


Independent LIVING

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>REDSTONE VILLAGE</p>	<p>9:30 Wii Bowling (BR) 1 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 1:30 Food Committee (C) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Creative Writing (CR) 6:30 Bingo (CL)</p> <p>May Day</p>	<p>9:15 Rock Steady (FC) 2 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (CR) 3:30 AL LANE ART EXHIBIT 3:30 Life Alignment for Seniors (CL) 3:30 Your Best Self (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 3 10:30 Balance (FC) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 2:00 Cooking Demo w/Anthony (DR) 2:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>9:15 Rock Steady (FC) 4 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)</p>	<p>10:00 Basic Aerobics (FC) 5 11:00 Balance (FC) 2:30 Texas Hold'em (CR) 3:00 Rummikub 3:30 Wine & Cheese: Cinco de Mayo (CL) 6:30 Hand & Foot (CR)</p> <p>Cinco de Mayo</p>	<p>10:00 Shuffleboard 6 10:00 Newcomers Coffee (C) 2:30 Rummikub (AR) 4:00 Kentucky Derby Party (CL) 7:00 Movie Night: <i>A Man Called Otto</i> (CL)</p>	
	<p>11:00 Neurobics Mental Exercises (AR) 7 3:00 Sunday Concert (CL) <i>L & B Entertainment</i></p>	<p>9:30 Wii Bowling (BR) 8 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) 1:30 Qi Gong (FC) 2:00 Executive Committee (CR) 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo</p>	<p>9:15 Rock Steady (FC) 9 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Low-Impact Aerobics (FC) 2:00 Resident Council (CL) 3:30 Your Best Self (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 10 10:30 Balance (FC) 11:00 Chorus (CL) 12:00 Learning Circles Luncheon (DR) 1:00 Hand Chimes (CL) 1:30 Prayer Time Devotional (AR) 1:30 RV 101 (CR) 2:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>9:15 Rock Steady (FC) 11 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 Ladies Afternoon Tea (DR) 7:00 Bible Study (CL)</p>	<p>8:00 RATTLE & SNAP PLANTATION 12 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 3:00 Rummikub 6:30 Hand & Foot (CR)</p>	<p>10:00 Shuffleboard 13 2:00 Piano Palooza (L) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Breaking Away</i> (CL)</p> <p>HOLY SPIRIT RUMMAGE SALE</p>
	<p>11:00 Neurobics Mental Exercises (AR) 14 2:30 Musical in the Club Room: <i>Joseph & the Amazing Technicolor Dream Coat</i></p> <p>Mother's Day</p>	<p>9:30 Wii Bowling (BR) 15 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Creative Writing (CR) 6:30 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 16 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Angie (Villas, Odd Numbers) 2:00 Gentle Stretching (FC) 2:00 Fitness Assessments (CL) 3:30 Evolution of Homosapiens: Presentation by Dr. Bob Pirtle 3:30 Your Best Self (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 17 10:30 Balance (FC) 11:00 Chorus (CL) 1:00 Hand Chimes 2:00 Fitness Assessments (CL) 2:30 Basic Aerobics (FC) 3:30 Great Course (CL) 3:30 Housekeeping Committee (CR) 6:30 Music w/Marge (L)</p>	<p>9:15 Rock Steady (FC) 18 10:00 Fitness Assessments 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) 2:00 Fashion Show (CL) 4:00 TOP O' THE RIVER 7:00 Bible Study (CL)</p>	<p>10:00 Basic Aerobics (FC) 19 11:00 Balance (FC) 2:30 Texas Hold'em (CR) 3:00 Rummikub 3:30 Wine & Cheese: Spring Soiree (G) 6:30 Hand & Foot (CR)</p>	<p>10:00 Shuffleboard 20 10:00 Piano Palooza (L) 2:30 Rummikub (AR) 3:00 Paul Hall Performs 7:00 Movie Night: <i>Shining Through</i> (CL)</p> <p>Armed Forces Day</p>
	<p>11:00 Neurobics Mental Exercises (AR) 21 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>9:30 Wii Bowling (BR) 22 10:00 Water Fitness (AC) 10:00 PUBLIX 10:30 Balance (FC) 1:30 Walmart 1:30 Wii Bowling (BR) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:00 Finance Club (CL) 3:45 HSV Library Large Print Book Visit (CR) 6:30 Bingo (CL)</p>	<p>9:15 Rock Steady (FC) 23 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Landscaping Committee (C) 2:00 Gentle Stretching (FC) 3:00 Movie Matinee: <i>Secondhand Lions</i> (CL) 3:30 Your Best Self (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 24 10:30 Balance (FC) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 2:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>9:00 Activities Committee (CR) 25 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 10:30 LUNCH @ SALT FACTORY PUB 11:00 Low-Impact Aerobics (FC) 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p> <p>Shavuot Begins</p>	<p>8:30 Discussion w/Angie (CL) 26 10:00 Basic Aerobics (FC) 10:30 GREEN MOUNTAIN PICNIC 11:00 Balance (FC) 2:00 Safety & Security Committee (CR) 3:00 Rummikub 6:30 Hand & Foot (CR)</p>	<p>10:00 Shuffleboard 27 2:30 Rummikub (AR) 7:00 Movie Night: <i>Catch Me If You Can</i> (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 28 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>8:45 Gentle Stretching (FC) 29 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:00 Memorial Day Service (CL) 10:00 PUBLIX 10:30 Balance (FC) 1:30 WALMART 1:30 Wii Bowling (BR) 1:30 Qi Gong (FC) 2:30 Basic Aerobics (FC) 3:30 Creative Writing (CR) 6:30 Bingo (CL)</p> <p>Memorial Day</p>	<p>9:15 Rock Steady (FC) 30 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 3:30 Your Best Self (FC) 7:00 Tuesday Trivia (CR)</p>	<p>10:00 Water Fitness (AC) 31 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 Great Course (CL) 6:30 Music w/Marge (L)</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.