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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.



10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:30 Decorate Your Own Kentucky Derby Hat

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?

10:00 - 10:30 Balance Class
11:00 - 12:00 Ball Toss
1:00 - 2:30 Shopping @ Walmart (\*)
1:30 - 4:30 Catholic Mass
3:30 - 4:30 Horse Races
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 - 7:30 Kentucky Derby Party
7:15 - 9:15 Movie

Orthodox Easter Cinco de Mayo
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
2:00 - 3:00 Ball Toss
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 - 2:30 Ridgemont Lunch Outing to Cracker Barrel
2:00 - 2:25 Channel 96: Gentle Yoga
3:00 - 4:00 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 Sing A Long with Suzie Q
7:15 - 9:15 Movie

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

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 Ice Cream Social

10:00 - 10:30 Balance Class
11:00 - 12:00 Funny Finish Lines
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 Coke Float Social
1:30 - 1:55 Channel 96: Balance Skills & Drill
2:30 - 3:30 Adult Relaxation and Coloring
7:15 - 9:15 Movie

Mother's Day
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
2:00 - 3:00 Corn Hole
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
3:00 - 4:00 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 (\*)
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 Corn Hole
1:00 - 2:00 Awesome Auction
1:30 - 2:30 First Presbyterian Church Meeting
2:00 - 3:00 Ridgemont Meeting

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 (\*)
3:00 - 5:00 Spring Fling w/ Arlen Bishop

10:00 - 10:30 Balance Class
11:00 - 12:00 Random Trivia
1:00 - 2:30 Shopping @ Drug Emporium (\*)
3:30 - 4:30 Horse Races
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
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
2:00 - 3:00 Ball Toss
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 Kanawha 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 (\*)
3:00 - 4:00 Bingo
7:15 - 8:30 Charleston Metro Band & Smores

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Check Cashing
2:00 - 3:00 What Am I?

Full Moon
10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
1:00 - 1:25 Channel 96: Gentle Yoga
1:45 - 3:00 Kroger (\*)
3:00 - 4:30 Celebration of Life Ceremony

10:00 - 10:30 Balance Class
11:00 - 12:00 Random Trivia
1:00 - 2:00 Chit Chat
1:00 - 2:30 Shopping @ Piggly Wiggly (\*)
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 Remembering Recess
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
2:00 - 3:00 Corn Hole
2:30 - 3:05 Channel 96: Bible Study for Beginners
3:00 - 4:00 Catholic Communion
6:00 - 8:00 Movie

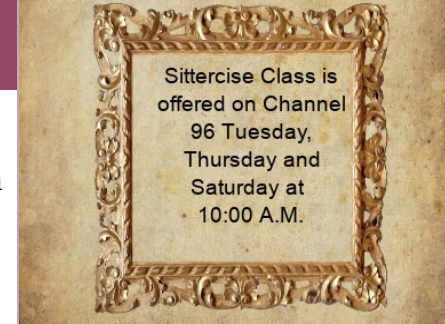
Memorial Day
10:00 - 10:30 Balance Class
11:00 - 12:00 Bingo
2:00 - 2:25 Channel 96: Gentle Yoga
2:00 - 3:00 Corn Hole

10:00 - 10:30 Sittercise
11:00 - 12:00 Times Table 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 - 4:30 EWS Got Talent: Three Generation Trio & Ron Walls
7:15 - 9:15 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
1:00 - 2:00 Sing-A-Long w/ Keith Ellison

10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
12:00 - 2:00 BBQ, BREWS & MUSIC
1:00 - 1:25 Channel 96: Gentle Yoga
1:45 - 3:00 Kroger (\*)
2:00 - 4:00 Afternoon Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Ball Toss
1:00 - 3:00 Nancy Thomas 96th Birthday Celebration
3:30 - 5:00 All Time Favorite's Sing-A-Long
7:15 - 9:15 Movie



May 2024

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