

**SUN MON TUE WED THUR FRI SAT**

9:00 - 12:30 Church Shuttle (\*)  
 10:00 - 10:30 Channel 96: Catholic Mass  
**1**  
 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

10:00 - 10:30 Balance Class  
**2**  
**11:00 - 12:00 Corn Hole**  
 2:00 - 2:25 Channel 96: Gentle Yoga  
**2:00 - 3:00 Random Trivia**  
**7:15 - 8:15 St. Marks Methodist Steel Drums**

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 Make Your Own Snow Globe**  
 7:15 - 9:15 Movie

10:00 - 10:30 Balance Class  
**4**  
**11:00 - 12:00 Corn Hole**  
**2:00 - 3:00 Holiday Finish Lines**  
**7:00 - 8:00 Prayer Circle Meeting**  
**7:15 - 8:15 Elvis & Sinatra Christmas Show**

10:00 - 10:30 Sittercise  
**11:00 - 12:00 Advent Study with Lesile Fish**  
**5**  
**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 Ridgemont Book Club The Promise and the Light Short Stories**

10:00 - 10:30 Balance Class  
**6**  
**11:00 - 12:00 Funny Finish Lines**  
 1:00 - 2:30 Shopping Walmart (\*)  
**1:30 - 2:30 Catholic Mass**  
**3:30 - 4:30 Uno Card Games**  
 7:15 - 9:15 Movie

**Pearl Harbor**  
**10:00 - 2:00 Santa's Workshop "The Christmas Gift Show"**  
 1:00 - 1:25 Channel 96: Seated Exercises  
 1:30 - 1:55 Channel 96: Balance Skills & Drill  
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (\*)  
 10:00 - 10:30 Channel 96: Catholic Mass  
**8**  
 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

10:00 - 10:30 Balance Class  
**9**  
**11:00 - 12:00 Random Trivia**  
**2:00 - 3:00 Ball Toss**  
 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 Sing-A-Long to the Oldies**  
 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 Bingo**  
**4:00 First Presbyterian Church Christmas Caroling**  
 7:15 - 8:15 Holiday Music w/Bill Bryan

10:00 - 10:30 Balance Class  
**11**  
**11:00 John Adams Middle School Chorus**  
**1:30 - 2:30 Dementia & Alzheimer's Support Group**  
**2:00 - 3:00 Check Cashing**  
**7:00 - 8:00 Prayer Circle Meeting**

10:00 - 10:30 Sittercise  
**11:00 - 12:00 Advent Study with Lesile Fish**  
**12**  
**11:00 - 12:00 Bingo**  
 1:00 - 1:25 Channel 96: Gentle Yoga  
**1:00 - 2:00 Ridgemont Book Club The Promise and the Light Short Stories**  
 1:45 - 3:00 Kroger (\*)  
**3:00 - 5:00 Diane Gouhin's Retirement Party**  
**4:00 - 9:00 Ridgemont Dinner Outing to Diehl's and St Albans Festival Lights (\*)**

10:00 - 10:30 Balance Class  
**13**  
**11:00 - 12:00 Remembering the Sears Wish Book**  
 1:00 - 2:30 Shopping @ Dollar Tree (\*)  
**3:30 - 5:00 All Time Favorite's Sing-A-Long**  
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise  
**14**  
**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 Relaxation and Coloring**  
**5:00 - 7:00 WVU vs Bethune-Cookman University Basketball Watch Party**  
 7:15 - 9:15 Movie

**Full Moon**  
 9:00 - 12:30 Church Shuttle (\*)  
 10:00 - 10:30 Channel 96: Catholic Mass  
**15**  
 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

10:00 - 10:30 Balance Class  
**16**  
**11:00 - 12:00 Times Table Bingo**  
**1:00 - 2:00 Monthly Birthday Celebration**  
 2:00 - 2:25 Channel 96: Gentle Yoga  
**3:00 Kanawha Charleston Humane Association Pet Visits**  
**3:30 - 4:30 The Jett Family Holiday Music Performance**  
**7:15 - 8:15 Lincoln County Cloggers Holiday Program**

