

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 -11am Transportation to Worship in Rhinebeck 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie	LABOR DAY No Transportation Services ---- NO YOGA CLASSES ---- ---- NO STRENGTH & BALANCE ---- 1pm MAHJONG (Art Studio) 2PM BRAIN GAMES 4pm RESIDENT MEETING (MPR) 4:30pm LABOR DAY SOCIAL 7pm Movie <small>Labor Day</small>	11am Stretch & Strength 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO	8-10am HOT BREAKFAST 10am Gentle Chair Yoga 11:15am Art Class 2pm Ping Pong (MPR) 3pm Billiards at Arbor 3pm CRIBBAGE 7pm Movie	9am WATER YOGA 11am Stretch & Strength 12:30pm Depart: LUNCH at OLE SAVANNAH 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4:30pm Social Hour 7pm Movie	9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4:30pm SING-A-LONG W/ FRIENDS (FOYER) NO MOVIE	1pm SHUFFLE BOARD at Arbor (Back Patio) 2pm Depart: BARD CAMPUS' MONTGOMERY PLACE for DIAGONAL LIFE CIRCUS NO MOVIE PRIVATE PARTY MPR unavailable from 7AM-7PM
9:30 -11am Transportation to Worship in Rhinebeck 2pm Ping-Pong (MPR) 2:15pm Depart: RPAC for JESUS CHRIST SUPERSTAR 3pm Billiards at Arbor 7pm Movie <small>National Grandparents Day</small>	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	11am Stretch & Strength 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO	10am Gentle Chair Yoga 2pm Ping Pong (MPR) 3pm Billiards at Arbor 3pm CRIBBAGE 7pm Movie	9am WATER YOGA 11am Stretch & Strength 2pm PRESENTATION on LOCAL BIRDS & on campus identification (MPR) 4:30pm Social Hour 7pm JAZZ CONCERT featuring pianist, LARRY HAM with accompanying bassist (MPR)	9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4pm Friday Gathering 7pm Movie	1pm SHUFFLE BOARD at Arbor (Back Patio) 2pm Depart: BARD CAMPUS' MONTGOMERY PLACE MANSION for MUSIC OF THE AMERICAS 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie
9:30 -11am Transportation to Worsh æck 1:15pm Depart: BARD (TÖN) THE ORCHESTRA NOW presents COPLAND AND STRAUSS 2pm Ping-Pong (MPR) / Billiards 7pm Movie	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	11am Stretch & Strength 2pm Ping-Pong (MPR) 2pm ICE CREAM (MPR) 3pm Billiards at Arbor 7pm BINGO	10am Gentle Chair Yoga 11:15am Art Class 3pm Billiards at Arbor 3pm CRIBBAGE 7pm Movie <small>NPHV LUNCHEON MPR unavailable from 7AM-3PM</small>	8:30am Depart: CLARK MUSEUM in MA 9am WATER YOGA 11am Stretch & Strength 2pm Ping-Pong (MPR) / Billiards 3:30pm Discussions w/ Karen, CEO (MPR) 4:30pm Social Hour 7pm Movie	9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4:30pm SING-A-LONG W/ FRIENDS (MPR) 7pm Movie	1pm SHUFFLE BOARD at Arbor (Back Patio) 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie 7:15pm Depart: RPAC for BOILER ROOM GIRLS <small>Oktoberfest Begins</small>
9:30 -11am Transportation to Worship in Rhinebeck 2:15pm Depart: BARD for Visiting Pianist, ROBERT SILVERMAN – BEETHOVEN, CHOPIN, COPLAND & SCHUBERT 7pm Movie	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 <small>Autumn Begins</small>	11am Stretch & Strength 11:15am Depart: BARD NOON CONSERVATORY CONCERT 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm BINGO	9:15am PODIATRIST IN 10am Gentle Chair Yoga 2pm Ping Pong (MPR) 3pm Activity Meeting 3pm Billiards at Arbor 3pm CRIBBAGE 7pm Movie	9am WATER YOGA 11am Stretch & Strength 12:15pm Depart: LUNCH at THE AMSTERDAM in Rbk 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 4:30pm Social Hour 7pm Movie	9am WATER YOGA 9am Hairdresser In 9:30am Hannaford 12-2pm ARBOR RIDGE'S ANNUAL OKTOBERFEST 4pm Friday Gathering 7pm Movie	1pm SHUFFLE BOARD at Arbor (Back Patio) 2pm Ping-Pong (MPR) 3pm Billiards at Arbor 7pm Movie 7:15pm Depart: BARD CONSERVATORY presents A MARTIAL ARTS TRILOGY
9:30 -11am Transportation to Worship in Rhinebeck 2pm JAZZ CONCERT featuring pianist, LARRY HAM with accompanying saxophonist at Arbor (MPR) 7pm Movie	9am Shopping/TOPS 10am GENTLE CHAIR YOGA ---- NO STRENGTH CLASS ---- 1pm MAHJONG (Art Studio) 2pm Brain Games ---- NO BALANCE CLASS ---- 4pm WATER YOGA 7pm Movie <small>Rosh Hashanah (first day)</small>					

September 2019

ARBOR RIDGE

For more information on events/programs, please contact the Front Desk at 876-3344. All activities are subject to change.