


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">February 2020</h1> <h1 style="text-align: center;">ARBOR RIDGE</h1>						
9:30 -11am Transportation to Worship in Rhinebeck <b>3pm Billiards at Arbor</b> <b>4pm WATER YOGA</b> 7pm Movie 	<b>9am Shopping/TOPS</b> <b>10am GENTLE CHAIR YOGA</b> <b>1pm STRENGTH CLASS</b> <b>1pm MAHJONG (Art Studio)</b> <b>2pm BALANCE FOR LIFE</b> <b>4pm RESIDENT MEETING</b> 7pm Movie	11am Stretch & Strength 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>3:30pm BRIDGE for Learners (Art Studio)</b> <b>7pm BINGO</b>	<b>8-10am HOT BREAKFAST</b> <b>10AM GENTLE CHAIR YOGA</b> 11:20am Catholic Communion <b>11:30am ART CLASS</b> <b>2pm GAMES / Dominos (Art Studio)</b> 3pm Billiards at Arbor 7pm Movie	<b>9am WATER YOGA</b> 11am Stretch & Strength <b>TBA Depart: NCG CINEMA in Kingston (Hudson Valley Mall)</b> <b>1:30pm SCRABBLE (Art Studio)</b> <b>4:30pm Social Hour</b> 7pm Movie	<b>9am WATER YOGA</b> 9am Hairdresser In <b>9:30am Hannaford</b> 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>4pm Friday Gathering of Friends (Foyer)</b> 7pm Movie	<b>1pm Needlework Group (Downstairs Library)</b> <b>2pm Game of HEARTS (Art Studio)</b> 2pm Ping-Pong (MPR) <b>3pm Billiards at Arbor</b> <b>7pm Movie</b> <b>Choose One (1) Trip:</b> <b>7pm Depart: CIA Marriot for FRENCH KISS featuring (NDSO) Northern Dutchess Symphony Orchestra -OR- Depart: BARD for BEETHOVEN'S EROICA</b>
9:30 -11am Transportation to Worship in Rhinebeck <b>11:30am Depart: TSL for Gershwin's' Opera PORGY &amp; BESS (3hrs 40mins)</b> <b>3pm Billiards at Arbor</b> <b>4pm WATER YOGA</b> 7pm Movie	<b>9am Shopping/TOPS</b> <b>10am GENTLE CHAIR YOGA</b> <b>1pm STRENGTH CLASS</b> <b>1pm MAHJONG (Art Studio)</b> <b>2pm BALANCE FOR LIFE</b> 7pm Movie	11am Stretch & Strength 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>3:30pm BRIDGE for Learners (Art Studio)</b> <b>7pm BINGO</b>	<b>10AM GENTLE CHAIR YOGA</b> 11:20am Catholic Communion 2pm Ping Pong (MPR) <b>2pm GAMES / Dominos (Art Studio)</b> 3pm Billiards at Arbor 7pm Movie	<b>9am WATER YOGA</b> 11am Stretch & Strength <b>12:30pm Depart: LUNCH at CINNAMON INDIAN CUISINE in Rhinebeck</b> <b>1:30pm SCRABBLE (Art Studio)</b> <b>4:30pm Social Hour</b> 7pm Movie	<b>9am WATER YOGA</b> 9am Hairdresser In <b>9:30am Hannaford</b> 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>4:30pm SING-A-LONG W/ FRIENDS (MPR)</b> 7pm Movie	<b>1pm Needlework Group (Downstairs Library)</b> <b>2pm Game of HEARTS (Art Studio)</b> 2pm Ping-Pong (MPR) <b>3pm Billiards at Arbor</b> 7pm Movie <b>7:15pm Depart: RPAC for play, LOVE/SICK</b>
