


# Independent LIVING January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</p>						9:00-10:00 Lap Swim (AC) <b>1</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>On Golden Pond</i> (CL)
	New Year's Day					
9:00-10:00 Lap Swim (AC) <b>2</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (L)	<b>10:00 BANK TRIP</b> <b>3</b> 10:00 Water Fitness (AC) 10:00 Christmas Cleanup 10:30 Balance (FC) 1:30 Food Committee (C) <b>1:30 WALMART</b> 2:30 Basic Aerobics (FC) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC)</b> <b>4</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (CR) 7:00 Sing Along (CL)	8:30 Hearing Aid Checks (AR) <b>5</b> 10:00 Water Fitness (AC) 10:30 Balance (FC) 2:30 Basic Aerobics (FC) 3:30 The Civil War (CL) 6:30 Party Bridge (CR)	<b>9:15 ROCK STEADY (FC)</b> <b>6</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Mural Painting (CL) 2:00 Gentle Stretching (FC) 6:30 Music w/Marge (L) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) <b>7</b> <b>10:30 HUNTSVILLE ART MUSEUM &amp; PAN E VINO</b> 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>8</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Paint Your Wagon</i> (CL)
9:00-10:00 Lap Swim (AC) <b>9</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Michael Haveron</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (L)	<b>10:00 KROGER</b> <b>10</b> 10:00 Water Fitness (AC) 10:30 Balance (FC) <b>10:30 REDSTONE LADIES' LUNCHEON @ CHEESECAKE FACTORY</b> <b>1:00-3:00 PARKWAY PLACE MALL</b> <b>1:30 WALMART</b> 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David and Doug (AR) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC)</b> <b>11</b> 10:15 Circuit Training (FC) <b>10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD</b> 11:00 Low-Impact Aerobics (FC) 1:00 Gentle Stretching (FC) 2:00 Resident Council (CL) 3:00 Blood Pressure Clinic (L) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) <b>12</b> 10:30 Balance (FC) 12:00 Learning Circles Luncheon (DR) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 The Civil War (CL) 6:30 Party Bridge (CR)	<b>9:15 ROCK STEADY (FC)</b> <b>13</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 11:00 Walking Club & Lunch 2:00 Gentle Stretching (FC) 2:30 Chili Cook-Off (CL) 6:30 Music w/Marge (L) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) <b>14</b> <b>10:00 JOYRIDE</b> 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub <b>3:30 WINE &amp; CHEESE - SCARF &amp; GLOVES W/AL KEITH</b> 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>15</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Queen Bees</i> (CL)
9:00-10:00 Lap Swim (AC) <b>16</b> 11:00 Neurobics Mental Exercises (AR) 2:00 Sunday Service w/Erin Schoening (CL) 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (L)	<b>8:00 REDSTONE MEN'S BREAKFAST OUTING @ GIBSON'S</b> <b>17</b> <b>10:00 BANK TRIP</b> 10:00 Water Fitness (AC) 10:30 Balance (FC) <b>1:30 WALMART</b> 2:30 Basic Aerobics (FC) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC)</b> <b>18</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Jane (Villas - Even Numbers) (DR) 2:00 Gentle Stretching (FC) 3:30 Resilience (CL) 7:00 Sing Along (CL)	10:00 Water Fitness (AC) <b>19</b> 10:30 Balance (FC) 2:30 Basic Aerobics (FC) 3:00 Craft Corner: Jewelry Making (AR) 3:30 The Civil War (CL) 3:30 Housekeeping Committee (CR) 6:30 Party Bridge (CR)	<b>9:15 ROCK STEADY (FC)</b> <b>20</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Mural Painting (CL) 2:00 Gentle Stretching (FC) 3:30 Resilience (CL) 6:30 Music w/Marge (L) 7:00 Bible Study (CL)	8:30 Discussion w/Jane (CL) <b>21</b> 10:00 Basic Aerobics (FC) <b>10:00 SOUTH HUNTSVILLE LIBRARY TOUR &amp; MELLOW MUSHROOM</b> 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>22</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Senior Moment</i> (CL)
	Martin Luther King Jr. Day					
9:00-10:00 Lap Swim (AC) <b>23</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (L)	10:00 Water Fitness (AC) <b>24</b> <b>10:00 PUBLIX</b> 10:30 Balance (FC) 1:00 Maintenance Committee (C-Wing, 1st Floor) <b>1:30 WALMART</b> 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC)</b> <b>25</b> 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Birthday Lunch (DR) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 3:00 Blood Pressure Clinic (L) 3:30 Resilience (CL) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) <b>26</b> 10:30 Balance (FC) 2:30 Basic Aerobics (FC) 3:30 The Civil War (CL) 6:30 Party Bridge (CR)	9:00 Activities Committee (CR) <b>27</b> <b>9:15 ROCK STEADY (FC)</b> 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 11:00 Walking Club & Lunch 2:00 Gentle Stretching (FC) 3:30 Resilience (CL) 6:30 Music w/Marge (L) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) <b>28</b> <b>10:00 JOYRIDE</b> 11:00 Balance (FC) 1:30 Basket Making (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub <b>3:30 WINE &amp; CHEESE - BLACK &amp; WHITE W/JD POLLARD</b> 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>29</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Dolly Parton's Coat of Many Colors</i> (CL)
9:00-10:00 Lap Swim (AC) <b>30</b> 11:00 Neurobics Mental Exercises (AR) 2:30 Opera in the Club Room 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (L)	10:00 Water Fitness (AC) <b>31</b> 10:30 Balance (FC) <b>1:30 WALMART</b> 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	<b>LEGEND:</b> <b>AR = ARTS &amp; CRAFTS ROOM</b> <b>AL = ASSISTED LIVING</b> <b>AC = AQUATIC CENTER</b>	<b>BR = BILLIARDS ROOM</b> <b>C = CAFÉ</b> <b>CL = CLUB ROOM</b> <b>C3 = C WING, 3RD FLOOR</b> <b>CR = CARD ROOM</b>	<b>DR = DINING ROOM</b> <b>FC = FITNESS CENTER</b> <b>G = GALLERY</b> <b>L = LOBBY</b> <b>PR = POKER ROOM</b>	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.