

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2019



<p>9:30 -11am Transportation to Worship in Rhinebeck 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie</p> <p><i>Water Yoga Teacher Training Workshop 5/31 – 6/7</i></p>	<p>2 9am Shopping/TOPS 10am GENTLE CHAIR YOGA ---- NO STRENGTHENING CLASS ---- 1pm MAHJONG (Art Studio) 2PM BRAIN GAMES ---- NO BALANCE CLASS ---- 4pm RESIDENT MEETING (MPR) 4pm WATER YOGA 7pm Movie</p>	<p>3 11am Stretch & Strength 1-4pm SHUFFLE BOARD at Arbor Ridge (Back Patio; weather permitting) 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO 8: 15pm Movie</p>	<p>4 8-10am HOT BREAKFAST 10am Gentle Chair Yoga 11:40am Catholic Communion 2pm Ping Pong (MPR) / Billiards 3pm CRIBBAGE 6pm Depart: <i>Music in the Parks Concert Series at Vanderbilt Mansion featuring BANDEMONIUM</i> 7pm Movie</p>	<p>5 9am WATER YOGA 10am Depart: <i>Oblong Bookstore in Rhinebeck / Misc. Shopping</i> 11am Stretch & Strength 2pm PRESENTATION by Don Fraser <i>Scandals Of The Gilded Age (MPR)</i> 3pm Billiards at Arbor 4:30pm Social Hour 7pm Movie</p>	<p>6 9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR) 4:30pm SING-A-LONG with FRIENDS (MPR) 7pm Movie</p>	<p>7 1pm SHUFFLE BOARD at Arbor (Back Patio; weather permitting) 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck 2pm Ping-Pong (MPR) 2:15 Depart: RPAC for ARSENIC & OLD LACE 3pm Billiards at Arbor 7pm Movie</p> <p><i>Shavuot</i></p>	<p>9 9am Shopping/TOPS 10am GENTLE CHAIR YOGA 1pm STRENGTHENING CLASS 1pm MAHJONG (Art Studio) 2pm Brain Games 2pm BALANCE FOR LIFE (MPR) 4pm WATER YOGA 7pm Movie</p>	<p>10 11am Stretch & Strength 1-4pm SHUFFLE BOARD at Arbor Ridge (Back Patio; weather permitting) 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO 8: 15pm Movie</p>	<p>11 10am Gentle Chair Yoga 11-1pm Art Class 11:40am Catholic Communion 2pm Ping Pong (MPR) / Billiards 3pm CRIBBAGE 6pm Depart: <i>Music in the Parks Concert Series at Mills Mansion featuring THE STRAWBERRY FIDDLERS</i> 7pm Movie</p>	<p>12 9am Depart: BREAKFAST AT THE RED HOOK DINER 9am WATER YOGA 11am Stretch & Strength 2pm GOLDEN AGE SINGERS in CONCERT at ARBOR (MPR) 3pm Billiards at Arbor 4:30pm Social Hour 7pm Movie</p>	<p>13 9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR)/ Billiards 4pm Friday Gathering 7pm Movie</p> <p><i>Flag Day (US)</i></p>	<p>14 1pm SHUFFLE BOARD at Arbor (Back Patio; weather permitting) 2pm Ping-Pong (MPR) / Billiards 7pm Movie 6:50pm Depart: Rhinebeck HS for Northern Dutchess Symphony Orchestra (NDSO) Concert SAND & SURF</p>
<p>8-10am FATHER'S DAY BREAKFAST.... 9:30 -11am Transportation to Worship in Rhinebeck 2:15 Depart: RPAC for OUR SUBURB 7pm Movie</p> <p><i>Father's Day</i></p>	<p>16 9am Shopping/TOPS 10am GENTLE CHAIR YOGA 1pm STRENGTHENING CLASS 1pm MAHJONG (Art Studio) 2pm Brain Games 2pm BALANCE FOR LIFE (MPR) 3pm MEMOIR WRITING 4pm WATER YOGA 7pm Movie</p>	<p>17 11am Stretch & Strength 2pm ICE CREAM SOCIAL 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO 8: 15pm Movie</p>	<p>18 10am Gentle Chair Yoga 11:40am Catholic Communion 3pm CRIBBAGE 6pm Depart: <i>Music in the Parks Concert Series at Vanderbilt Mansion featuring THE JAMES OSBORN BAND</i> 7pm Movie</p>	<p>19 9am WATER YOGA 11am Stretch & Strength 2pm Ping-Pong /Billiards 3:30pm Discussions w/ Karen, CEO 4:30pm Social Hour 7pm CONCERT: BERKSHIRE HILLSMEN; all male a Capella Group (MPR)</p>	<p>20 9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR) 4:30pm SING-A-LONG with FRIENDS (MPR) 7pm Movie</p> <p><i>Summer Begins</i></p>	<p>21 1pm SHUFFLE BOARD at Arbor (Back Patio; weather permitting) 2pm Ping-Pong (MPR) / Billiards 7pm Movie 7:15 Depart: BARD for THE KALICHSTEIN-LAREDO-ROBINSON TRIO</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck 12:45PM Depart: RHINEBECK FARMER'S MARKET 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie</p>	<p>23 9am Shopping/TOPS 10am GENTLE CHAIR YOGA 1pm STRENGTHENING CLASS 1pm MAHJONG (Art Studio) 2pm Brain Games 2pm BALANCE FOR LIFE (MPR) 4pm WATER YOGA 7pm Movie</p>	<p>24 PRIMARY ELECTION VOTING POLLS in MPR 6AM – 9PM ---- No Stretch & Strength ---- 1pm Billiards at Arbor 3pm ACTIVITY MEETING 7pm BINGO NO MOVIE</p>	<p>25 10am Gentle Chair Yoga 11-1pm Art Class 11:40am Catholic Communion 3pm CRIBBAGE 3pm Late Afternoon Cocktails & Cabaret TBA (MPR) 7pm Movie</p>	<p>26 9am WATER YOGA 10am Depart: WALK WAY OVER THE HUDSON 11am Stretch & Strength 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4:30pm Social Hour 7pm Movie</p>	<p>27 9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 12pm ARBOR RIDGE SUMMER BBQ BUFFET LUNCH SPECIAL (\$6) 2pm Ping-Pong (MPR)/ Billiards 4pm Friday Gathering 7pm Movie</p>	<p>28 1pm SHUFFLE BOARD at Arbor (Back Patio; weather permitting) 2pm Ping-Pong (MPR) / Billiards 7pm Movie 7:15 Depart: BARD for ORION STRING QUARTET</p>
<p>9:30 -11am Transportation to Worship in Rhinebeck 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie</p>	<p>30</p> <h1>Arbor Ridge</h1>					



Arbor Ridge

