


# RidgePointe July 2023

**In Person Exercise Classes**  
 Mon, Wed, Fri Marion Hall  
 Chair Yoga 8:40am 50min.  
 Express Exercise 9:40 30min  
 Ever Wellness Exercise 10:45am  
**Knit & Chat**  
 Mon 1:00pm CR  
**500**  
 Mon 7:00pm WPR  
 Wed 7:00pm WPR

**Cribbage**  
 Wed 1:00pm WPR  
**Bridge**  
 Fri 1:00pm WPR  
**Poker**  
 Fri 1:00pm Pk. Room  
**Bandage Rolling**  
 2nd Tues 3:00pm WPR  
**Happy Hour**  
 Fri 4:00pm MH

**Movie**  
 Fri 7:00pm MH  
**Ladies Luncheon**  
 3rd Sat Time TBD  
**Men's Breakfast**  
 Sat 8:00am  
**Bingo**  
 Wed, Sat 7:00pm MH

**Vision Loss**  
 3rd Thur. 10:00am MH  
 WPR=West Party Room  
 PK. Room=Poker Room  
 MH=Marion Hall  
 CR=Craft Room  
 AR=Art Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00am Men's Breakfast 7pm Bingo <b>BINGO</b>
2 Church Van Departure 9:00am 10:00am (See Van Schedule)	3 1pm Knit & Chat 1pm Van Departs Walmart, Sam's Club Menards, Hobby Lobby 7pm 500	4  United States <b>Independence Day</b>	5 1pm Channel 991 <b>TED TALKS</b> 1pm Cribbage 1:30pm 500 3-4pm Alterations 7pm Bingo 7pm 500	6 9 & 11am Coffee Chats 991 Excursion Departs: 10:15am <b>Goodhue Historical Center</b>	7 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	8 8:00am Men's Breakfast 7pm Bingo <b>BINGO</b>
9 Church Van Departure 9:00am 10:00am	10 1pm Knit & Chat 1pm Van Departs Costco, Cub 7pm 500	11 9am Coffee Chats Live 10am Presentation 1pm Craft Class 3pm Bandage Rolling	12 1pm Channel 991 <b>TED TALKS</b> 1pm Cribbage 7pm Bingo 7pm 500	13 9 & 11am Coffee Chats 991 Excursion Departs: 10am <b>Wildlife Science Center</b>	14 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	15 8:00am Men's Breakfast Van Departs 11:30am Ladies Luncheon Pinstripes 7pm Bingo <b>BINGO</b>
16 Church Van Departure 9:00am 10:00am	17 1pm Knit & Chat 1pm Van Departs Walmart, Sams Club, Hobby Lobby, Menards 7pm 500	18 9am Coffee Chats Live 10am Presentation <b>Birthday Celebration</b> 3pm Cocktail and Appetizer 3:30 Entertainment 5:00 Birthday Dinner	19 1pm Channel 991 <b>TED TALKS</b> 1pm Cribbage 3-4pm Alterations 7pm Bingo 7pm 500	20 9& 11am Coffee Chats 99 Excursion Departs: 9:30am <b>Munsinger Clemens Gardens</b>	21 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	22 8:00am Men's Breakfast 7pm Bingo <b>BINGO</b>
23 Church Van Departure 9:00am 10:00am Excursion Departs: 1:20pm Lake Harriet Bandshell Twin Cities Brass Band	24 1pm Knit & Chat 1pm Van Departs HyVee, Super Target, Kohl's 7pm 500	25 9am Coffee Chats Live 10am Presentation	26 1pm Channel 991 <b>TED TALKS</b> 1pm Cribbage 7pm Bingo 7pm 500	27 9& 11am Coffee Chats 991 Excursion Departs: 10:35am <b>Padelford Riverboats</b>	28 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	29 8:00am Men's Breakfast 7pm Bingo <b>BINGO</b>
30 Church Van Departure 9:00am 10:00am	31					