


Independent LIVING

March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</p>					9:30 Activities Committee (C) ¹ 10:00 Hearing Aid Check (AR) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 11:30 BLUE ZONE LUNCH (AR) 1:00 FITNESS ASSESSMENTS (CL) 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>The Immortal Life of Henrietta Lacks</i>
9:00-10:00 Lap Swim (AC) ³ 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	10:00 FITNESS ASSESSMENT REVIEW (C) ⁴ 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Food Committee (C) 1:30 Qi Gong (FC) 2:00 WALMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30-10:30 Rock Steady (FC) ⁵ 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) 2:00 MARDI GRAS BLOCK PARTIES 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	10:00 Water Fitness (AC) ⁶ 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:30 FITNESS ASSESSMENT REVIEW (C) 2:30 Basic Aerobics (FC) 3:30 Bridge Lessons (CR) 6:30 Duplicate Bridge (CR)	9:30-10:30 Rock Steady (FC) ⁷ 9:00 TULIP FESTIVAL & LUNCH 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 2:00 In Stitches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:00-11:30 Paint & Palette ⁸ 10:00 FITNESS ASSESSMENT REVIEW (C) 10:00 JOYRIDE 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 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) 6:15 HUNTSVILLE SYMPHONY: BRAHMS DANCES 7:00 Movie Night: <i>Suffragette</i>
9:00-10:00 Lap Swim (AC) ¹⁰ 10:30 Sunday Brunch (DR) 3:00 Opera: <i>Mozart's Idomeneo</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 2:00 WIZARD OF OZ PLAY (CL) 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CR)	9:30-10:30 Rock Steady (FC) ¹² 9:30 Catholic Service (AL) 10:00 NOURISH CLASS 1 (CL) 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) 6:45 TUESDAY TRIVIA (CL)	10:00 Water Fitness (AC) ¹³ 10:30 Brain Games (AR) 11:00 Balance (FC) 1:00 Village Choir (CL) 1:00 FITNESS ASSESSMENT REVIEW (C) 2:30 Basic Aerobics (FC) 3:30 Bridge Lessons (CR) 6:30 Duplicate Bridge (CR)	9:30-10:30 Rock Steady (FC) ¹⁴ 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 11:00 LOGAN'S ROADHOUSE 2:00 In Stitches (AR) 2:00 FITNESS ASSESSMENT REVIEW (C) 2:00 COMMISSARY 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:00 FITNESS ASSESSMENT REVIEW (C) ¹⁵ 10:00 NOURISH CLASS 2 (CL) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 3:00-5:00 RESIDENT CRAFT SHOW (L) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) ¹⁶ 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Iron Jawed Angels</i>
Daylight Saving Time Begins		Mardi Gras	Ash Wednesday			
9:00-10:00 Lap Swim (AC) ¹⁷ 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) ¹⁸ 10:00 KROGER & ALDI'S 11:00 Balance (FC) 1:30 Qi Gong (FC) 2:00 WALMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30-10:30 Rock Steady (FC) ¹⁹ 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 LUNCH W/JANE - C WING 1ST FLOOR (DR) 2:00 Penny Poker (PR) 2:00 NOURISH CLASS 3 (CL) 2:00 Landscaping Committee 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)	10:00 Water Fitness (AC) ²⁰ 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 HISTORY OF EUROPEAN ART (CL) 3:30 Housekeeping Committee 6:30 Duplicate Bridge (CR)	9:30-10:30 Rock Steady (FC) ²¹ 10:00 YESTERDAYS: THE CADILLAC'S (\$) 10:30 Low-Impact Aerobics (FC) 2:00 In Stitches (AR) 2:30 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)	9:00 -11:30 Paint & Palette ²² 10:00 JOYRIDE 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 2:00 Security Meeting (CR) 2:00 NOURISH CLASS 4 (CL) 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>Maudie</i>
St. Patrick's Day			Spring Begins	Purim		
9:00-10:00 Lap Swim (AC) ²⁴ 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Philip Speth</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 WALMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)	9:30-10:30 Rock Steady (FC) ²⁶ 9:30 Catholic Service (AL) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 BIRTHDAY LUNCH (DR) 2:00 Penny Poker (PR) 2:00 Prayer Circle (AR) 2:30 TEA TIME 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) 6:45 TUESDAY TRIVIA (CL)	9:00 Esercizio: ²⁷ Mediterranean Stretching 10:00 CRAFT CORNER: CORAL NECKLACES 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Village Choir (CL) 2:00 HISTORY OF EUROPEAN ART (CL) 2:30 Basic Aerobics (FC) 3:30 CAPTAIN'S SOCIAL (CL) 6:30 Duplicate Bridge (CR) 7:00 Movie Night: <i>Under the Tuscan Sun</i>	9:00-11:00 MASSAGES (AR) ²⁸ 9:30-10:30 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 10:45 OLIVE GARDEN 11:00 Basket Making (AR) 2:00 COOKING DEMO (C) 2:00-5:00 SARDINIAN MARKET BAZAAR (L) 3:30 HISTORY OF EUROPEAN ART (CL) 4:00 Hymns w/Marge (L) 6:30 GAME NIGHT: FAMILY FEUD (CL) 7:00 Bible Study (CR)	9:00 Askisi: ²⁹ Greek Stretching 8:30 DISCUSSION W/JANE (CL) 10:00 GOOGLE EARTH (CL) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 CRAFT CORNER: GREEK HEADPIECES (AR) 3:30 WINE & CHEESE: CLASSICAL GREEK TOGA PARTY 6:30 Hand & Foot (CR) 6:30 LUMANI DANCE THEATER (CL)	9:00-10:00 Lap Swim (AC) ³⁰ 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>My Big Fat Greek Wedding (CL)</i>
			<<<< CRUISE WEEK: VIRTUAL CRUISE TO THE MEDITERRANEAN >>>>			
9:00-10:00 Lap Swim (AC) ³¹ 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby <i>Marge Feist</i> 7:00 Movie Night: <i>Queen of Katwe</i>						

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.