



Cedar Ridge

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Location</div> <div>1NER1st Floor North Education Room</div> <div>1SCR1st Floor South Conf. Room</div> <div>BBistro</div> <div>CLCedar Lodge</div>	<div>CLRClub Room</div> <div>FCFitness Center</div> <div>GHGrand Hall</div> <div>HCCHealthCare Center</div> <div>ODROutdoor Recreation Area</div>		<div>8:30Quilting (SR)</div> <div>9:30West Bend Library (CLR)</div> <div>9:45Quilting (SR)</div> <div>1:00Cedar Movie Channel 900</div> <div>1:30Chair Yoga (FC)</div> <div>3:00Vitality in Motion (CL)</div> <div>4:00Outdoor Recreation Gathering (ODR)</div>	<div>10:00Catholic Mass (GH)</div> <div>10:00Resistance Band Exercise (FC)</div> <div>11:00Resistance Band Exercise (CL)</div>	
4	<div>Labor Day</div> <div>No Mail</div> <div>8:00Cedar Community Walking Group</div> <div>2:00SAE Pie & Ice Cream Social (GH)</div>	<div>8:00Bird Walk (HCC)</div> <div>3:00Happy Hour (B)</div> <div>3:00Patio Party w/ Chuck Lange (PTO)</div>	<div>10:00Cedar Ridge Coffee Hour - TBD (GH)</div> <div>12:00Party Bridge* (TOTR)</div>	<div>9:00Alzheimer's Bake Sale (PS)</div> <div>1:00Cribbage (CLR)</div> <div>1:00Cedar Movie Channel 900</div> <div>1:30Chair Yoga (FC)</div> <div>1:30Grief Support Group (V)</div> <div>3:00Vitality in Motion (CL)</div> <div>3:00Cedar Readers Book Club (1SCR)</div>	<div>10:00Resistance Band Exercise (FC)</div> <div>11:00Resistance Band Exercise (CL)</div>	10
11	<div>10:00Low Vision Support Group- Nancy Larson WB Library (1NER)</div>	<div>8:00Bird Walk (CL)</div> <div>9:30Lutheran Women's Bible Study (1NER)</div> <div>3:00Happy Hour (B)</div>	<div>10:00Cedar Ridge Coffee Hour- Alice Horton Travel Talk (GH)</div> <div>11:00Cedar Ridge SAE Meeting (GH)</div> <div>1:00Catholic Scripture Discussion Group (V)</div>	<div>8:30Music Planning Meeting (CLR)</div> <div>1:00Cedar Movie Channel 900 - Popcorn</div> <div>1:30Chair Yoga (FC)</div> <div>3:00K4 Tutorial Class (1NER)</div> <div>3:00Vitality in Motion (CL)</div> <div>4:00Outdoor Recreation Gathering (ODR)</div>	<div>8:30Men's Breakfast * (TOTR)</div> <div>10:00Resistance Band Exercise (FC)</div> <div>11:00Resistance Band Exercise (CL)</div> <div>1:30Diversity Advocates Meeting (GH)</div> <div>3:00Choristers Rehearsal (PS)</div>	<div>2:00Foreign Film (CL)</div> <div>3:00Book Club 3 (1SCR)</div>
18	<div>8:00Cedar Community Walking Group</div> <div>1:00Sheepshead Club (CLR)</div> <div>2:00Tech @ Home Class- Internet, Email and Phone Scams (GH)</div>	<div>8:00Bird Walk (HCC)</div> <div>3:00Happy Hour (B)</div>	<div>10:00Cedar Ridge Coffee Hour- NAMI & Friends, INC (GH)</div> <div>12:00Ridge Bridge* (TOTR)</div> <div>1:00Lutheran Communion Service (1SCR)</div>	<div>9:00Nimble Thimbles (SR)</div> <div>1:00Cedar Movie Channel 900</div> <div>1:30Chair Yoga (FC)</div> <div>3:00Vitality in Motion (CL)</div> <div>4:00Outdoor Recreation Gathering (ODR)</div>	<div>First Day Of Fall</div> <div>10:00Resistance Band Exercise (FC)</div> <div>11:00Resistance Band Exercise (CL)</div> <div>1:00Caregiver Support Group (V)</div> <div>3:00Choristers Rehearsal (PS)</div>	<div>2:00Foreign Films (CL)</div>
25	<div>9:00Resident Council Meeting (GH)</div>	<div>8:00Bird Walk (CL)</div> <div>9:30Lutheran Women's Bible Study (1NER)</div> <div>12:00Oktoberfest * (GH)</div> <div>1:15Chapel (PS)</div>	<div>10:00Coffee Hour - Full Food Pantry Donation day (GH)</div> <div>10:00Coffee Hour- Ann Marie Craig- MOWA (GH)</div> <div>1:00Catholic Scripture Discussion Group (V)</div>	<div>1:00Cedar Movie Channel 900</div> <div>1:30Chair Yoga (FC)</div> <div>3:00Vitality in Motion (CL)</div> <div>4:00Outdoor Recreation Gathering (ODR)</div>	<div>10:00Resistance Band Exercise (FC)</div> <div>11:00Resistance Band Exercise (CL)</div> <div>3:00Choristers Rehearsal (PS)</div>	

