
3:00 - 5:00 Edgewood Summit Got Talent with Scott Mansour & Jean Cropley
4:00 - 5:00 Channel 96: Wonders of the World-Well Traveled with Dan
 7:15 - 9:15 Movie

30

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Afternoon Movie

31

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.



January 2024

AL Print

300 Baker Lane Charleston, WV 25302 (304) 346-2355

