


Independent LIVING

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Sunday Worship (AL) 3:00 Concert in the Lobby James Smith</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 WALMART 2:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 1:00 VOTING 2:00 Penny Poker (PR) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 6:45 Party Bridge (CR) 6:45 Tuesday Trivia (CL)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 4:00 Cranium Crunches (AR) 6:30 Duplicate Bridge (CR)</p>	<p>8:00 BREAKFAST @ GIBSON'S 5 9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 11:00 Basket Making (AR) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 7:00 Bible Study (CR)</p>	<p>9:30 ACTIVITIES COMMITTEE (C) 6 10:00 HEARING AID CHECK (AR) 10:30 Basic Aerobics (FC) 11:00 Balance (FC) 11:00 Painting w/Pat (AR) 2:00 SHOPPING & YOGURT MOUNTAIN 3:00 Storytellers Guild (C) 6:30 Hand & Foot (CR)</p>	<p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: The Curious Case of Benjamin Button (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Sunday Worship (AL) 3:00 Concert in the Club Room Jennifer Jones</p> <p>5:00-7:00 Open Swim (AC)</p>	<p>9:00 BANK TRIP 9 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00-3:00 PARKWAY PLACE 2:00 WALMART 2:00 EXECUTIVE COMMITTEE (CR) 2:00 Qi Gong (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p> <p>Putim begins</p>	<p>9:15 Rock Steady (FC) 9:30 CATHOLIC MASS (AL) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 RESIDENT COUNCIL (CL) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 3:30 NOURISH (CL) 6:45 Party Bridge (CR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 APPALACHIAN STRING BAND (CL) 2:30 Basic Aerobics (FC) 4:00 Cranium Crunches (AR) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 SHOGUN'S JAPANESE STEAKHOUSE 12 10:30 Low-Impact Aerobics (FC) 11:00 Basket Making (AR) 11:00 Back to Basics (FC) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 3:30 NOURISH (CL) 7:00 Bible Study (CR)</p>	<p>10:00 Basic Aerobics (FC) 10:30 JOYRIDE 13 11:00 Balance (FC) 2:00 Cranium Crunches (AR) 3:30 WINE & CHEESE W/JD POLLARD 6:30 Hand & Foot (CR)</p>	<p>9:00-12:00 Art w/Al (AR) 9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Jumanji (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Sunday Worship (AL) 3:00 Opera in the Clubroom 5:00-7:00 Open Swim (AC)</p>	<p>10:00 KROGER & DOLLAR TREE 16 10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 WALMART 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 2:00 Penny Poker (PR) 2:00 Circuit Training (FC) 2:30 Teatime (C) 3:00 Gentle Stretching (FC) 3:30 NOURISH (CL) 6:45 Tuesday Trivia (CL) 6:45 Party Bridge (CR)</p> <p>St. Patrick's Day</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 4:00 Cranium Crunches (AR) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 10:30 BONEFISH GRILL 19 11:00 Back to Basics (FC) 2:00 Circuit Training (FC) 2:30 Teatime (C) 3:00 Gentle Stretching (FC) 3:30 NOURISH (CL) 7:00 Bible Study (CR)</p> <p>Spring Begins</p>	<p>10:00 MISSION DANCE ACADEMY (CL) 20 10:30 JOYRIDE 11:00 Balance (FC) 11:00 Painting w/Pat (AR) 2:00 Cranium Crunches (C) 3:00 Storytellers Guild (C) 6:30 Hand & Foot (CR)</p>	<p>9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 1:00 THE PHANTOM OF THE OPERA @ HUNTSVILLE HIGH SCHOOL 5:00-7:00 Open Swim (AC) 6:15 HUNTSVILLE SYMPHONY: FOUR SEASONS 7:00 Movie Night: The Tomorrow Man (CL)</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>9:00 BANK TRIP 23 10:00 Water Fitness (AC) 10:00 PUBLIX 1:00 MAINTENANCE COMMITTEE (C WING, 1ST FLOOR) 2:00 WALMART 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 9:30 CATHOLIC MASS (AL) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 LUNCH W/JANE (B WING, 1ST FLOOR) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 3:30 EAT THIS, NOT THAT (C) 6:45 Party Bridge (CR)</p>	<p>10:00 Water Fitness (FC) 11:00 Balance (FC) 2:05 Qi Gong (FC) 2:30 Basic Aerobics (FC) 4:00 Cranium Crunches (AR) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 10:30 OLIVE GARDEN 26 11:00 Back to Basics (FC) 11:00 Basket Making (AR) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 3:30 EAT THIS, NOT THAT (C) W/WINSLOW DAVIS (DR) 7:00 Bible Study (CR)</p>	<p>8:30 Discussion w/Jane 10:00 Basic Aerobics (FC) 10:30 JOYRIDE 27 11:00 Balance (FC) 2:00 Cranium Crunches (C) 2:00 SAFETY & SECURITY (CR) 6:30 Hand & Foot (CR)</p>	<p>9:00-12:00 Art w/Al (AR) 9:00-10:00 Lap Swim (AC) 10:00 Prayer Time Devotional (AL) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Five Feet Apart (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 10:30 Sunday Brunch (DR) 3:00 Sunday Worship (AL) 3:00 Concert in the Lobby Newman Ellis</p> <p>5:00-7:00 Open Swim (AC)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 WALMART 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 BLOOD PRESSURE CLINIC (L) 6:45 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 11:00 Back to Basics (FC) 12:00 BIRTHDAY LUNCH (DR) 2:00 Circuit Training (FC) 2:00 LANDSCAPING COMMITTEE (C) 3:00 Gentle Stretching (FC) 6:00 REDSTONE VILLAGE FAMILY SUPPORT GROUP (GG) 6:45 Party Bridge (CR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 2:00 Qi Gong (FC) 2:30 Basic Aerobics (FC) 4:00 Cranium Crunches (AR) 6:30 Duplicate Bridge (CR)</p>	<p>9:15 Rock Steady (FC) 10:30 Low-Impact Aerobics (FC) 10:30 OLIVE GARDEN 26 11:00 Back to Basics (FC) 11:00 Basket Making (AR) 2:00 Circuit Training (FC) 3:00 Gentle Stretching (FC) 3:30 EAT THIS, NOT THAT (C) W/WINSLOW DAVIS (DR) 7:00 Bible Study (CR)</p>	<p>8:30 Discussion w/Jane 10:00 Basic Aerobics (FC) 10:30 JOYRIDE 27 11:00 Balance (FC) 2:00 Cranium Crunches (C) 2:00 SAFETY & SECURITY (CR) 6:30 Hand & 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.