10:00 - 10:30 Sittercise  
**17**  
**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 Bingo**  
 7:15 - 9:15 Movie

10:00 - 10:30 Balance Class  
**18**  
**11:00 - 12:00 Corn Hole**  
**1:00 - 2:00 Awesome Auction**  
**2:00 - 3:00 Ridgemont Meeting**  
**7:00 - 8:00 Prayer Circle Meeting**  
**7:30 - 8:30 Holiday Concert Charleston Metro Band**

10:00 - 10:30 Sittercise  
**19**  
**11:00 - 12:00 Advent Study with Lesile Fish**  
**11:00 - 12:00 Bingo**  
 12:30 - 1:30 Alterations w/Carolyn  
 1:00 - 1:25 Channel 96: Gentle Yoga  
**1:00 - 2:00 Ridgemont Book Club The Promise and the Light Short Stories**  
 1:45 - 3:00 Kroger (\*)  
**3:00 - 5:00 Ugly Sweater Dance with Arlen Bishop**  
**4:00 - 6:00 Ridgemont Family Night with Santa**

10:00 - 10:30 Balance Class  
**20**  
**11:00 - 12:00 Random Trivia**  
 1:00 - 2:30 Shopping @ Drug Emporium (\*)  
**2:00 - 3:00 White Elephant Christmas Party**  
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise  
**21**  
**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 Holiday Ballads by Shane Wilson**  
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (\*)  
 10:00 - 10:30 Channel 96: Catholic Mass  
**22**  
 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 - 4:00 WVU vs Mercyhurst Basketball Watch Party**  
**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  
**23**  
**11:00 - 12:00 Christmas Bingo**  
**1:00 - 2:00 Sing-A-Long w/ Keith Ellison**  
 2:00 - 2:25 Channel 96: Gentle Yoga  
**2:00 - 3:00 Check Cashing**

**Christmas Eve**  
 10:00 - 10:30 Sittercise  
**24**  
**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 - 4:00 Afternoon Movie**  
 7:15 - 9:15 Movie

**Hanukkah**  
**25**  
**Christmas Day**  
**3:00 - 5:00 Movie: Home Alone**  
**7:00 - 9:00 Movie: National Lampoons Christmas Vacation**

**Kwanzaa**  
 10:00 - 10:30 Sittercise  
**26**  
**11:00 - 12:00 Bingo**  
 1:00 - 1:25 Channel 96: Gentle Yoga  
 1:45 - 3:00 Kroger (\*)  
**2:00 - 3:00 Ridgemont Book Club The Promise and the Light Short Stories**

10:00 - 10:30 Balance Class  
**27**  
**11:00 - 12:00 Can You Picture This?**  
 1:00 - 2:30 Shopping @ Target (\*)  
**2:00 HANUKKAH DREIDELS GAME (1st FL DR)**  
**3:30 - 4:30 Uno card Games**  
 7:15 - 9:15 Movie

10:00 - 10:30 Sittercise  
**28**  
**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 - 3:00 Sing A Long with Suzie Q**  
 7:15 - 9:15 Movie

9:00 - 12:30 Church Shuttle (\*)  
 10:00 - 10:30 Channel 96: Catholic Mass  
**29**  
 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

10:00 - 10:30 Balance Class  
**30**  
**11:00 - 2:00 Ridgemont Lunch Outing to Longhorn Steak House (\*)**  
 2:00 - 2:25 Channel 96: Gentle Yoga  
**2:00 - 3:00 Corn Hole**

**New Year's Eve**  
 10:00 - 10:30 Sittercise  
**31**  
**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 (\*)  
**3:00 - 5:00 Little Big Band**  
**9:00 - 12:00 Stolen Moments Perform**



*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.*

**December 2024**

**AL Print**  
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