

SUN MON TUE WED THUR FRI SAT



7
 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
2:00 - 3:00 Corn Hole
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

1
 10:00 - 10:30 Balance Class
11:00 - 2:30 Ridgemont Lunch Outing to Cracker Barrel (*)
 2:00 - 2:25 Channel 96: Gentle Yoga
2:00 - 3:00 Corn Hole

2
 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 (*)
3:00 - 4:00 Bingo
 7:15 - 9:15 Movie

3
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Remembering Talking on the Phone
7:00 - 8:00 Prayer Circle Meeting

4
Independence Day
3:00 - 5:00 Freedom Celebration With Edgewood Summit Dixieland Band

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

6
 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

14
 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

15
 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

16
Ashura
 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 - 9:15 Movie

17
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 3:00 Ridgemont Meeting
3:00 - 5:00 Edgewood Summit's 29th Anniversary Party with The Bob Thompson Band
7:00 - 8:00 Prayer Circle Meeting

18
 10:00 - 10:30 Sittercise
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 Ice Cream Social
3:00 - 4:00 Double Play Flute & Tuba

19
 10:00 - 10:30 Balance Class
11:00 - 12:00 Ball Toss
 1:00 - 2:30 Shopping @ Drug Emporium (*)
3:30 - 5:00 All Time Favorite's Sing-A-Long
 7:15 - 9:15 Movie

20
 10:00 - 10:30 Sittercise
11:00 - 12:00 Bingo
1:00 - 2:00 Blueberry Cobbler Social
 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

21
Full Moon
 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

22
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
1:00 - 2:00 Sing-A-Long w/ Keith Ellison
 2:00 - 2:25 Channel 96: Gentle Yoga

23
 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 EZ Short Story: Adventures in Speed Dating
 7:15 - 9:15 Movie

24
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
11:00 - 12:00 New Resident Orientation
2:00 - 3:00 AFTERNOON IN PARIS (*) (ABHC-2ND FL- MEET IN THE RIDGEMONT LOBBY. BUS LOADING AT 1:40PM)
2:00 - 3:00 Check Cashing
4:00 - 5:00 Music By Ed Shaffer
7:00 - 8:00 Prayer Circle Meeting

25
 10:00 - 10:30 Sittercise
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 Can You Picture This?
3:00 - 5:00 Christmas in July Dance with Arlen Bishop

26
 10:00 - 10:30 Balance Class
11:00 - 12:00 Match Up the Sayings
1:00 - 2:00 Chit Chat
1:00 - 2:30 Shopping @ Target (*)
3:30 - 12:00 Bingo
 7:15 - 9:15 Movie

27
 10:00 - 10:30 Sittercise
 1:00 - 1:25 Channel 96: Seated Exercises
 1:30 - 1:55 Channel 96: Balance Skills & Drill
2:00 - 4:00 Bill Crockett's 90th Birthday Celebration
 7:15 - 9:15 Movie

28
 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

29
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
 2:00 - 2:25 Channel 96: Gentle Yoga
2:00 - 3:00 Summer Days: Five Clue What Is It?

30
 10:00 - 10:30 Sittercise
11:00 - 1:00 Baked Potato Fundraiser
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 Finish the Lyrics
 7:15 - 9:15 Movie

31
 10:00 - 10:30 Balance Class
11:00 - 12:00 Corn Hole
2:00 - 4:00 Afternoon Movie
7:00 - 8:00 Prayer Circle Meeting

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.



July 2024

AL Print
 300 Baker Lane Charleston, WV 25302 (304) 346-2355

