


Independent LIVING

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 Activities Committee (C) 1 10:00 Hearing Aid Check (AR) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 2:30 CRAFT CORNER: DOOR WREATHS 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 2 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Groundhog Day</i>
9:00-10:00 Lap Swim (AC) 3 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Troy Adams</i> 5:00-7:00 Open Swim (AC)	10:00 Water Fitness (AC) 4 11:00 Balance (FC) 1:00 Food Committee (C) 1:30 Qi Gong (FC) 2:00 WAL-MART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30 Rock Steady (FC) 5 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) 2:30 CHINESE NEW YEAR CELEBRATION (C) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) 6:45 TUESDAY TRIVIA (CL)	10:00 Water Fitness (AC) 6 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Bridge Lessons (CR) 6:30 Duplicate Bridge (CR)	9:30 Rock Steady (FC) 7 10:45 BRAVO! CUCINA ITALIANA & BARNES & NOBLE 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 2:00 In Stiches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:00-11:30 Paint & Palette 8 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 11:30 BLUE ZONE LUNCH (AR) 1:30 Cranium Crunches (AR) 3:00 Storytellers Guild (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 9 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Secret Life of Bees</i>
9:00-10:00 Lap Swim (AC) 10 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	9:00 BANK TRIP 11 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00-3:00 PARKWAY PLACE 1:30 Qi Gong (FC) 2:00 WALMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 3:00 KINDNESS NOTES (AR) 6:45 Bingo (CR)	9:30 Rock Steady (FC) 12 9:30 Catholic Service (AL) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 LUNCH W/JANE - B WING 3RD FLOOR (DR) 2:00 Penny Poker (PR) 2:00 Resident Council (CL) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	10:00 Water Fitness (AC) 13 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 PAINT & SIP (C) 3:30 Bridge Lessons (CR) 6:30 Duplicate Bridge (CR)	9:30 Rock Steady (FC) 14 10:30 DOWNTOWN RESCUE MISSION 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 2:00 In Stiches (AR) 2:30 VALENTINE'S DAY PARTY (C) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	10:15 Basic Aerobics (FC) 15 10:30 DOWNTOWN RESCUE MISSION 11:00 Balance (FC) 2:00 Security Meeting (CR) 1:30 Cranium Crunches (AR) 3:30 WINE & CHEESE: GOING RED FOR A CELEBRATION OF LOVE WITH MANGOJAMS 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 16 5:00-7:00 Open Swim (AC) 6:45 HUNTSVILLE SYMPHONY: WE (HEART) MOZART 7:00 Movie Night: <i>To Sir with Love</i>
RANDOM ACTS OF KINDNESS WEEK				Valentine's Day		
9:00-10:00 Lap Swim (AC) 17 10:30 Sunday Brunch (DR) 2:30 Opera: <i>Mozart's Idomeneo</i> 5:00-7:00 Open Swim (AC)	10:00 Water Fitness (AC) 18 10:00 KROGER & ALDI'S 11:00 Balance (FC) 1:30 Qi Gong (FC) 2:00 WAL-MART 2:30 Basic Aerobics (FC) 2:30-4:00 FITNESS PLEDGE (L) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30 Rock Steady (FC) 19 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 BIRTHDAY LUNCH (DR) 2:00 Penny Poker (PR) 2:00 Landscaping Committee 2:00 SUNSHINE SINGERS (CL) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) 6:45 TUESDAY TRIVIA (CL)	LOVE YOUR PET DAY 20 10:00 Water Fitness (AC) 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Bridge Lessons (CR) 3:30 Housekeeping Committee 6:30 Duplicate Bridge (CR)	9:30 Rock Steady (FC) 21 9:30 UAH ENGINEERING TOUR, PRESENTATION & LUNCH 10:30 Low-Impact Aerobics (FC) 2:00 In Stiches (AR) 2:30 Gentle Stretching (FC) 4:00-5:00 FITNESS PLEDGE (G) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	8:30 DISCUSSION W/JANE (CL) 22 9:00-11:30 Paint & Palette 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 2:00 Security Meeting (CR) 3:00 Storytellers Guild (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 23 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Driving Miss Daisy</i>
ENGINEER WEEK		Presidents' Day				
9:00-10:00 Lap Swim (AC) 24 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Rich Ruffini & Chuck Martin</i> 5:00-7:00 Open Swim (AC)	9:00 BANK TRIP 25 10:00 PUBLIX 11:00 Balance (FC) 1:00 Maintenance Committee 1:30 Qi Gong (FC) 2:00 WAL-MART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30 Rock Steady (FC) 26 9:30 Catholic Service (AL) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) 2:00 Prayer Circle (AR) 2:30 TEA PARTY (C) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	9:00 FITNESS ASSESSMENTS 27 10:00 Water Fitness (AC) 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Bridge Lessons (CR) 6:30 Duplicate Bridge (CR)	9:30 Rock Steady (FC) 28 10:45 SURIN OF THAILAND 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 1:00 FITNESS ASSESSMENTS 2:00 In Stiches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)		

LEGEND:
 AR = ARTS & CRAFTS ROOM

AL = ASSISTED LIVING
 AC = AQUATIC CENTER
 BR = BILLIARDS ROOM

C = CAFÉ
 CL = CLUB ROOM
 C3 = C WING, 3RD FLOOR

CR = CARD ROOM
 DR = DINING ROOM
 FC = FITNESS CENTER

G = GALLERY
 L = LOBBY
 PR = POKER ROOM

Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early.

Please sign up at Front Desk for all items listed in bold.