

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 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>3</p> <p>9:30 First Baptist Hallelujah Choir CL</p> <p>10:00 Needlework AR</p> <p>11:00 Balance FC</p> <p>1:00 Dining Services Committee C</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 Victorian Christmas Performance CL</p> <p>7:00 Poker PR</p> | <p>4</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 Christmas Craft Time AR</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> | <p>5</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 Craft Corner With Paige</p> <p>5:30 Dinner Music By Kay</p> <p>6:30 Duplicate Bridge CR</p> | <p>6</p> <p>9:30 Stein Mart Shopping Lunch Out: Rolo's Cafe</p> <p>10:00 Chair Yoga FC</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</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>7</p> <p>8:30 "Discussion Group" CL With Jane</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>3:30 Wine And Cheese CL Entertainment: Looking Back Band</p> <p>6:30 Hand and Foot CR</p> | <p>1</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 By Paige AR</p> <p>6:30 Hand and Foot CR</p> <p>2</p> <p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night 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</p> <p>9:00 Bank Trip</p> <p>10:00 Needlework AR</p> <p>11:00 Balance FC</p> <p>1:00-3:00 Parkway Place</p> <p>1:30 Qi Gong FC</p> <p>2:00 Shopping: Wal-Mart</p> <p>5:45 Trinity Methodist Church "Carols of Christmas"</p> <p>6:45 Bingo CL</p> <p>7:00 Poker PR</p> | <p>11</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>1:00 Voting Trip</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Resident Council CL</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> <p>First Day of Hanukkah</p> | <p>12</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>12:00 Homemade Soup And Cornbread With Paige AR</p> <p>1:00 Village Chorus CL</p> <p>1:30 Qi Gong FC</p> <p>2:30 Basic Aerobics FC</p> <p>6:30 Duplicate Bridge CR</p> | <p>13</p> <p>9:30 Breakfast Out: Cracker Barrel</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</p> <p>1:00 Dixie Primrose Dulcimer Group Perform CL</p> <p>2:30 Water Aerobics FC</p> <p>6:30 Living Christmas Tree - First Baptist Church</p> <p>6:30 Dominos AR</p> <p>7:00 Bible Study CR</p> <p>7:00 Poker PR</p> | <p>14</p> <p>10:15 Basic Aerobics FC</p> <p>11:00 Balance Class FC</p> <p>1:00-5:00 Redstone Christmas Village AL</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 With A Christmas Treat</p> <p>6:30 Hand and Foot CR</p> | <p>15</p> <p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night 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>17</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>2:30 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>18</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>12:00 Lunch With Jane DR B Wing 1st Floor</p> <p>12:00 Soothing Sounds By Gus DR</p> <p>1:30 Chair Yoga FC</p> <p>2:00 Prayer And Share AR</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> | <p>19</p> <p>10:30 Mental Floss AR (Keep Your Brain Trained)</p> <p>11:00 Balance Exercise FC</p> <p>12:00 Happy Birthday December 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>20</p> <p>10:15 Lunch Out: Ol Heidelberg Cafe</p> <p>10:00 Chair Yoga FC</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</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>Winter Begins</p> | <p>21</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>6:30 Hand and Foot CR</p> | <p>22</p> <p>9:00-10:00 Swimming Laps AC</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night 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>24</p> <p><i>May The Peace And Joy That Christmas Brings... Always Be With You And Your Family Merry Christmas!</i></p> <p>Christmas Day</p> | <p>25</p> <p>8:30 Morning Inspiration AR</p> <p>9:00-10:00 Swimming AC</p> <p>9:30 Catholic Service AL</p> <p>3:00 Penny Poker PR</p> <p>6:45 Party Bridge CR</p> <p>Kwanzaa Begins</p> | <p>26</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>6:30 Duplicate Bridge CR</p> | <p>27</p> <p>10:30 Lunch Out: Madison Street Cafe</p> <p>10:00 Chair Yoga FC</p> <p>10:30 Low Impact FC</p> <p>11:00 Basket Making AR</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>28</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>29</p> <p>9:00-10:00 Swimming Laps AC</p> <p>7:00 - 9:00 Wine And Cheese Entertainment: Al Keith Band</p> <p>5:00-7:00 Swimming AC</p> <p>7:00 Movie Night 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>31</p> <p><i>The Magic Of Christmas Never Ends And It's Greatest Gifts Are Family And Friends Merry Christmas And Happy New Year!</i></p> <p>New Year's Eve</p> | | | | | |