

RidgePointe August 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 9am Coffee Chats Live 10am Presentation	2 ICE CREAM SOCIAL 1pm Channel 991  1pm Cribbage 1:30pm 500 3-4pm Alterations	3 9 & 11am Coffee Chats 991 Excursion Departs 10:25am Circus Juventas	4 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	5 8:00am Men's Breakfast 7pm Bingo 
6 Church Van Departure 9:00am 10:00am (See Van Schedule)	7 1pm Knit & Chat 1pm Van Departs Walmart, Sam's Club Menards, Hobby Lobby 7pm 500	8 9am Coffee Chats Live 10am Presentation 1pm Craft Time 1pm Tech Class 3pm Bandage Rolling	9 1pm Channel 991  1pm Cribbage 1:30pm 500 7pm Bingo 7pm 500	10 9 & 11am Coffee Chats 991 Excursion Departs 9:30am Abdullah Candy Store & Squash Blossom farm	11 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	12 8:00am Men's Breakfast 7pm Bingo 
13 Church Van Departure 9:00am 10:00am	14 1pm Knit & Chat 1pm Van Departs Costco, Cub 7pm 500	15 9am Coffee Chats Live 10am Presentation Birthday Celebration 3pm Cocktail and Appetizer 3:30 Entertainment 5:00 Birthday Dinner	16 1pm Channel 991  1pm Cribbage 11am-1pm Merries Medical Research 3-4pm Alterations 7pm Bingo 7pm 500	17 9 & 11am Coffee Chats 991 Excursion Departs 10:30am Mystic Lake 1pm Vision Loss	18 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	19 8:00am Men's Breakfast Van Departs 10:25am Ladies Luncheon 5-8 Club 7pm Bingo 
20 Church Van Departure 9:00am 10:00am	21 1pm Knit & Chat 1pm Van Departs Walmart, Sams Club, Hobby Lobby, Menards 7pm 500	22 9am Coffee Chats Live 10am Presentation	23 1pm Channel 991  1pm Cribbage 7pm Bingo 7pm 500	24 9 & 11am Coffee Chats 991 Excursion Departs 8am Minnesota State Fair	25 1pm Coffee Chats 991 1pm Bridge 1pm Poker 4pm Happy Hour 7pm Movie	26 8:00am Men's Breakfast 7pm Bingo 
27 Church Van Departure 9:00am 10:00am	28 1pm Knit & Chat 1pm Van Departs HyVee, Super Target, Kohl's 7pm 500	29 9am Coffee Chats Live 10am Presentation	30 1pm Channel 991  1pm Cribbage 7pm Bingo 7pm 500	31 9 & 11am Coffee Chats 991 Excursion Departs 10:30 Westwood Hills Nature Center		