Weekly Events

Monday

8:15 a.m. Exercise Video (FC)
 9 a.m. Woodwork Shop (WS)
 9:15 a.m. Exercise Video (FC)
 9:15 ~ 10 a.m. Water Aerobics (P)
 10 a.m. Lap Work Crafts and Conversation (V)
 10 a.m. Yoga w/ Trina (CL)
 10:15 ~ 11 a.m. Arthritis Exercise Class (FC)
 11 a.m. Knitting\Crocheting (CLR)
 11:15 a.m. Exercise Video (FC)
 11:15 a.m. Rocking Kindness, Rock Painting (PS)
 1 p.m. Catholic Communion (GH)
 1 p.m. Yoga (C)
 1:30 ~ 3 p.m. Beginning German (NL)
 3 p.m. Balance and Control (FC)
 6:30 p.m. Sheepshead (CLR)
 7 p.m. Scrabble (3NGR)

Tuesday

9 ~ Noon Train Room is Open (TR)
 9:30 a.m. Chair Yoga w/ Trina (GH)
 1:15 p.m. Chapel (GH)
 2:30 ~ 3:30 p.m. Tech @ Home (GH)
 3 ~ 5 p.m. Happy Hour (B)
 6:30 p.m. Sheepshead (CLR)

Wednesday

8:15 a.m. Exercise Video (FC)
 9 a.m. Woodwork Shop (WS)
 9 a.m. Exercise Video (FC)
 10 a.m. Coffee Hour (GH)
 11:15 a.m. Exercise Video (FC)
 1 p.m. Yoga (C)
 1:30 ~ 2:30 p.m. Advanced German (NL)
 1:30 p.m. Water Aerobics (P)
 2:30 p.m. Balance and Control (CL)
 3 p.m. Balance and Control (FC)
 6:30 p.m. Sheepshead (CLR)

Thursday

9 a.m. Rosary (GH)
 9:15 ~ 10 a.m. Water Aerobics (P)
 10 a.m. ~ WAUI Ukulele Ensemble Rehearsal (GH)
 10:15 ~ 11 a.m. Arthritis Exercise Class (FC)
 1 p.m. Cedar Movie channel 900
 1:30 p.m. Chair Yoga (FC)
 3 p.m. vitality in Motion (CL)
 6:30 p.m. Sheepshead (CLR)

Friday

8:15 a.m. Exercise Video (FC)
 9 a.m. Beginner Ukulele Group Rehearsals (PS)
 9 a.m. Mens Coffee Social (CLR)
 Except for the 3rd Friday
 9:15 a.m. Exercise Video (FC)
 10 a.m. Resistance Band Exercise (FC)
 11 a.m. Resistance Band Exercise (CL)
 11:15 a.m. Exercise Video (FC)
 1 p.m. Pinochle (NL)
 6:30 p.m. Sheepshead (CLR)

Saturday

6:30 p.m. Sheepshead (CLR)
 7 p.m. Bingo (B)

