


Independent LIVING

May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</p>						9:00-10:00 Lap Swim (AC) 1 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Greater Tuna Comedy Show (CL)
	May Day					
9:00-10:00 Lap Swim (AC) 2 11:00 Neurobics Mental Exercises (AR) 2:30 Church Service (CL) 3:00 Sunday Concert <i>Christina Townsend</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 3 10:00 Water Fitness (AC) 10:00 BANK TRIP 11:00 Balance (FC) 1:30 Food Committee (C) 1:30 WALMART 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 4:15 LET'S GET FIT (FC) 6:30 Bingo (CL)	9:30 YOUR BEST SELF (FC) 4 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Penny Poker (PR) 3:00 Blood Pressure Clinic (L) 3:00 Creative Writing (CL) 3:00 Zumba Gold (FC) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 5 11:00 Balance (FC) 11:00 Cinco de Mayo Celebration (C) 1:00 Village Chorus (CL) 2:00 COOKING DEMO W/CHEF ANTHONY (DR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 6:30 Duplicate Bridge (CR)	9:30 YOUR BEST SELF (FC) 6 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 1:00 BRUSH & CANVAS W/RHONDA 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 4:00 TOP OF THE RIVER 4:15 LET'S GET FIT (FC) 7:00 Bible Study (CL)	10:00 JOYRIDE 7 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 11:00 Movement Matters (CL) 1:00 WALKS FOR WELLNESS 1:30 Basket Making w/Caroline (AR) 2:00 MOTHER'S DAY TEA (DR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 8 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Singin' in the Rain (CL)</i>
9:00-10:00 Lap Swim (AC) 9 11:00 Neurobics Mental Exercises (AR) 2:30 Church Service (CL) 3:00 Sunday Concert <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 10 10:00 Water Fitness (AC) 10:00 KROGER 11:00 Balance (FC) 1:30 WALMART 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:00 Knitting Club (AR) 4:15 LET'S GET FIT (FC) 6:30 Bingo (CL)	9:30 Catholic Mass (CL) 11 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 Penny Poker (PR) 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) 12 11:00 Balance (FC) 12:00 LEARNING CIRCLE LUNCHEON (DR) 1:00 Village Chorus (CL) 1:30 Craft Corner: Summer Wreaths (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 6:30 Duplicate Bridge (CR)	8:15 Let's Get Fit (FC) 13 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:30 GREEN MOUNTAIN PICNIC 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 4:15 LET'S GET FIT (FC) 7:00 Bible Study (CL)	10:00 JOYRIDE 14 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 11:00 Movement Matters (CL) 1:00 WALKS FOR WELLNESS 1:30 Basket Making (AR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 15 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Freaky Friday (CL)</i>
Mothers Day						
9:00-10:00 Lap Swim (AC) 16 11:00 Neurobics Mental Exercises (AR) 2:30 Church Service (CL) 2:30 Opera in the Clubroom: <i>"Verdi-Rigoletto"</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 17 10:00 Water Fitness (AC) 10:00 BANK TRIP 11:00 Balance (FC) 1:30 WALMART 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 4:15 LET'S GET FIT (FC) 6:30 Bingo (CL)	9:30 YOUR BEST SELF (FC) 18 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 12:00 LUNCH W/JANE (B-WING, 3RD FLOOR) 2:00 Penny Poker (PR) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 3:00 Creative Writing (CL) 3:00 Blood Pressure Clinic (L) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 19 11:00 Balance (FC) 12:00 Cooking w/Barbara (AR) 1:00 Village Chorus (CL) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 3:30 Housekeeping Committee (C) 6:30 Duplicate Bridge (CR)	9:30 YOUR BEST SELF (FC) 20 10:00 YOUR BEST SELF (FC) 10:30 Low-Impact Aerobics (FC) 10:45 Life Review w/Katherine (CL) 1:00 BRUSH & CANVAS W/RHONDA 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 7:00 Bible Study (CL)	10:00 JOYRIDE 21 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 11:00 Movement Matters (CL) 1:00 WALKS FOR WELLNESS 1:30 Basket Making w/Caroline (AR) 3:30 Wine & Cheese: Fiesta Fun! (CL) "Twickenham Band" 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 22 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Help (CL)</i>
9:00-10:00 Lap Swim (AC) 23 11:00 Neurobics Mental Exercises (AR) 2:30 Church Service (CL) 3:00 Sunday Concert <i>Josh Ivey</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 24 10:00 Water Fitness (AC) 10:00 PUBLIX 11:00 Balance (FC) 1:00 Maintenance Committee (C-Wing, 1st floor) 1:30 WALMART 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 4:15 LET'S GET FIT (FC) 6:30 Bingo (CL)	9:30 Catholic Mass (CL) 25 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 Penny Poker (PR) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 3:00 Blood Pressure Clinic (L) 3:00 Family Feud (CL) 3:00 Zumba Gold (FC)	10:00 Water Fitness (AC) 26 11:00 Balance (FC) 1:00 Village Chorus (CL) 1:30 Jewelry Making (AR) 2:30 Basic Aerobics (FC) 3:30 THE HOLY LAND REVEALED (CL) 6:30 Duplicate Bridge (CR)	9:00 ACTIVITIES COMMITTEE (C) 27 9:30 YOUR BEST SELF (FC) 10:00 YOUR BEST SELF (FC) 10:00 LUNCH AT PIZZA PALACE & BIRMINGHAM ZOO 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:00 Zumba Gold (FC) 7:00 Bible Study (CL)	8:30 DISCUSSION W/JANE (CL) 28 10:00 WALMART 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 11:00 Movement Matters (CL) 1:00 WALKS FOR WELLNESS 1:30 Basket Making w/Caroline (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 29 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Just Go with It (CL)</i>
9:00-10:00 Lap Swim (AC) 30 11:00 Neurobics Mental Exercises (AR) 2:30 Church Service (CL) 3:00 Sunday Concert <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	8:15 LET'S GET FIT (FC) 31 10:00 Water Fitness (AC) 10:30 MEMORIAL DAY PROGRAM (CL) 11:00 Balance (FC) 2:30 Basic Aerobics (FC) 3:00 Knitting Club (AR) 4:15 LET'S GET FIT (FC) 6:30 Bingo (CL)	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.
	Memorial Day					