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

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



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

10:00 - 2:00 Santa's Workshop
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 Spiritual Service
1:00 - 1:25 Channel 96: Seated Exercises
1:30 - 1:55 Channel 96: Balance Skills & Drill
1:30 - 2:00 First Presbyterian Church Communion
2:30 - 3:05 Channel 96: I, II & III John 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 The Olive Garden (*)
2:00 - 2:25 Channel 96: Gentle Yoga
3:00 - 4:00 Corn Hole
7:15 Holiday Music and Favorites with Ed Shaffer

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
7:15 - 9:15 Movie

10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Where Am I?
7:15 - 8:15 Lincoln County Cloggers Holiday Program

Pearl Harbor
10:00 - 10:30 Sittercise
11:00 - 12:00 Advent 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

10:00 - 10:30 Balance Class
11:00 - 12:00 Ball Toss
1:00 - 2:30 Shopping @ Dollar Tree & Big Lots (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
3:00 - 4:00 Farewell & Thank You Party for Karen Finney
3:30 - 5:00 All Time Favorite's Sing-A-Long

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 Coloring & Relaxation
2:00 - 4:00 Tom Willis Celebration of Life Reception
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: I, II & III John 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
2:00 - 3:00 Can You Picture This?
2:00 - 2:25 Channel 96: Gentle Yoga
7:15 - 8:15 Trinity Evangelical Lutheran Church Bell Ringers

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 EZ Short Story: A Historical Mystery
4:00 - 5:00 First Presbyterian Church Christmas Caroling
7:15 - 8:15 Holiday Music w/ David Haas

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 Random Trivia

10:00 - 10:30 Sittercise
11:00 - 12:00 Advent Study w/ Rev. Dr. Jay Parkins
11:00 - 12:00 Bingo
1:00 - 1:25 Channel 96: Gentle Yoga
1:45 - 3:00 Kroger (*)
4:00 - 6:00 Ridgemont Family Night with Santa

10:00 - 10:30 Balance Class
11:00 - 12:00 Remembering Christmas Eve
1:00 - 2:00 Afternoon Holiday Music Program
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
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
2:30 - 3:05 Channel 96: I, II & III John 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
7:15 - 8:15 Senior Moments
Holiday Program

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 Cardio Drumming with Tony Hill
3:00 Ugly Sweater Dance with Arlen Bishop
7:30 - 8:30 Holiday Concert by the Charleston Metro Band

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 - 7:00 Dinner at Diehl's & St. Albans Festival of Lights (*)

10:00 - 10:30 Sittercise
11:00 - 12:00 Advent 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
1:00 - 2:00 White Elephant Christmas Party
1:45 - 3:00 Kroger (*)

10:00 - 10:30 Balance Class
11:00 - 12:00 Christmas Bingo
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
7:15 - 9:15 Movie

10:00 - 10:30 Sittercise
1:00 - 1:25 Channel 96: Seated Exercises
1:30 - 1:55 Channel 96: Balance Skills & Drill
3:00 - 5:00 Afternoon Movie
7:15 - 9:15 Movie

Christmas Eve
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: I, II & III John Bible Study for Beginners
3:00 - 4:00 Catholic Communion
6:00 - 8:00 Movie

Christmas Day
2:00 - 2:25 Channel 96: Gentle Yoga
3:00 - 5:00 Movie: Elf
7:15 - 9:15 Movie: National Lampoons Christmas Vacation

Kwanzaa
10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
1:00 - 1:25 Channel 96: Seated Exercises
1:00 - 2:00 Sing-A-Long w/ Keith Ellison
1:30 - 1:55 Channel 96: Balance Skills & Drills
1:45 - 3:00 Kroger (*)
2:00 - 3:00 Cardio Drumming with Tony Hill
7:15 - 9:15 Movie

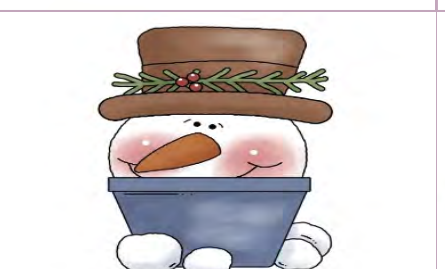
10:00 - 10:30 Balance Class
10:30 - 1:30 Massages by The Massage & Reiki Center (*)
11:00 - 12:00 Corn Hole
2:00 - 3:00 Adult Coloring & Relaxation
2:00 - 3:00 Check Cashing

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
1:00 - 2:00 Private Caregiver Meeting
1:45 - 3:00 Kroger (*)
2:00 - 3:00 Ball Toss

10:00 - 10:30 Balance Class
11:00 - 12:00 Funny Finish Lines
2:00 - 3:00 Cardio Drumming with Tony Hill
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
1:00 - 2:00 Spumoni Ice-Cream Social
1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 4:00 Afternoon Movie
7:15 - 9:15 Movie

New Year's Eve
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: I, II & III John Bible Study for Beginners
3:00 - 5:00 Little Big Band Trio
9:00 - 12:00 Stolen Moments Band



December 2023

