


# Independent LIVING January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00-10:00 Lap Swim (AC) <b>1</b> 5:00-7:00 Open Swim (AC) 7:00 Movie: <i>Book Club</i>	10:00 Water Fitness (AC) <b>2</b> 10:30 Brain Games (AR) 11:00 Balance (FC) 2:30 Basic Aerobics (FC) 6:30 Duplicate Bridge (CR)	10:30 Low-Impact Aerobics (FC) <b>3</b> <b>10:45 CANTINA LAREDO</b> 11:00 Basket Making (AR) 1:00 In Stitches (AR) 2:30 Gentle Stretching (FC) <b>3:00 TEA TIME (C)</b> 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:30 Activities Committee (C) <b>4</b> 10:00 Hearing Aid Check (AR) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) <b>11:30 BLUE ZONE LUNCH (AR)</b> 1:30 Cranium Crunches (AR) 3:00 Storytellers Guild (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>5</b> 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Always the Carlyle</i>
	New Year's Day					
9:00-10:00 Lap Swim (AC) <b>6</b> 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	10:00 Water Fitness (AC) <b>7</b> 11:00 Balance (FC) 1:00 Food Committee (C) 1:30 Qi Gong (FC) <b>2:00 WAL-MART</b> 2:30 Basic Aerobics (FC) <b>3:00 BLOOD PRESSURE CLINIC (L)</b> 6:45 Bingo (CL)	9:30 Catholic Service (AL) <b>8</b> 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) 2:00 Resident Council (CL) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) <b>6:45 TUESDAY TRIVIA (CL)</b>	10:00 Water Fitness (AC) <b>9</b> 10:30 Brain Games (AR) 11:00 Balance (FC) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Sacred Texts (CL) 6:30 Duplicate Bridge (CR)	<b>10:00 ANOTHER BROKEN EGG 10</b> 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 1:00 In Stitches (AR) <b>2:00 COMMISSARY</b> 2:30 Gentle Stretching (FC) <b>3:00 TEA TIME (C)</b> 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:00-11:30 Paint & Palette <b>11</b> 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) <b>3:30 WINE &amp; CHEESE: THE RAT PACK W/CHUCK YOUNGER</b> 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>12</b> 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Magic of Belle Island</i>
9:00-10:00 Lap Swim (AC) <b>13</b> 10:30 Sunday Brunch (DR) 2:30 Opera: <i>TBD</i> 5:00-7:00 Open Swim (AC)	<b>9:00 BANK TRIP 14</b> 10:00 Water Fitness (AC) 11:00 Balance (FC) <b>1:00-3:00 PARKWAY PLACE</b> 1:30 Qi Gong (FC) <b>2:00 WAL-MART</b> 2:30 Basic Aerobics (FC) <b>3:00 BLOOD PRESSURE CLINIC (L)</b> 6:45 Bingo (CR)	10:30 Low-Impact Aerobics (FC) <b>15</b> 11:00 Back to Basics (FC) <b>12:00 LUNCH W/JANE (B WING, 2ND FLOOR)</b> <b>1:30 IDENTITY THEFT PROTECTION (CL)</b> 2:00 Penny Poker (PR) <b>2:30 TEA TIME (C)</b> 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	10:00 Water Fitness (AC) <b>16</b> 10:30 Brain Games (AR) 11:00 Balance (FC) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Sacred Texts (CL) 3:30 Housekeeping Committee 6:30 Duplicate Bridge (CR)	10:30 Low-Impact Aerobics (FC) <b>17</b> <b>10:45 I LOVE SUSHI</b> 1:00 In Stitches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	10:15 Basic Aerobics (FC) <b>18</b> 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) <b>19</b> 5:00-7:00 Open Swim (AC) <b>6:45 HUNTSVILLE SYMPHONY: BEETHOVEN EIGHT</b> 7:00 Movie Night: <i>All Saints</i>
9:00-10:00 Lap Swim (AC) <b>20</b> 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Majestic Ministries</i> 5:00-7:00 Open Swim (AC)	10:00 Water Fitness (AC) <b>21</b> <b>10:00 KROGER &amp; ALDI'S</b> 11:00 Balance (FC) <b>2:00 WAL-MART</b> 2:30 Basic Aerobics (FC) <b>3:00 BLOOD PRESSURE CLINIC (L)</b> 6:45 Bingo (CL)	9:30 Catholic Service (AL) <b>22</b> 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) <b>12:00 BIRTHDAY LUNCH</b> 2:00 Penny Poker (PR) 2:00 Landscaping Committee (C) <b>2:30 TEA TIME (C)</b> 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) <b>6:45 TUESDAY TRIVIA (CL)</b>	10:00 Water Fitness (AC) <b>23</b> 10:30 Brain Games (AR) 11:00 Balance (FC) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 6:30 Duplicate Bridge (CR)	10:30 Low-Impact Aerobics (FC) <b>24</b> 11:00 Basket Making (AR) 1:00 In Stitches (AR) <b>1:30 FINANCIAL SEMINAR (CL)</b> 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) <b>4:30 AN EVENING AT THE ART MUSEUM</b> 7:00 Bible Study (CR)	<b>8:30 DISCUSSION W/JANE (CL) 25</b> 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 2:00 Security Meeting (CR) <b>3:30 WINE &amp; CHEESE: BEER &amp; CHILI CONTEST W/JD POLLARD</b> 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>26</b> 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Return to Me</i>
	Martin Luther King Jr. Day/Tu BiShvat					
9:00-10:00 Lap Swim (AC) <b>27</b> 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	<b>9:00 BANK TRIP 28</b> <b>10:00 PUBLIX</b> 11:00 Balance (FC) 1:00 Maintenance Committee <b>2:00 WAL-MART</b> 2:30 Basic Aerobics (FC) <b>3:00 BLOOD PRESSURE CLINIC (L)</b> 6:45 Bingo (CL)	10:30 Low-Impact Aerobics (FC) <b>29</b> 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) <b>2:30 TEA CEREMONY (C)</b> 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	<b>10:00 LIVE LONG, DIE SHORT LUNCHEON (CL) 30</b> 10:00 Water Fitness (AC) 10:30 Brain Games (AR) 11:00 Balance (FC) 2:30 Basic Aerobics (FC) 6:30 Duplicate Bridge (CR)	10:30 Low-Impact Aerobics (FC) <b>31</b> <b>10:45 CAMPUS 805 &amp; AXE THROWING</b> 1:00 In Stitches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	 REDSTONE VILLAGE	

**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.