

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2017

REDSTONE VILLAGE INDEPENDENT LIVING

<p>9:00-10:00 Swimming Laps AC</p> <p>10:30 Sunday Brunch DR</p> <p>5:00-7:00 Swimming AC</p>	<p>10:00 Needlework AR</p> <p>11:00 Balance FC</p> <p>1:00 Dining Services Committee C (Members Only)</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>2:30 Basic Aerobics FC</p> <p>3:00 Blood Pressure Clinic L</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p>	<p>8:30 Morning Inspiration AR</p> <p>9:00-10:00 Swimming AC</p> <p>9:30- 12:00 Medical Tune Up – Bring Your Walkers and Wheelchairs CL</p> <p>10:30 Low Impact Exercise FC</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Rock Painting With Paige AR</p> <p>2:00 - 3:00 Wellness Clinic FC</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> <p>7:30 Village Chorus CL</p> <p>Presents The Land Is Your Land</p>	<p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>3:30 Rock Painting With Monique AR</p> <p>6:30 Duplicate Bridge CR</p>	<p>9:45 Lynchburg, TN Lunch: Miss Mary Bobo's</p> <p>10:00 Chair Yoga FC</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</p> <p>1:00 - 2:00 Wellness Clinic FC</p> <p>2:30 Water Aerobics FC</p> <p>6:30 Dominos AR</p> <p>7:00 Bible Study CR</p> <p>7:00 Poker PR</p>	<p>10:00 Hearing Aids Cleaned CR (Dr. Mark Hagood's Staff)</p> <p>9:00-11:30 Paint Brush & Palette AR</p> <p>10:15 Basic Aerobics FC</p> <p>11:00 Balance Class FC</p> <p>1:00-2:00 Wellness Clinic FC</p> <p>1:30 Puzzles G</p> <p>2:00 Tai Chi FC</p> <p>3:00 Stories Read By Louise and Treats With Kim AR</p> <p>6:30 Huntsville Symphony Orchestra</p> <p>6:30 Hand and Foot CR</p>	<p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night</p> <p>See white board for Movie Information</p>
<p>9:00-10:00 Swimming Laps AC</p> <p>10:30 Sunday Brunch DR</p> <p>5:00-7:00 Swimming AC</p>	<p>10:00 Needlework AR</p> <p>11:00 Balance FC</p> <p>1:00 Dining Services Committee C (Members Only)</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>2:30 Basic Aerobics FC</p> <p>3:00 Blood Pressure Clinic L</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p>	<p>8:30 Morning Inspiration AR</p> <p>9:00-10:00 Swimming AC</p> <p>9:30- 12:00 Medical Tune Up – Bring Your Walkers and Wheelchairs CL</p> <p>10:30 Low Impact Exercise FC</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Rock Painting With Paige AR</p> <p>2:00 - 3:00 Wellness Clinic FC</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> <p>7:30 Village Chorus CL</p> <p>Presents The Land Is Your Land</p>	<p>10:30 Morning Meditation FC</p> <p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>3:00 Let's Create A Thankful Tree AR</p> <p>6:30 Duplicate Bridge CR</p>	<p>10:00 Chair Yoga FC</p> <p>9:00 Antiques And Heirlooms Featuring: Gary Piattoni From The Antique Road Show CL</p> <p>10:30 Lunch Out: Rosie's Mexican Cantina</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</p> <p>1:00 - 2:00 Wellness Clinic FC</p> <p>2:00 Commissary</p> <p>2:30 Water Aerobics FC</p> <p>4:00 Hymns With Marge L</p> <p>6:30 Dominos AR</p>	<p>8:30 "Discussion Group" CL With Jane</p> <p>11:00 Veteran's Day Program DR</p> <p>1:00-2:00 Wellness Clinic FC</p> <p>1:30 Puzzles G</p> <p>2:00 Tai Chi FC</p> <p>6:30 Hand and Foot CR</p>	<p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night</p> <p>See white board for Movie Information</p> <p>Veterans Day (US) Remembrance Day (Canada)</p>
<p>9:00-10:00 Swimming Laps AC</p> <p>10:30 Sunday Brunch DR</p> <p>5:00-7:00 Swimming AC</p>	<p>9:00 Bank Trip</p> <p>10:00 Needlework AR</p> <p>11:00 Balance FC</p> <p>12:00 - 2:00 Glenda Oldham Jewelry Sale – Outside Dining Room</p> <p>1:00- 4:00 Community Bake Sale L</p> <p>1:00-3:00 Parkway Place</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>2:00 Monique's Medicine CL</p> <p>Advanced Directives "Good Death" Talk</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p>	<p>8:30 Morning Inspiration AR</p> <p>9:00-10:00 Swimming AC</p> <p>9:30 Catholic Service AL</p> <p>10:30 Low Impact Exercise FC</p> <p>12:00 Lunch With