



# Meadow Ridge Weekly Programs

## Sunday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength** | 30 minutes
- 11:00 AM **Chair Yoga** | 30 minutes
- 1:30 PM **Religious Services** | 1 hours
- 3:00 PM **The Opera/Ballet Committee Presents: “The Pearl Fishers”** | Set in ancient times on the island of Ceylon, this opera describes a moving tale of friendship tested by love. Please arrive 15 minutes early for remarks. Running time is 2 hours. (Auditorium)
- 4:00 PM **Bocce “Sundays in the Park”** | Please join us! (Spruce Courtyard)

## Monday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 10:00 AM **Art Class with Kathy** | Activity Room 2
- 10:00 AM **Resident/Associate Croquet Challenge** | Light refreshments will be served. (Laurel Courtyard, Croquet Court)
- 11:00 AM **Library Committee Meeting** | Activity Room 1
- 11:00 AM **Theater Classics: “All That Jazz”** | Rated R, 1979, 2 hours 3 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in Fitness Center
- 1:00 PM **Party Bridge** | Bennett Room
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 3:15 PM **Rummikub** | Bennett Room
- 3:30 PM **Opera/Ballet Committee Meeting** | Activity Room 1
- 3:30 PM **New Series! Broadchurch** | This British crime series follows the clues & obstacles that surface in the investigation of the murder of a young boy in a small seaside village.
- 4:30 PM **Wine Social** | Atrium
- 7:30 PM **Encore Performance! The Opera/Ballet Committee Presents: “The Pearl Fishers”** | Please arrive 15 minutes early for remarks. Running time is 120 minutes. (Auditorium)

## Fitness Program Hours

### Pool Hours

7 days/week, 6:00 AM – 10:00 PM

### AquaFit

Mon/Wed/Fri, 11:30 AM

### Water Walking

Tues/Thurs, 9:00 AM

### Tai Chi

Wed, 9:00 AM

Please sign in/out

### Fitness Center Hours

7 days/week, 6:00 AM – 10:00 PM

Please sign in/out



Managed by Benchmark Senior Living





## Tuesday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **New! Water Walking** | Pool
- 9:30 AM **Tai Chi** | 45 minutes (Auditorium)
- 9:30 AM **Seated Tai Chi** | 25 minutes
- 10:30 AM **Current Events** | Limited seating (Activity Room 1)
- 11:00 AM **“Marco Polo: The Age of Exploration”** | 44 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 2:00 PM **Writers Workshop** | 1 hours
- 2:00 PM **Caraluzzi’s Shopping Trip** | Sign up at front desk (Front Entrance)
- 2:00 PM **Scrabble** | Activity Room 2
- 3:30 PM **“Royal Pains” Series** | 45 minutes
- 7:30 PM **Tuesday Night Tunes: “James Taylor’s Greatest Hits”** | 1 hours 26 minutes

## Wednesday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **Tai Chi** | 4-week series (Pool)
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 11:00 AM **“Cocktails with a Curator: Perio della Francesca”** | 21 minutes  
& **“Travels with a Curator: Villa Barbaro, Maser”** | 16 minutes
- 11:00 AM **Bingo!** | Join the fun and bring your quarters! (Activity Room 2)
- 12:00 PM **Trip: Let’s Do Lunch at Wadsworth Museum** | Front Lobby
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 3:00 PM **Westport Country Playhouse Virtual Show: Tiny House** | Join us for refreshments! (Auditorium)
- 7:30 PM **Movie: “The Father”** | PG-13, 2020, 1 hours 37 minutes (Auditorium)

## Thursday

- 9:00 AM **“Beach Scenes” Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:00 AM **New! Water Walking** | Pool
- 9:30 AM **Chair Yoga** | 45 minutes (Fitness Studio)
- 10:00 AM **Report from Hartford** | Presentation by Will Haskell, CT State Senator and Anne Hughes, CT State Representative (Auditorium)
- 10:00 AM **Grounds Committee** | Zoom



## Thursday (continued)

- 10:00 AM **Shopping Trip: Stop & Shop** | Front Lobby
- 11:00 AM **"The Secrets of Antarctica"** | 50 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 1:00 PM **Bible Study** | Activity Room 1
- 1:00 PM **Tech Time with Marco** | Conference Room
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 2:00 PM **Caregivers Support Group** | Conference Room
- 2:30 PM **Dramatic Reading** | Activity Room 1
- 3:30 PM **Great Courses: History's Voyages of Exploration**

## Friday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 9:30 AM **Stretch & Strength + Core** | 45 minutes (Auditorium)
- 10:00 AM **Yoga Poses** | Atrium
- 11:00 AM **Film Committee** | Activity Room 1
- 11:00 AM **"The Royal Origins of a Full English Breakfast"** | 43 minutes
- 12:00 PM **Daily Courtyard Walk** | Meet in the Fitness Center
- 1:00 PM **Clothing Drive** | All donations go to the Vietnam Veterans of America | 2 hours
- 2:00 PM **A Stitch in Time** | Bring your needlework and join the fun! (Atrium)
- 2:00 PM **Five-Star Fitness** | 30 minutes
- 7:30 PM **Movie: "The Treasure of the Sierra Madre"** | 1948, 2 hours 6 minutes (Auditorium)

## Saturday

- 9:00 AM **"Beach Scenes" Meditation** | Beautiful scenery & relaxing music | 30 minutes
- 10:00 AM **Shopping Shuttle** | Sign up at front desk (Front Lobby)
- 10:00 AM **Mahjongg** | Bennett Room
- 10:00 AM **Chair Pilates** | 30 minutes (Auditorium)
- 10:30 AM **Mat Pilates** | Advanced class | 30 minutes (Auditorium)
- 3:00 PM **"Amelia Earhart: Queen of the Air"** | 43 minutes
- 7:30 PM **Movie: "Gigi"** | Rated G, 1958, 1 hours 59 minutes (Auditorium)