


Independent LIVING November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>REDSTONE VILLAGE</p>	10:00 BANK TRIP 1 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:30 Food Committee (C) 1:30 WALMART 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo (CL)	9:15 ROCK STEADY (FC) 2 10:00 Fitness Coaching (AR) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (C) 3:00 Table Reading Club Practice (CL) 7:00 Tuesday Trivia (CR)	8:30 Hearing Aid Checks (AR) 3 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:00 Village Chorus (CR) 2:00 COOKING DEMO W/PHIL (DR) 2:30 Basic Aerobics (FC) 3:00 Fitness Coaching (AR) 3:00 Dog Therapy (Veranda) 3:30 Archaeology: World's Greatest Sites (CL) 6:30 Party Bridge (CR)	9:15 ROCK STEADY (FC) 4 10:15 Circuit Training (FC) 10:30 HARRISON BROTHERS & LUNCH 11:00 Low-Impact Aerobics 2:00 Gentle Stretching (FC) 2:30 RED HAT SOCIETY MEETING (CR) 3:30 Breathe by Masterpiece Living (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 5 10:00 Joyride 11:00 Balance (FC) 1:30 Basket Making w/Caroline (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 6 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>October Sky</i> (CL)	
	9:00-10:00 Lap Swim (AC) 7 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	10:00 KROGER 8 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:00-3:00 PARKWAY PLACE 1:30 WALMART 2:00 Executive Committee (CR) 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 6:30 Bingo Auction (CL)	9:15 ROCK STEADY (FC) 9 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Low-Impact Aerobics 1:00 Gentle Stretching (FC) 2:00 Resident Council (CL) 3:00 Table Reading Club Practice (CL) 3:00 Blood Pressure Clinic (L)	10:00 Water Fitness (FC) 10 10:30 Balance (FC) 12:00 LEARNING CIRCLES LUNCHEON (DR) 1:00 Village Chorus (CR) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:00 Dog Therapy (Veranda) 3:30 Archaeology: World's Greatest Sites (CL) 6:30 Party Bridge (CR)	9:15 ROCK STEADY (FC) 11 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics 1:00 Mural Painting (CL) 2:00 Gentle Stretching (FC) 2:00 Military Memorabilia & Collectors Show (CL) 3:30 Breathe by Masterpiece Living (CL) 4:00 TOP O' THE RIVER 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 12 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub (AR) 3:30 Wine & Cheese w/JD Pollard: Wear Your Fall Colors! 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 13 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>My Fair Lady</i> (CL)
	Daylight Saving Time Ends				Veterans Day		
	9:00-10:00 Lap Swim (AC) 14 11:00 Neurobics Mental Exercises (AR) 2:30 Opera in the Club Room: <i>"Madama Butterfly"</i> 5:00-7:00 Open Swim (AC)	10:00 BANK TRIP 15 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:30 WALMART 2:00 Story Teller's Guild (AR) 2:30 Basic Aerobics (FC) 3:30 Wood Shop w/David & Doug (AR) 6:30 Bingo (CL)	9:15 ROCK STEADY (FC) 16 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics 12:00 Lunch w/Jane (A-Wing, 1st Floor) 2:00 Gentle Stretching (FC) 3:00 Table Reading Club Practice (CL) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (FC) 17 10:30 Balance (FC) 1:00 Village Chorus (CR) 2:00 Happy & Healthy at Home: Presented by Huntsville Hospital (CL) 2:30 Basic Aerobics (FC) 2:30 Craft Corner: Caribbean Lei's 3:00 Dog Therapy (Veranda) 3:30 Archaeology: World's Greatest Sites (CL) 3:30 Housekeeping Committee (CR) 6:30 Party Bridge (CR)	9:00 ACTIVITIES COMMITTEE (CR) 18 9:15 ROCK STEADY (FC) 10:15 Circuit Training (FC) 10:00 HANCEVILLE TRIP TO SHRINE OF THE MOST BLESSED SACRAMENT 11:00 Low-Impact Aerobics 1:00 Mural Painting (CL) 2:00 Gentle Stretching (FC) 3:00 The Lord's Supper (CL) 3:30 Breathe by Masterpiece Living (CL) 7:00 Bible Study (CL)	8:30 Discussion w/Jane (CL) 19 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Book Club Meeting (CR) 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) 20 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Apollo 13</i> (CL)
	9:00-10:00 Lap Swim (AC) 21 11:00 Neurobics Mental Exercises (AR) 2:00 Sunday Service w/Erin Schoening (CL) 5:00-7:00 Open Swim (AC)	10:00 HOLIDAY DECORATING 22 10:00 PUBLIX 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:00 Maintenance Committee (C-Wing, 1st Floor) 1:30 WALMART 2:00 HOLIDAY DECORATING 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	9:00-3:00 UAF Silent Auction 23 9:15 ROCK STEADY (FC) 9:30 Catholic Service (CL) 10:00 HOLIDAY DECORATING 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics 12:00 Birthday Lunch (DR) 2:00 Gentle Stretching (FC) 2:00 HOLIDAY DECORATING 2:00 Landscaping Committee (C) 3:00 Table Reading Club Practice (CL) 7:00 Tuesday Trivia (CR)	10:00 HOLIDAY DECORATING 24 10:00 Water Fitness (FC) 10:30 Balance (FC) 1:00 Village Chorus (CR) 2:00 HOLIDAY DECORATING 2:30 Basic Aerobics (FC) 3:00 Dog Therapy (Veranda) 3:30 Archaeology: World's Greatest Sites (CL) 6:00 CIRQUE DREAMS HOLIDAZE 6:30 Party Bridge (CR)	9:15 ROCK STEADY (FC) 25 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics 2:00 Gentle Stretching (FC) 3:30 Breathe by Masterpiece Living (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 26 11:00 Balance (FC) 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) 27 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Proposal</i> (CL)
		HOLIDAY DECORATING					
9:00-10:00 Lap Swim (AC) 28 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC)	10:00 Water Fitness (FC) 29 10:30 Balance (FC) 1:30 WALMART 2:00 Storytellers Guild (AR) 2:30 Basic Aerobics (FC) 3:30 Wood Shop w/David & Doug (AR) 6:30 Bingo (CL)	9:30 ROCK STEADY (FC) 30 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Table Reading Club Practice (CL) 3:00 Blood Pressure Clinic (L) 7:00 Tuesday Trivia (CR)	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 WS = WOODSHOP	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.	
Hanukkah Begins				Thanksgiving Day			