


Independent LIVING January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p> <p>1</p> <p>New Year's Day</p>	<p>8:45 Gentle Stretching (FC) 2 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC) 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 6:30 Bingo (CL)</p>	<p>8:45 Back to Basics (FC) 3 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:30 Food Committee (C) 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (CR) 2:00 Alabama History Story Telling w/Jim Phillips (CL) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 4 10:30 Balance (FC) 11:00 Back to Basics (FC) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 2:00 Cooking Demo w/Chef Patrick (DR) 2:30 Basic Aerobics (FC) 3:30 Great Course: "Mysterious Etruscans" (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)</p>	<p>8:45 Back to Basics (FC) 5 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 3:30 Travel Planning w/Claire Woods from HSV Senior Center 7:00 Bible Study (CL)</p>	<p>9:30 WEEDEN HOUSE TOUR & LUNCH 6 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 3:00 Rummikub 6:30 Hand & Foot (CR)</p>	<p>8:30 MILKY WAY FARMS TOUR & LUNCH 7 2:30-4:30 Board Games & Refreshments (Multiple Locations) 7:00 Movie Night: <i>The Notebook</i> (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 8 3:00 Sunday Concert (CL) <i>Tom Bougher</i></p>	<p>8:45 Gentle Stretching (FC) 9 9:30 Wii Bowling (BR) 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC) 1:00-3:00 PARKWAY PLACE MALL 1:30 WALMART 1:30 Wii Bowling (BR) 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)</p>	<p>8:45 Back to Basics (FC) 10 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Back to Basics (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Resident Council (CL) 7:00 Tuesday Trivia (CR)</p>	<p>9:15 Biggest Loser Weigh in (AR) 11 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC) 11:00 Chorus (CL) 12:00 Learning Circles Luncheon (DR) 1:00 Hand Chimes (CL) 2:00 Tea Time (C) 2:30 Basic Aerobics (FC) 3:30 Great Course: "Mysterious Etruscans" (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)</p>	<p>8:45 Back to Basics (FC) 12 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Chili Cook Off (CL) 7:00 Bible Study (CL)</p>	<p>10:00 Basic Aerobics (FC) 13 10:00 JOYRIDE 11:00 Balance (FC) 3:00 Rummikub 3:30 Winter Wonderland Amusement w/Al Keith (CL) 6:30 Hand & Foot (CR)</p>	<p>2:30-4:30 Board Games 14 & Refreshments (Multiple Locations) 7:00 Movie Night: <i>Strangers on a Train</i> (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 15 2:00 Sunday Chapel Service w/Trinity Methodist Church (CL)</p>	<p>8:45 Gentle Stretching (FC) 16 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 2:00 MLK Documentary: King of the Wilderness (CL) 2:30 Basic Aerobics (FC) 3:30 Woodshop (AR) 6:30 Bingo (CL) Martin Luther King Jr. Day</p>	<p>8:45 Back to Basics (FC) 17 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Back to Basics (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Jane (Villas, Even Numbers) 1:00 Book Club (CR) 2:00 Gentle Stretching (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 18 10:30 Balance (FC) 11:00 Back to Basics (FC) 11:00 Chorus (CL) 2:00 Healthy Living w/Shannon Fowler (CL) 2:30 Basic Aerobics (FC) 3:30 Great Course: "Mysterious Etruscans" (CL) 3:30 Housekeeping Committee (CR) 6:30 Sign Language (CL)</p>	<p>8:45 Back to Basics (FC) 19 9:15 Rock Steady (FC) 10:00 CIVIL WAR TOUR W/JACQUE REEVES & LUNCH 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p>	<p>10:00 Basic Aerobics (FC) 20 11:00 Balance (FC) 3:00 Rummikub 6:30 Hand & Foot (CR)</p>	<p>2:30-4:30 Board Games 21 & Refreshments (Multiple Locations) 7:00 Movie Night: <i>Tootsie</i> (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 22 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>8:45 Gentle Stretching (FC) 23 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:00 PUBLIX 10:30 Balance (FC) 11:00 Back to Basics (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 2:00 Chinese New Year Celebration "Year of the Rabbit" 2:30 Basic Aerobics (FC) 3:00 Finance Club (CL) 6:30 Bingo (CL)</p>	<p>8:45 Back to Basics (FC) 24 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Back to Basics (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 2:00 How to Experience Healthy Longevity w/Dr. Roger (CL) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 25 10:30 Balance (FC) 11:00 Back to Basics (FC) 11:00 Chorus (CL) 12:00 Birthday Lunch 1:00 Hand Chimes (CL) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 Great Course: "Mysterious Etruscans" (CL) 6:30 Sign Language (CL)</p>	<p>8:45 Back to Basics (FC) 26 9:00 Activities Committee (CR) 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:30 Craft Corner 7:00 Bible Study (CL)</p>	<p>8:30 Discussion w/Jane (CL) 27 10:00 Basic Aerobics (FC) 10:00 JOYRIDE 11:00 Balance (FC) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 3:30 Wine & Cheese: Fabulous Fitness Gear w/JD Pollard (CL) 6:30 Hand & Foot (CR)</p>	<p>2:30-4:30 Board Games 28 & Refreshments (Multiple Locations) 7:00 Movie Night: <i>Private Benjamin</i> (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 29 2:30 Musical in the Club Room: <i>Blues Brothers</i> (CL) 5:00-7:00 Sunday Social (CL) 6:00 HARLEM GLOBETROTTERS @ VON BRAUN CENTER</p>	<p>9:30 Wii Bowling (BR) 30 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 3:30 Woodshop (AR) 6:30 Bingo (CL)</p>	<p>8:45 Gentle Stretching (FC) 31 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Back to Basics (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Craft Corner: Valentine's Day Crafts 7:00 Tuesday Trivia (CR)</p>				 <p>REDSTONE VILLAGE</p>

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.