


Independent LIVING

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>REDSTONE VILLAGE</p>			10:00 Water Fitness (AC) 1 10:30 Balance (FC) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 2:30 Basic Aerobics (FC) 3:30 The Decline & Fall of the Roman Empire (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 2 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Brush & Canvas (AR) 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	10:00 JOYRIDE 3 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Basket Weaving (AR) 3:00 Rummikub 6:30 Hand & Foot (CR)	10:00 Shuffleboard 4 10:00-12:00 TRINITY MARKETPLACE 2:30 Rummikub (AR) 7:00 Movie Night: Dog (CL)	
	11:00 Neurobics Mental Exercises (AR) 5 3:00 Sunday Concert (CL) Jennifer Jonas 6:30 Hymn Sing (CL)	9:30 Wii Bowling (BR) 6 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 3:30 Creative Writing (CL) 6:30 Bingo (CL) Purim Begins	9:15 Rock Steady (FC) 7 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) 3:00 Woodshop Training class w/Ron Olson 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 8 10:30 Balance (FC) 11:00 Chorus (CL) 12:00 Learning Circles Luncheon (DR) 1:00 Hand Chimes (CL) 2:30 Basic Aerobics (FC) 3:30 The Decline & Fall of the Roman Empire (CL) 6:30 Music w/Marge (L) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 9 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 11:00 WALTON'S SOUTHERN TABLE 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 3:00 Nourish w/Valerie Light (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 10 11:00 Balance (FC) 1:00 Basket Weaving (AR) 3:00 Rummikub 3:30 WINE & CHEESE: GO GREEN FOR ST. PATRICK'S DAY W/THE SWING KINGS (CL) 6:30 Hand & Foot (CR)	10:00 Shuffleboard 11 2:30 Rummikub (AR) 7:00 Movie Night: The Day of the Jackal (CL)
	11:00 Neurobics Mental Exercises (AR) 12 3:00 Sunday Concert (CL) Michael Havron Daylight Saving Time Begins	9:30 Wii Bowling (BR) 13 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (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 Woodshop 6:30 Bingo	9:15 Rock Steady (FC) 14 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 Water Fitness (AC) 15 10:30 Balance (FC) 11:00 Chorus (CL) 2:30 Basic Aerobics (FC) 3:30 The Decline & Fall of the Roman Empire (CL) 3:30 Housekeeping Committee (CR) 6:30 Sign Language (CL)	9:15 Rock Steady (FC) 16 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Café Mural (AR) 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 3:00 Nourish w/Valerie Light (CL) 7:00 Bible Study (CL)	9:15 CARNEGIE VISUAL ART CENTER & LUNCH @ THE RAILYARD 17 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Basket Weaving (AR) 3:00 Rummikub 6:30 Hand & Foot (CR) St. Patrick's Day	10:00 Shuffleboard 18 2:30 Rummikub (AR) 7:00 Movie Night: The Last of the Mohicans (CL)
	11:00 Neurobics Mental Exercises (AR) 19 3:00 Sunday Concert (CL) Jennifer Jonas	9:30 Wii Bowling (BR) 20 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 Creative Writing (CL) 6:30 Bingo (CL) Spring Begins	9:15 Rock Steady (FC) 21 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Angie (B-Wing, 3rd Floor) 1:00 Book Club (CR) 2:00 Gentle Stretching (FC) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 22 10:30 Balance (FC) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 The Decline & Fall of the Roman Empire (CL) 6:30 Sign Language (CL) Ramadan Begins	9:15 SHRINE OF THE MOST BLESSED SACRAMENT & BBQ LUNCH 23 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:30 In Stitches (AR) 2:00 State of the Village (CL) 3:00 Nourish w/Valerie Light (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 24 10:00 JOYRIDE 11:00 Balance (FC) 1:00 Basket Weaving (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 3:30 Wine & Cheese: Karaoke-Style (CL) 6:30 Hand & Foot (CR)	10:00 Shuffleboard 25 2:30 Rummikub (AR) 7:00 Movie Night: Tolkien (CL)
	11:00 Neurobics Mental Exercises (AR) 26 2:30 Musical in the Clubroom: Blues Brothers (CL) 5:00-7:00 Sunday Social (CL)	9:30 Wii Bowling (BR) 27 10:00 Water Fitness (AC) 10:00 PUBLIX 10:30 Balance (FC) 1:00 Maintenance Committee (C Wing, 1st Floor) 1:30 WALMART 1:30 Wii Bowling (BR) 2:30 Basic Aerobics (FC) 3:00 Finance Club (CL) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	9:15 Rock Steady (FC) 28 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 29 10:30 Balance (FC) 11:00 Chorus (CL) 12:00 Birthday Lunch (DR) 1:00 Hand Chimes (CL) 2:30 Basic Aerobics (FC) 3:30 The Decline & Fall of the Roman Empire (CL) 6:30 Sign Language (CL)	9:00 Activities Committee (CR) 30 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 11:30 Just for Us! (DR) 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 3:00 Nourish w/Valerie Light (CL) 4:30 Just for Us! (DR) 7:00 Bible Study (CL)	8:30 Discussion w/Angie (CL) 31 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:00 Basket Weaving (AR) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 6:30 Hand & Foot (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

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.