


Independent LIVING

March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15 LET'S GET FIT (FC) 1 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 Food Committee (C) 1:30 WALMART 2:30 Basic Aerobics (FC) 4:15 LET'S GET FIT (FC) 6:45 Bingo (CL)	9:30 YOUR BEST SELF (FC) 2 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:00 Blood Pressure Clinic (L) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 3 11:00 Balance (FC) 1:30 Craft Corner (AR) 2:00 COOKING DEMO W/CHEF ANTHONY (DR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 5:00 Roque Haines, Bagpiper	9:30 YOUR BEST SELF (FC) 4 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 4:15 LET'S GET FIT (FC) 7:00 Bible Study (CL)	10:00 JOYRIDE 5 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Walk for Wellness 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 3:00 Music w/ Marge (CL) 5:00 Roque Haines, Bagpiper	9:00-10:00 Lap Swim (AC) 6 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>A Dog's Purpose (CL)</i>
9:00-10:00 Lap Swim (AC) 7 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 8 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 WALMART 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 4:15 LET'S GET FIT (FC) 6:45 Bingo (CL)	9:30 Catholic Mass (CL) 9 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 RESIDENT COUNCIL (CL) 3:00 RESIDENT COUNCIL (CL) 3:00 Zumba Gold (FC) 3:00 Blood Pressure Clinic (L)	10:00 Water Fitness (AC) 10 11:00 Balance (FC) 1:30 Craft Corner (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 5:00 Roque Haines, Bagpiper	8:15 LET'S GET FIT (FC) 11 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 1:00 BRUSH & CANVAS W/RHONDA (AR) 2:00 Gentle Stretching (FC) 3:30 NOURISH W/PHIL (CL) 4:15 LET'S GET FIT (FC) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 12 11:00 Balance (FC) 1:00 Walk for Wellness 1:30 Basket Making (AR) 3:30 Words of Wisdom w/Dr. Roger Landry 5:00 Roque Haines, Bagpiper	9:00-10:00 Lap Swim (AC) 13 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Mission to Mars (CL)</i>
9:00-10:00 Lap Swim (AC) 14 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert <i>Michael Havron</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 15 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 WALMART 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 4:15 LET'S GET FIT (FC) 6:45 Bingo (CL)	9:30 YOUR BEST SELF (FC) 16 10:00 NOURISH W/PHIL (CL) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 12:00 LUNCH W/JANE - VILLAS, EVEN NUMBERS (GR) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 3:00 Blood Pressure Clinic (L) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 17 11:00 Balance (FC) 12:00 LEARNING CIRCLES LUNCHEON (DR) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 3:30 Housekeeping Committee (C) 5:00 Roque Haines, Bagpiper	9:30 YOUR BEST SELF (FC) 18 10:00 NOURISH W/PHIL (CL) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 12:00 JUST FOR US! (DR) 1:00 BRUSH & CANVAS W/RHONDA (AR) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 5:00 JUST FOR US! (DR) 7:00 Bible Study (CL)	10:00 JOYRIDE 19 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Walk for Wellness 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 5:00 Roque Haines, Bagpiper	9:00-10:00 Lap Swim (AC) 20 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Invincible (CL)</i>
Daylight Saving Time Begins			St. Patrick's Day			Spring Begins
9:00-10:00 Lap Swim (AC) 21 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 22 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:00 Maintenance Committee (C-Wing, 1st Floor) 1:30 WALMART 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 4:15 LET'S GET FIT (FC) 6:45 Bingo (CL)	9:30 Catholic Mass (CL) 23 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 12:00 BIRTHDAY LUNCH (GR) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 3:00 Zumba Gold (FC) 3:00 Blood Pressure Clinic (L)	10:00 Water Fitness (AC) 24 11:00 Balance (FC) 1:30 Craft Corner (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 5:00 Roque Haines, Bagpiper	9:00 Activities Committee (C) 25 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 1:00 BRUSH & CANVAS W/RHONDA (AR) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 7:00 Bible Study (CL)	8:30 DISCUSSION GROUP W/JANE (CL) 26 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Walk for Wellness 1:30 Basket Making w/Caroline (AR) 2:00 Safety & Security Committee (CR) 3:30 Resident Billiards Tournament 5:00 Roque Haines, Bagpiper	9:00-10:00 Lap Swim (AC) 27 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Seven Pounds (CL)</i>
Palm Sunday						Passover Begins
9:00-10:00 Lap Swim (AC) 28 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert <i>Joshua Ivey</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 29 10:00 Water Fitness (AC) 11:00 Balance (FC) 1:30 WALMART 2:30 Basic Aerobics (FC) 4:15 LET'S GET FIT (FC) 6:45 Bingo (CL)	9:30 YOUR BEST SELF (FC) 30 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 3:00 Blood Pressure Clinic (L)	10:00 Water Fitness (AC) 31 11:00 Balance (FC) 1:30 Craft Corner (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 5:00 Roque Haines, Bagpiper			 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.