Sunday

2 ~ 4 p.m. Rummikub (NL)
 6:30 p.m. Sheepshead (CLR)

Room Key

3rd Floor

SGS ~ Stained Glass Studio
 TOTR ~ Top of the Ridge
 3NGR ~ 3rd Floor North Game Room

2nd Floor

GH ~ Grand hall
 ART ~ Art Studio (off Grand Hall)
 TR ~ Train Room

1st Floor

P ~ Patio
 GRH ~ Green House
 C ~ Conservatory
 B ~ Bistro
 CLR ~ Club Room
 LO ~ Lobby
 NL ~ North Library
 PDR ~ Privae Dining Room
 PS ~ Performance Square
 V ~ Veranda
 1SCR ~ 1st Floor South Conf. Room
 1NER ~ 1st Floor Norht Education Room

Ground Floor

FC ~ Fitness Center
 WO ~ Wellness office
 SL- ~ South Library
 P ~ Pool
 SR ~ Seting Room

Other

BBC ~ Boce Ball Court
 SC ~ Shuffle Board Court
 CS ~ Ceramic Studio
 WS ~ Woodwork Shop
 CL ~ Cedar Lodge
 CTH ~ Cedar TheatrR

Cedar Ridge Birthdays

September

1 Ray Frank
 1 Barb Puerling
 2 Lydia Claflin
 3 Richard Ellingboe
 4 Bob Denhardt
 4 Margie Kieckhafer
 5 Naomi Engeleiter
 5 Bob Johnston
 5 Dee Skinner
 8 Keith Klumb
 8 Dick Ludin
 8 Lynn Rusch
 8 Nancy Tillmann
 10 Jean Elder
 10 Janet Jessup
 10 Bob Leaverton
 10 Penny Leusink
 12 Dennis Rintelman
 13 Cy Cebulski
 14 Bobbi Gibbons
 14 Louise Hilty
 14 Mary Stodola
 16 Gail Steele
 17 Anita Schaumberg
 19 Dottie Feest
 19 Gary Seymour
 20 Martha Jeffrey
 20 George Reichert
 24 Marie Janke
 24 Nancy Wallace

Cedar Ridge Homes

8 Dave Solberg
 11 Karl Beres
 19 Diane Beres
 21 Tom Blumenberg
 23 Frances Matheu

Cedar Ridge Market Cafe Specials

Weekly Breakfast Specials:

September 6 - 9
 Eggs Benedict with
 Coffee or Juice

September 12 - 16
 Blueberry Pancakes and Sausaes
 with Coffee or Juice

September 19 - 23
 Two Eggs, Bacon and Toast with
 Coffee or Juice

September 26 - 30
 Denver Egg Bake and Toast
 with Coffee or Juice

Weekly Sandwich Specials:

September 6 - 9
 Cranberry Chicken Salad on a
 Crossiant with Chips

September 12 - 16
 Italian Sub with Corn Chips

September 19 - 23
 Greek Style Chicken on Pita Bread
 with Tzatziki Sauce

September 26 - 30
 Cuban Melt with Slaw

Prairie and Campus Golf Cart Rides available

There will be golf cart rides available starting May through October. (Weather permitting)
 These rides are offered on the Hwy Z Campus only by reservation.
 Rides are about 1 hour

 Reservations can be made by calling:
 Mondays mornings at 10:00 a.m. by calling Frank Laycock ~ 262-388-6445
 Thursday afternoon at 2:30 p.m. by calling Mike Kucharik ~ 262-353-9895

Special Group Rides on other weekdays by calling Bonnie Amerling ~ 262.306.4218
 at least 72 hours in advance.

This is open to all residents and their guests. All passengers must be available to transfer on and off the golf carts
 independently and seat belts must be worn at all times.

Trained Golf Cart Drivers through Cedar Community

If you would like to take a golf cart ride out on your own with other residents or guests you are so welcome to but
 please call Bonnie Amerling at 262.306.4218 or 920.960.0415. to reserve a golf cart, Do not take a cart without
 checking in because they may be being used by others.

Thank you .