

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 Laurels, Meadows, Violette's Crossing		10:00 Stretch Class with Kathleen - Comm Rm 11:00 Walking Group - Meet @ Reception 2:00 Drum Circle with Tara Community Room 3:30 Lemonade & Cookie Social - Multi Purpose 6:00 Movie - Laurels Basement	10:00 Tai Chi with Alex 10:00 Outing: Natural Bridge State Park - North Adams & Lunch - sign up 11:00 Laurels Resident Meeting - Comm Room 1:30 Bingo - Comm Rm 3:00 New Resident Orientation - CR 6:30 Game: Tripoley	10:00 Weight Class with Kathleen - Comm Room 11:00 Meadows Resident Meeting - CR 1:00 Blackjack - Laurels 1:30 Outing: Smiarowski Farmstand and Creamy, Sunderland - sign up 4:00 Wine Not Thursday - Multi Purpose Room 6:30 Game: 5 Crown	FootCare Nurse 10:15 Exercise with Peter - Community Room 11:00 VC Resident Meeting Cafe 12:00 4th of July BBQ - Dining Rooms 2:00 4th of July Music & Sing A Long with Doug Schmolze - CR 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Entertainment: Dear Ella with Mary Witt - Comm Room 3:30 Fun with Water Colors with Sara - CR 6:00 Movie - Laurels Basement
10:00 Exercise with Peter - Community Rm 11:00 Screening: Magical Andes - CR 1:15 Guided Meditation with Steph - MR 2:00 Screening: "Airplane" starring Leslie Neilson - CR	10:00 Chair Yoga w/Alex 11:00 Card Game: Acey Duecy - Country Kitchen 1:30 Bingo - CR 2:30 Chocolate Shakes 3:30 Jeopardy w/Noah - Community Room 6:00 Resident Sing A Long - Parlor 6:30 Game: Qwirkle	10:00 Stretch Class with Kathleen - Comm Rm 11:00 Rockridge Round Up Community Room 1:30 Music Documentary: Joni Mitchell , Lady Blue-CR 3:00 Premier Bingo - CR 4:00 Iced Tea & Cookie Social - Multi Purpose	9:00 Outing: Walmart & Big Y - sign up 10:00 Tai Chi with Alex-CR 1:00 Outing: Wistariahurst Museum, Holyoke \$13.00 - sign up 1:30 Bingo - Comm Rm 3:00 Documentary: Men Who Built America - CR 6:30 Game: Tripoley	10 Weight Class Kathleen 1:00 Hand Massages - sign up - Multi Purpose 1:00 Blackjack - Laurels 3:00 Guest Speaker: John Feffer - Comm Room 4:00 Wine Not Thursday Multi Purpose Room 4:30 Outing: Dinner @ Whatley Inn - sign up 6:30 Game: 5 Crown	10:15 Exercise with Julie Community Room 11:00 Piano Concert with John Yannis - CR 2:00 Documentary: Men Who Built America - Laurels Basement 6:30 to 8 p.m. Summer Dance Party - Comm Room 6:30 Game: Rummikub	9:00 Memory Caregivers Group Laurels Basement 10:00 Bingo - CR 10:30 Memory Changes Support Group - Laurels B. 2:00 Entertainment: Ukes For Ukraine - CR 3:30 Tech Help with Sara Community Room 6:00 Movie - Laurels B.
