LEGEND AT CAPITAL RIDGE

COMMUNITY EVENTS

Yoga, Meditation & You **JAN. 13, 2022 2:00-3:00PM**

Join us as we learn more about the benefits of yoga and meditation, as well as how to incorporate it into our daily routines, from local instructor Misha Reed. We'll even learn a few techniques and poses together. Guest Speaker: MISHA REED, REIKI MASTER AND MYOFASCIAL RELEASE PRACTIONER

Yoga, Meditation & You **JAN. 13, 2022 11:00AM-12:00PM**

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A Winning Tailgate **JAN. 27, 2022 2:00-3:00PM**

Join us for a cooking demo led by Legend at Capital Ridge chef. Learn how to prepare some of our favorite tailgate foods to show off to your friends! Enjoy tasting the creations then take a box to-go!

Super Bowl Drive Thru **FEB. 03, 2022 11:00AM-1:00PM**

We're celebrating America's biggest football game with a free tailgate party pack to-go. Stop by Legend at Capital Ridge, show your team spirit and take home your favorite game day snacks and recipes.

Saint Patrick's Day Party **MAR. 17, 2022 11:00AM-1:00PM**

Come and celebrate the luck of the Irish and a bit o' blarney with the residence and the team at Capital Ridge. Enjoy a Baked Potato Bar to warm the cockles of your heart.

Is it Alzheimer's or Dementia? **APR. 21, 2022 10:00AM-12:00PM**

Not all types of dementia are Alzheimer's disease, and not all forgetfulness can be attributed to aging. Join us as we learn the hallmarks of Alzheimer's disease, including common symptoms, and how those are different from other types of dementia. Bring along

your questions!

Mother's Day Tea **MAY. 06, 2022 11:30AM**

Join us for fun games, fond reflections, delicious tea sandwiches and petit fours. Sit back, relax, and let us take care of all the details so we can celebrate you properly.