

Independent LIVING August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00-10:00 Lap Swim (AC) 11:30 Crossword Puzzles (AR) 3:00 Concert in the Lobby Grace Townson, Pianist & Violinist 5:00-7:00 Open Swim (AC)</p>	<p>8:15 Let's Get Fit (FC) 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 FOOD COMMITTEE (C) 2:30 Basic Aerobics (FC) 3:00 EVOLUTION OF HOMO SAPIANS (CL) 4:15 Let's Get Fit (FC) 6:45 Bingo (CL)</p>	<p>8:30 PRAYER AT THE FLAGPOLE (B-WING GARAGE) 1:00 BEGINNERS BRIDGE W/MARVIN 2:00 Gentle Stretching (FC) 4:15 Concert in the Club Room w/Josh 7:00 Tuesday Trivia (CL)</p>	<p>10:00 Water Fitness (AC) 10:00 SCHOOL SUPPLY DISTRIBUTION (AR) 11:00 THREE CARD POKER W/VICKI (CR) 2:00 SPANISH 101, PT. 1 W/GABRIELA (CL) 2:30 Basic Aerobics (FC) 3:00 KNITTING W/MARY (AR) 3:30 WORLD'S GREATEST GEOLOGICAL WONDERS (CL)</p>	<p>8:15 Let's Get Fit (FC) 10:30 Low-Impact Aerobics (FC) W/RON (B-WING GARAGE) 1:30 BASKET MAKING W/CAROLINE (AR) 2:00 Gentle Stretching (FC) 3:00 Cranium Crunches (AR) 4:15 Let's Get Fit (FC) 7:00 Bible Study (CL)</p>	<p>9:30 ACTIVITIES COMMITTEE (C) 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 BRUSH & CANVAS (AR) 2:00 MUSIC W/MARGE (L) 4:00 LIVING IT! SOCIAL FOCUS GROUP (CL)</p>	<p>9:00-10:00 Lap Swim (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: J. Edgar (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 11:30 Crossword Puzzles (AR) 3:00 Concert in the Club Room Jennifer Jonas, Guitarist 5:00-7:00 Open Swim (AC)</p>	<p>8:15 Let's Get Fit (FC) 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:45 BRAIN HEALTH BASICS, PT. 1 (CL) 2:00 EXECUTIVE COMMITTEE (CR) 2:30 Basic Aerobics (FC) 4:15 Let's Get Fit (FC) 6:45 Bingo (CL)</p>	<p>10:00 CRAFTY CARD MAKING W/KATHY (AR) 10:30 Low-Impact Aerobics (FC) 1:00 WOODEN CHAPELS W/RON (B-WING GARAGE) 1:00 BEGINNERS BRIDGE W/MARVIN 2:00 Gentle Stretching (FC) 3:00 RESIDENT COUNCIL (CL) 3:00 RESIDENT COUNCIL (CL) 3:30 JEWELRY MAKING W/CEIL (AR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 11:00 THREE CARD POKER W/VICKI (CR) 12:00 LEARNING CIRCLES LUNCHEON (GR) 2:00 SPANISH 101, PT. 2 W/GABRIELA (CL) 2:30 Basic Aerobics (FC) 3:00 KNITTING W/MARY (AR) 3:30 INVENTIONS W/BOB (CL)</p>	<p>8:15 Let's Get Fit (FC) 10:00 CRAFTY CARD MAKING W/KATHY (AR) 10:30 Low-Impact Aerobics (FC) 1:00 WOODEN CHAPELS W/RON (B-WING GARAGE) 1:30 BASKET MAKING W/CAROLINE (AR) 1:45 BRAIN HEALTH BASICS, PT. 2 (CL) 2:00 Gentle Stretching (FC) 4:15 Let's Get Fit (FC) 7:00 Bible Study (CL)</p>	<p>10:00 Basic Aerobics (FC) 11:00 Balance (FC) 2:00 STORYTELLERS GUILD (C) 2:00 LIVING IT! INTELLECTUAL FOCUS GROUP (CL) 3:30 WINE & CHEESE (CL)</p>	<p>9:00-10:00 Lap Swim (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Driving Miss Daisy (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 11:30 Crossword Puzzles (AR) 3:00 Concert in the Club Room James Smith, Autoharp 5:00-7:00 Open Swim (AC)</p>	<p>8:15 Let's Get Fit (FC) 10:00 Water Fitness (AC) 11:00 Balance (FC) 2:30 Basic Aerobics (FC) 4:15 Let's Get Fit (FC) 6:45 Bingo (CL)</p>	<p>8:30 PRAYER AT THE FLAGPOLE 10:30 Low-Impact Aerobics (FC) 12:00 LUNCH W/JANE (GR) 1:00 WOODEN CHAPELS W/RON (B-WING GARAGE) 1:00 BEGINNERS BRIDGE W/MARVIN 2:00 Gentle Stretching (FC) 3:00 JEWELRY MAKING W/CEIL (AR) 7:00 Tuesday Trivia (CL)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:00 KNITTING W/MARY (AR) 3:30 INVENTIONS W/BOB (CL) 3:30 HOUSEKEEPING COMMITTEE (C)</p>	<p>10:30 Low-Impact Aerobics (FC) W/KATHERINE (CL) 1:00 WOODEN CHAPELS W/RON OLSON (B-WING GARAGE) 1:30 BASKET MAKING W/CAROLINE (AR) 2:00 Gentle Stretching (FC) 2:00 PESTO & PINOT W/PHIL (CL) 7:00 Bible Study (CL)</p>	<p>10:00 Basic Aerobics (FC) 11:00 Balance (FC) 12:00 BLUE ZONE LUNCH (C) 1:00 BRUSH & CANVAS (AR) 2:00 MUSIC W/MARGE (L) 4:00 LIVING IT! PHYSICAL FOCUS GROUP (CL)</p>	<p>9:00-10:00 Lap Swim (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: A River Runs Through It (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 11:30 Crossword Puzzles (AR) 3:00 Concert in the Club Room Jennifer Jonas, Guitarist 5:00-7:00 Open Swim (AC)</p>	<p>8:15 Let's Get Fit (FC) 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 MAINTENANCE COMMITTEE (C-WING, 1ST FLOOR) 1:45 MINDFUL MEDITATION W/BRANDI (FC) 2:30 Basic Aerobics (FC) 4:15 Let's Get Fit (FC) 6:45 Bingo (CL)</p>	<p>10:30 Low-Impact Aerobics (FC) 12:00 Birthday Lunch (GR) 1:00 BEGINNERS BRIDGE W/MARVIN 2:00 Gentle Stretching (FC) 2:00 LANDSCAPING COMMITTEE (C) 3:30 JEWELRY MAKING W/CEIL (AR) 6:45 "MINUTE TO WIN IT" GAMES (CL)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:45 MINDFUL MEDITATION W/BRANDI (FC) 2:30 Basic Aerobics (FC) 3:00 KNITTING W/MARY (AR) 3:30 INVENTIONS W/BOB (CL)</p>	<p>8:15 Let's Get Fit (FC) 10:30 Low-Impact Aerobics (FC) W/KATHERINE (CL) 1:30 BASKET MAKING W/CAROLINE (AR) 2:00 Gentle Stretching (FC) 3:00 "QUEEN CORONA" ONE-WOMAN MONOLOGUE W/SENORA 4:15 Let's Get Fit (FC) 7:00 Bible Study (CL)</p>	<p>8:30 DISCUSSION GROUP W/JANE (CL) 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:45 MINDFUL MEDITATION W/BRANDI (FC) 2:00 SAFETY & SECURITY COMMITTEE (CR) 2:00 LIVING IT! SPIRITUAL FOCUS GROUP (CL) 3:00 LIVING IT! CELEBRATION (CL)</p>	<p>9:00-10:00 Lap Swim (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Last Chance Harvey (CL)</p>
<p>9:00-10:00 Lap Swim (AC) 11:30 Crossword Puzzles (AR) 3:00 Dance Concert in the Club Room Christian Dance Group 5:00-7:00 Open Swim (AC)</p>	<p>8:15 Let's Get Fit (FC) 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:45 Qi Gong (FC) 2:30 Basic Aerobics (FC) 4:15 Let's Get Fit (FC) 6:45 Bingo (CL)</p>	<p>10:00 CRAFTY CARD MAKING W/KATHY (AR) 10:30 Low-Impact Aerobics (FC) 1:00 WOODEN CHAPELS W/RON (B-WING GARAGE) 1:00 BEGINNERS BRIDGE W/MARVIN 2:00 Gentle Stretching (FC) 3:00 RESIDENT COUNCIL (CL) 3:30 JEWELRY MAKING W/CEIL (AR)</p>	<p>10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:00 KNITTING W/MARY (AR) 3:30 INVENTIONS W/BOB (CL)</p>	<p>8:15 Let's Get Fit (FC) 10:30 Low-Impact Aerobics (FC) W/KATHERINE (CL) 1:30 BASKET MAKING W/CAROLINE (AR) 2:00 Gentle Stretching (FC) 3:00 "QUEEN CORONA" ONE-WOMAN MONOLOGUE W/SENORA 4:15 Let's Get Fit (FC) 7:00 Bible Study (CL)</p>	<p>8:30 DISCUSSION GROUP W/JANE (CL) 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:45 MINDFUL MEDITATION W/BRANDI (FC) 2:00 SAFETY & SECURITY COMMITTEE (CR) 2:00 LIVING IT! SPIRITUAL FOCUS GROUP (CL) 3:00 LIVING IT! CELEBRATION (CL)</p>	<p>9:00-10:00 Lap Swim (AC) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Last Chance Harvey (CL)</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.



REDSTONE VILLAGE