10:00 Exercise with Peter - Community Rm 11:00 Pokeno - CR 1:15 Guided Meditation with Steph - MR 2:00 Sunday Church Service w/Pastor Floyd- CR 3:00 Screening: "Night On Earth" - Comm Rm	10:00 Chair Yoga / Alex 11:00 Game: Acey Duecy 1:30 Bingo - CR 2:00 Book Group: "Galileo's Daughter" 2:30 Coffee Milkshakes 3:30 Jeopardy - CR 6:00 Sing A Long - Parlor 6:30 Game: Qwirkle	10:00 Stretch Class with Kathleen - CR 11:00 Sing A Long in Laurel Park w/NoHo Neighbors Meet @ Reception 1:30 Documentary: "It All Begins with a Song" - CR 3:30 Berries & Ice cream Social - Multi Purpose 6:00 Movie - Laurels B.	10:00 Outing: Bish Bash Falls, New York & Lunch - sign up 10:00 Tai Chi with Alex - Community Room 1:30 Bingo - CR 3:00 Documentary: Men Who Built America - CR 6:30 Game: Tripoley	10:00 Weight Class with Kathleen - Comm Room 1:00 Blackjack - Laurels Basement 1:30 Outing: Sheldon's Ice Cream, Southampton sign up 4:00 Wine Not Thursday Multi Purpose Room 6:30 Game: 5 Crown	10:00 Transplanting Flowers/Plants with Ingrid Meadows Basement 10:15 Exercise with Julie 1:00 Recycling Presentation with US Waste's Madelyn Hart - CR 3:00 Documentary: Men Who Built America - CR 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Entertainment: Combo Compact - Comm Room 3:30 Seated Stretch with Sara - CR 6:00 Movie - Laurels Basement
10:00 Exercise w/Peter 11:00 Screening: Magical Andes - Comm Room 1:15 Guided Meditation with Steph - Multi Purpose 2:00 Sunday Church Service w/Pastor Floyd- CR 3:00 Screening: "Our Oceans" - Comm Rm 3:00 Spa Day w/Mary Kate sign up - Laurels Basement	10:00 Chair Yoga with Alex - Community Room 11:00 Card Game: Acey Duecy - Country Kitchen 1:30 Bingo - CR 2:30 Vanilla Milkshakes 3:30 Music w/Jimmy Mazz 6:00 Resident Sing A Long - Parlor 6:30 Game: Qwirkle	10:00 Stretch Class with Kathleen - CR 11:00 Rockridge Round Up Community Room 2:00 Piano Concert with Pastor Floyd - CR 3:00 Premier Bingo - CR 3:30 Lemonade & Cookie Social - Multi Purpose 6:00 Movie - Laurels B.	9:00 Outing: Walmart & Big Y - sign up 10:00 Weight Class with Kathleen - Comm Room 11:00 Outing: Mystic Aquarium, CT \$32 - sign up 1:30 Bingo - CR 3:00 Documentary: Men Who Built America - CR 6:30 Game: Tripoley	10:00 Tai Chi with Alex - Comm Room 11:00 Scrabble - Library 1:00 Blackjack - Laurels 2:00 Outing: Rockridge Farm, Hadley - sign up 4:30 Outing: Dinner @ Farm Table, Bernardston 6:30 Game: 5 Crown	10:15: Exercise with Julie - Comm Room 11:00 Piano Concert with John Yannis - CR 2:00 Guest Speaker: Professor Carol Owen "Federalism" - CR 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Entertainment: Sara the Fiddler - CR 3:30 Piano Recital with Noah & Max - CR 6:00 Movie - Laurels Basement
10:00 Exercise with Peter - Community Rm 11:00 Pokeno - CR 1:15 Guided Meditation with Steph - MR 2:00 Sunday Church Service w/Pastor Floyd - Community Room 3:00 Screening: "Night On Earth" - Comm Rm	10:00 Chair Yoga / Alex 11:00 Game: Acey Duecy 1:30 Bingo - CR 2:30 Strawberry Milkshakes - CK 3:30 Catholic Mass - CR 6:00 Resident Sing A Long - Parlor 6:30 Game: Qwirkle	10:00 Stretch Class with Kathleen - CR 11:00 Walking Group - Meet @ Reception 2:00 Music Trivia with Kathleen - Multi Purpose Room 3:30- Circle of Life with Kathleen - Multi Purpose	10:00 Tai Chi with Alex Community Room 10:30 Outing: Mass Moca Museum, North Adams \$22 sign up 1:30 Bingo - Comm Rm 2:45 Memorabilia with Pat B - Comm Room 6:30 Game: Tripoley	10:00 Weight Class with Kathleen - CR 11:00 Scrabble - Library 1:00 Blackjack - Laurels 2:00 Outing: Ice Cream @ Village Green - sign up 3:00 Documentary: Men Who Built America - CR 6:30 Game: 5 Crown	* Download "My Rockridge" app for your smart phone, tablet or laptop. * Check out our in house tv channel 918, accessible with a cable box. * We offer nightly movies every night at 6:30 in the Laurels basement, located below concierge.	