



Independent LIVING *September* 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8:30 GRAND OLE OPRY TOUR 1 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:30 Story Time w/Shirley Palmes (CL) 7:00 Bible Study (CL)	10:00 BANK TRIP 2 10:00 Basic Aerobics (FC) 10:00 JOYRIDE 1:00 Balance (FC) 1:00-3:00 POTTERY TRIP 1:30 Basket Making (AR) 1:30 WALMART 3:00 Rummikub 6:30 Hand & Foot (CR)	10:00 Shuffleboard 3 2:30-4:30 Board Games & Refreshments (Multiple Locations) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>King Richard</i> (CL)
11:00 Neurobics Mental Exercises (AR) 4 2:00 Sunday Chapel Service Southside Presbyterian Church 3:30 Sunday Concert (CL) <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (CL)	9:30 Wii Bowling (BR) 5 1:30 Wii Bowling (BR) 6:30 Bingo (CL)  Labor Day	9:15 Rock Steady (FC) 6 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 Tuesday Trivia (CR)	8:30 Hearing Aid Checks (AR) 7 10:00 Water Fitness (AC) 10:30 Balance (FC) 2:00 COOKING DEMO W/CHEF PATRICK (DR) 2:30 Basic Aerobics (FC) 3:30 The History of Christianity (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 8 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Hand Chime Rehearsal (CL) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 9 10:30 SPACE & ROCKET CENTER TOUR 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub 6:30 Hand & Foot (CR)	10:00 Shuffleboard 10 2:30-4:30 Board Games & Refreshments (Multiple Locations) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Theory of Everything</i> (CL)
11:00 Neurobics Mental Exercises (AR) 11 3:00 Sunday Concert <i>Logan Caswell</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (CL)	9:30 Wii Bowling (BR) 12 9:30 REDSTONE LADIES LUNCHEON @ 360 GRILL 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:00-3:00 PARKWAY PLACE MALL 1:30 WALMART 1:30 Food Committee (C) 1:30 Wii Bowling (BR) 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo Auction (CL)	9:15 Rock Steady (FC) 13 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Low-Impact Aerobics (FC) 2:00 Resident Council (CL) 7:00 Tuesday Trivia (CR) 10:00-12:00 HEALTH FAIR (CL)	10:00 Water Fitness (AC) 14 10:30 Balance (FC) 12:00 Learning Circles Luncheon (DR) 2:00 CASTING CALL FOR OLD-TIME RADIO SHOW: "BABY SNOOKS & DADDY" 2:30 Basic Aerobics (FC) 3:30 The History of Christianity (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 15 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 BAILEY COVE LIBRARY TRIP 2:00 Gentle Stretching (FC) 3:30 Story Time w/Shirley Palmes (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 16 10:00 JOYRIDE 11:00 Balance (FC) 1:30 Basket Making (AR) 3:00 Rummikub 3:30 PARTY FOR THE GENERATIONS (CL) 6:30 Hand & Foot (CR)	10:00 Shuffleboard 17 10:00 N.E.A.C.A. CRAFTS SHOW @ THE VON BRAUN CENTER 2:30-4:30 Board Games & Refreshments (Multiple Locations) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>The Iron Lady</i> (CL)
11:00 Neurobics Mental Exercises (AR) 18 2:00 Sunday Chapel Service w/Trinity Methodist Church (CL) 3:30 Sunday Concert <i>Jennifer Jonas</i> 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (CL)	9:30 Wii Bowling (BR) 19 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	9:15 Rock Steady (FC) 20 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Birthday Lunch (DR) 1:00 Book Club (CR) 2:00 Gentle Stretching (FC) 2:00 Geology Presentation w/Lowell Zoller (CL) 3:30 Baby Snooks & Daddy Practice (CL) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 21 10:30 Balance (FC) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 The History of Christianity (CL) 3:30 Housekeeping Committee (CR) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:00 Activities Committee (CR) 22 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Hand Chime Rehearsal (CL) 2:00 Gentle Stretching (FC) 2:00-4:00 Resident Art Show (G) 7:00 Bible Study (CL)	8:30 Discussion w/Jane (CL) 23 10:00 Basic Aerobics (FC) 10:00 JOYRIDE 11:00 Balance (FC) 12:00 BREAST CANCER LUNCH FUNDRAISER (AR) 1:30 Basket Making (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 6:30 Hand & Foot (CR)	10:00 Shuffleboard 24 2:30-4:30 Board Games & Refreshments (Multiple Locations) 5:00-7:00 Open Swim (AC) 7:00 Movie Night: <i>Passengers</i> (CL)
11:00 Neurobic Mental Exercises (AR) 25 2:30 Musical in the Club Room: <i>Wizard of Oz</i> (CL) 5:00-7:00 Open Swim (AC) 6:30 Hymns w/Joyce (CL)	9:30 Wii Bowling (BR) 26 10:00 Water Fitness (AC) 10:00 PUBLIX 10:30 Balance (FC) 10:30 REDSTONE MEN'S OUTING @ CABELA'S & LUNCH 1:00 Maintenance Committee (C-wing 1st Floor) 1:30 WALMART 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo (CL)	9:15 Rock Steady (FC) 27 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Jane (A-Wing, 1st Floor) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 3:30 Baby Snooks & Daddy Practice (CL) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 28 10:30 Balance (FC) 2:30 Basic Aerobics (FC) 3:30 The History of Christianity (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 29 10:00-12:00 Oktoberfest 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Hand Chime Rehearsal (CL) 2:00 Kleinigkeiten: German Trivia (CR) 2:00 Gentle Stretching (FC) 3:30 Speaking German 101 (CL) 6:30 Malen und Schlurfen: Paint & Sip (CL)	10:00 Basic Aerobics (FC) 30 10:00-12:00 German Memorabilia Show (CL) 10:00 JOYRIDE 10:30 OL HEIDELBERG & SHOPPING @ THE EUROPEAN MARKET 11:00 Balance (FC) 1:30 Basket Making (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 3:30 Oktoberfest Wine & Cheese 6:30 Hand & Foot (CR) 6:30 Biergarten Bingo (CL)	 REDSTONE VILLAGE
Rosh Hashanah Begins				Autumn Begins		

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.