9:30 -11am Transportation to Worship in Rhinebeck <b>1:15pm Depart: BARD for Chamber Music Concert Celebrating György Kurtág</b> <b>4pm WATER YOGA</b> 7pm Movie	<b>9am Shopping/TOPS</b> <b>10am GENTLE CHAIR YOGA</b> <b>1pm STRENGTH CLASS</b> <b>1pm MAHJONG (Art Studio)</b> <b>2pm BALANCE FOR LIFE</b> 7pm Movie <small>Presidents' Day (US)</small>	11am Stretch & Strength <b>2pm ICE CREAM SOCIAL</b> 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>3:30pm BRIDGE for Learners (Art Studio)</b> <b>7pm BINGO</b>	<b>10AM GENTLE CHAIR YOGA</b> 11:20am Catholic Communion <b>11:30am ART CLASS</b> <b>2pm GAMES / Dominos (Art Studio)</b> 3pm Billiards at Arbor 7pm Movie <small>NPHV Luncheon MPR unavailable from 7AM-4PM</small>	<b>9am WATER YOGA</b> 11am Stretch & Strength <b>1:30pm SCRABBLE (Art Studio)</b> <b>2pm GOLDEN AGE SINGERS in CONCERT (MPR)</b> <b>3:30pm Discussions w/ Karen, CEO</b> <b>4:30pm Social Hour</b> 7pm Movie	<b>9am WATER YOGA</b> 9am Hairdresser In <b>9:30am Hannaford</b> 3pm Billiards at Arbor <b>4pm Friday Gathering (Foyer)</b> <b>7pm CONCERT at ARBOR: Featuring violinist, MARKA YOUNG performing works by immigrant composers (MPR)</b>	<b>1pm Needlework Group (Downstairs Library)</b> <b>2pm Game of HEARTS (Art Studio)</b> 2pm Ping-Pong (MPR) <b>3pm Billiards at Arbor</b> 7pm Movie
9:30 -11am Transportation to Worship in Rhinebeck <b>TBA Bard Preparatory Student Recital at Arbor Ridge (MPR)</b> <b>11:30am Depart: TSL for Bolshoi Ballet SWAN LAKE (2hrs 45mins)</b> <b>4pm WATER YOGA</b> 7pm Movie	<b>9am Shopping/TOPS</b> <b>10am GENTLE CHAIR YOGA</b> <b>1pm STRENGTH CLASS</b> <b>1pm MAHJONG (Art Studio)</b> <b>2pm BALANCE FOR LIFE</b> 7pm Movie	11am Stretch & Strength <b>12-2pm CELEBRATE MARDI GRAS with a CAFÉ LUNCH SPECIAL (\$7)</b> 3pm Activity Meeting 3pm Billiards at Arbor <b>3:30pm BRIDGE for Learners (Art Studio) - 7pm BINGO</b> <small>Mardi Gras</small>	<b>10AM GENTLE CHAIR YOGA</b> 11:20am Catholic Communion 2pm Ping Pong (MPR) <b>2pm GAMES / Dominos (Art Studio)</b> 3pm Billiards at Arbor 7pm Movie <small>Ash Wednesday</small>	<b>9am WATER YOGA</b> 11am Stretch & Strength <b>12:15pm Depart: LUNCH at the Culinary French Restaurant, THE BOCUSE, in Hyde Park</b> <b>1:30pm SCRABBLE (Art Studio)</b> <b>2pm RHINEBECK@HOME: Presentation on JAPANESE TEA GARDENS &amp; CEREMONIES (MPR)</b> <b>4:30pm Social Hour</b> 7pm Movie	<b>9am WATER YOGA</b> 9am Hairdresser In <b>9:30am Hannaford</b> 2pm Ping-Pong (MPR) 3pm Billiards at Arbor <b>4:30pm SING-A-LONG W/ FRIENDS (MPR)</b> 7pm Movie	<b>1pm Needlework Group (Downstairs Library)</b> <b>2pm Game of HEARTS (Art Studio)</b> 2pm Ping-Pong (MPR) <b>3pm Billiards at Arbor</b> 7pm Movie <small>Leap Day</small>

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