Jane DR</p> <p>A-Wing 3rd Floor</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Resident Council CL</p> <p>2:00 - 3:00 Wellness Clinic FC</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p>	<p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>12:00 Happy Birthday</p> <p>October Luncheon DR</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>3:30 Housekeeping Committee C</p> <p>6:30 Duplicate Bridge CR</p>	<p>10:00 Chair Yoga FC</p> <p>10:00 Lunch Out Five Guys</p> <p>Movie: LBJ (Lyndon B. Johnson)</p> <p>AMC Valley Bend 18</p> <p>10:30 Low Impact FC</p> <p>1:00 - 2:00 Wellness Clinic FC</p> <p>2:30 Water Aerobics FC</p> <p>4:00 Hymns With Marge L</p> <p>6:30 Dominos AR</p> <p>7:00 Bible Study CR</p> <p>7:00 Poker PR</p>	<p>8:30 Morning Inspiration AR</p> <p>10:15 Basic Aerobics FC</p> <p>11:00 Balance Class FC</p> <p>1:00-2:00 Wellness Clinic FC</p> <p>1:30 Puzzles G</p> <p>2:00 Security Meeting C</p> <p>2:00 Tai Chi FC</p> <p>3:00 Stories Read By Louise and Treats With Kim AR</p> <p>5:00 Just For Us Event</p> <p>Music By Leonard Houston</p> <p>6:30 Hand and Foot CR</p>	<p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night</p> <p>See white board for Movie Information</p>
<p>9:00-10:00 Swimming Laps AC</p> <p>10:30 Sunday Brunch DR</p> <p>5:00-7:00 Swimming AC</p>	<p>10:00 Needlework AR</p> <p>10:00 Shopping: Kroger & Aldi's</p> <p>11:00 Balance FC</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>2:00 The Importance of Case Management By Jeanie Tuass CL</p> <p>2:30 Basic Aerobics FC</p> <p>3:00 Blood Pressure Clinic L</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p>	<p>8:30 Morning Inspiration AR</p> <p>9:00-10:00 Swimming AC</p> <p>10:30 Low Impact Exercise FC</p> <p>1:30 Chair Yoga FC</p> <p>2:00 - 3:00 Wellness Clinic FC</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p>	<p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>3:00 Social Butterfly AR</p> <p>What Are We Thankful For</p> <p>6:30 Duplicate Bridge CR</p>	<p style="text-align: center;"><i>Wishing You Blessings Of Health, Happiness And Success On This Thanksgiving</i></p> <p style="text-align: center;">Thanksgiving Day (US)</p>	<p>8:30 Morning Inspiration AR</p> <p>10:15 Basic Aerobics FC</p> <p>11:00 Balance Class FC</p> <p>1:00-2:00 Wellness Clinic FC</p> <p>1:30 Puzzles G</p> <p>2:00 Security Meeting CR</p> <p>2:00 Tai Chi FC</p> <p>6:30 Hand and Foot CR</p>	<p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night</p> <p>See white board for Movie Information</p>
<p>9:00-10:00 Swimming Laps AC</p> <p>10:30 Sunday Brunch DR</p> <p>5:00-7:00 Swimming AC</p>	<p>9:00 Bank Trip</p> <p>10:00 Needlework AR</p> <p>10:00 Shopping: Publix</p> <p>11:00 Balance FC</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>2:30 Basic Aerobics FC</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p>	<p>9:00 - 10:30 Let The Christmas Decorating Begin L</p> <p>9:00-10:00 Swimming AC</p> <p>9:30 Catholic Service AL</p> <p>10:30 Low Impact Exercise FC</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Resident Council CL</p> <p>2:00 - 3:00 Wellness Clinic FC</p> <p>3:00 Penny Poker PR</p> <p>6:00 Galaxy Of Lights – Huntsville Botanical Gardens</p> <p>6:45 Party Bridge CR</p>	<p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>12-5:00 Golf Putting Green GG</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>3:30 Holiday Crafting With Monique AR</p> <p>6:30 Duplicate Bridge CR</p>	<p>10:00 Chair Yoga FC</p> <p>10:30 Lunch Out: Posey's</p> <p>11:00 Basket Making</p> <p>1:00 - 2:00 Wellness Clinic FC</p> <p>2:30 Water Aerobics FC</p> <p>3:30 Wine And Cheese CL</p> <p>Entertainment: Jim Cavender</p> <p>6:30 Dominos AR</p> <p>7:00 Bible Study CR</p> <p>7:00 Poker PR</p>	<p style="text-align: center;"><i>There Is Always Something To Be Grateful For</i></p> 	

Sign up at front desk (Load bus 15 min. early) AR-Arts & Crafts Rm ...AL Ast Liv...AC-Aq.Center...C-Café...CL-Club Rm...C3-C Wing 3rd floor...CR-Card Rm...FC-Fit Center... DR-Dining Rm...L-Lobby ...PR-Poker Rm ...BR-Billiards Rm...G-Gallery