

# Independent Living

# May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Concert in the Lobby Merge Feist</p> <p>5:00-7:00 Open Swim (AC)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Food Committee (C) 2:00 WALKMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 10:30 Functional Fitness (FC) 11:00 Strength Training (FC) 2:30 CRAFT CORNER: SUMMER WEATHERS (AR) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Village Chorus (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 HISTORY OF EUROPEAN ART (CL) 6:30 Duplicate Bridge (CR)</p> <p>May Day</p>	<p>9:15 Rock Steady (FC) 10:30 Functional Fitness (FC) 11:00 Basket Making (AR) 11:00 Strength Training (FC) 2:00 COMMISSARY 2:00 In Stitches (AR) 3:00 Gentle Stretching (FC) 4:00 DINNER AT DING TOW &amp; BOTANICAL GARDENS CHINESE LANTERN FESTIVAL: WALKING TOUR 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)</p>	<p>9:30 Activities Committee (C) 10:00 Hearing Aid Check (AR) 10:15 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 3:00 Storytellers Guild (C) 6:30 Hand &amp; Foot (CR)</p>	<p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 2:00 Water Fitness (AC) 5:00-7:00 Open Swim (AC) 6-6:45 HUNTSVILLE SYMPHONY: SUSANNA SINGS STRAUSS 7:00 Movie Night: The Bucket List</p>
<p>Cinco de Mayo</p> <p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Concert in the Club Room Jennifer Jones</p> <p>5:00-7:00 Open Swim (AC)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00-3:00 PARKWAY PLACE 2:00 WALKMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (L)</p>	<p>9:15 Rock Steady (FC) 9:30 Catholic Service (AL) 10:30 Functional Fitness (FC) 11:00 Strength Training (FC) 12:00 LUNCH W/JANE C-WING 3RD FLOOR 2:00 Resident Council (CL) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) 6:45 TUESDAY TRIVIA (CL)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Village Chorus (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)</p>	<p>9:15 Rock Steady (FC) 10:30 GREEN MOUNTAIN PICNIC 10:30 Functional Fitness (FC) 11:00 Strength Training (FC) 2:00 In Stitches (AR) 3:00 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)</p>	<p>8:30 DISCUSSION W/JANE (CL) 17 9:00-11:30 Paint &amp; Palette 10:15 Basic Aerobics (FC) 10:45 LUNCH AT BUENA VISTA 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 3:30 WINE &amp; CHEESE: RICH RUFFINI - PUTTIN' ON THE RITZ 6:30 Hand &amp; Foot (CR)</p>	<p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 2:00 Water Fitness (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Alias Struggled: Part 2</p>
<p>Mother's Day</p> <p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 2:30 Opera (CL) 5:00-7:00 Open Swim (AC)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Maintenance Committee 1:30 Qi Gong (FC) 2:00 WALKMART 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 10:30 Functional Fitness (FC) 11:00 Strength Training (FC) 12:00 BIRTHDAY LUNCH (DR) 2:00 Penny Poker (PR) 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Village Chorus (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 HISTORY OF EUROPEAN ART (CL) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 Functional Fitness (FC) 10:45 LUNCH AT SHOUGUNS 11:00 Strength Training (FC) 11:00 Basket Making (AR) 2:00 In Stitches (AR) 3:00 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)</p>	<p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 2:00 Water Fitness (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: The Best Years of Our Life</p>	<p>Armed Forces Day</p> <p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 2:00 Water Fitness (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: The Best Years of Our Life</p>
<p>Memorial Day</p> <p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Concert in the Club Room Jennifer Jones</p> <p>5:00-7:00 Open Swim (AC)</p>	<p>11:00 Memorial Day INDOOR PICNIC (DR) 2:00 Memorial Day SERVICE (DR)</p>	<p>9:15 Rock Steady (FC) 9:30 Catholic Service (AL) 10:30 Functional Fitness (FC) 11:00 Strength Training (FC) 2:00 Penny Poker (PR) 2:00 Landscaping Committee (C) 2:00 Prayer Circle 2:30 TEA TIME 3:00 Tai Chi for Balance (FC) 6:45 Party Bridge (CR) 6:45 TUESDAY TRIVIA (CL)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Village Chorus (CL) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 HISTORY OF EUROPEAN ART (CL) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 Functional Fitness (FC) 11:00 DOWNTOWN RESCUE MISSION &amp; LUNCH 11:00 Strength Training (FC) 11:00 Basket Making (AR) 2:00 In Stitches (AR) 3:00 Gentle Stretching (FC) 4:00 Hymns w/Marge (L) 7:00 Bible Study (CR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 Cranium Crunches (AR) 2:00 Security Meeting (CR) 3:30 WINE &amp; CHEESE: ROCKET CITY SWEETHEARTS 50'S &amp; 60'S 6:30 Hand &amp; Foot (CR)</p>	<p>Redstone Village</p>

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