



Independent LIVING *September* 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</p>					9:00-12:00 Private Tag Sale (CL) 1 10:00 Joyride 1:00-4:00 Public Tag Sale (CL) 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 2:30 Texas Hold'em (CR) 3:00 Rummikub 6:30 Hand & Foot (CR)	7:30 Pickleball 2 10:00 Shuffleboard (FP) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Nights in Rodanthe</i> (CL)
11:00 Neurobics Mental Exercises (AR) 3 2:30 Musical in the Club Room: <i>The Music Man</i> 6:30 Hymn Sing (CL)	 <p>Labor Day</p>	8:45 Back to Basics 5 (FC; sign up only) 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) 3:00 Zumba (FC) 7:00 Tuesday Trivia (CR)	7:30 Pickleball 6 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC; sign up only) 11:00 Chorus (CL) 1:00 Hand Chimes (CR) 1:00-4:00 Fitness Testing w/Functional Pathways (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course: Inventions that Changed the World (CL) 6:30 Music w/Marge (L)	8:45 Back to Basics 7 (FC; sign up only) 9:00 BREAKFAST @ MAPLE STREET BISCUIT CO. & JESSE OWENS MUSEUM 9:15 Rock Steady (FC) 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 Basic Aerobics (FC) 8 11:00 Balance (FC) 3:00 Rummikub 3:30 Wine & Cheese: Travel-Themed w/JD Pollard (CL) 6:30 Hand & Foot (CR)	7:30 Pickleball 9 10:00 Shuffleboard (FP) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Big</i> (CL)
11:00 Neurobics Mental Exercises (AR) 10 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i>	8:45 Gentle Stretching (FC) 11 9:30 Wii Bowling (BR) 10:00 Kroger 10:00 Coffee & Donuts w/Healthcare Team (Healthcare Lobby) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back to Basics (FC; sign up only) 1:00-3:00 PARKWAY PLACE MALL 1:30 Wii Bowling (BR) 1:30 WALMART 1:30 Basic Aerobics (FC) 3:30 Creative Writing (CR) 6:30 Bingo (CL)	8:45 Back to Basics 12 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Low-Impact Aerobics (FC) 2:00 Resident Council (CL) 2:45 Blood Pressure Clinic w/AMT (L) 3:00 Zumba (FC) 3:30 Strawberry Shortcake w/Admin Team (L) 7:00 Tuesday Trivia (CR)	7:30 Pickleball 13 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back to Basics (FC; sign up only) 12:00 Learning Circles Luncheon (DR) 1:00 Hand Chimes 1:30 RV 101 (CR) 1:30 Basic Aerobics (FC) 1:30 Bingo Party w/Lifestyles Team (CL) 3:30 Great Course: Reconsidering JFK (CL) 4:30 COCKTAILS AT THE VIEW ON BURRITT MOUNTAIN 6:30 Music w/Marge (L)	8:45 Back to Basics 14 (FC; sign up only) 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 Gentle Stretching (FC) 2:00 Ice Cream Floats w/Marketing Team (C) 2:00-4:00 Resident Art Show (G) 3:30 Waltz & 2-Step Basic Lessons w/Dian & Jimmy Poole (CL) 7:00 Bible Study (CL)	9:00-12:00 Free Car Wash w/Maintenance Team (Sunset Gardens) 15 10:00 Joyride 10:00 Basic Aerobics (FC) 10:00 PICNIC & WHEELER LAKE BOAT RIDE 11:00 Balance (FC) 2:30 Texas Hold'em (CR) 3:00 Rummikub 6:30 Hand & Foot (CR)	7:30 Pickleball 16 10:00 Shuffleboard (FP) 12:00-2:00 REDSTONE ARSENAL OKTOBERFEST 2:30 Rummikub (AR) 7:00 Movie Night: <i>80 for Brady</i> (CL)
Grandparents Day	Rosh Hashanah Begins	Oktoberfest Begins				
11:00 Neurobics Mental Exercises (AR) 17 3:00 Billiards & Paddles (BR)	8:45 Gentle Stretching (FC) 18 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:00 BANK TRIP 10:30 Balance (FC) 11:00 Back to Basics (FC; sign up only) 1:30 WALMART 1:30 Wii Bowling (BR) 1:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	8:45 Back to Basics 19 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 12:00 Lunch w/Angie (A-Wing, 2nd Floor) 2:00 Gentle Stretching (FC) 3:00 Zumba (FC) 3:30 Craft Corner (AR) 7:00 Tuesday Trivia (CR)	7:30 Pickleball 20 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back to Basics (FC; sign up only) 1:00 Hand Chimes (CL) 1:30 Prayer Time Devotional (AR) 1:30 Basic Aerobics (FC) 3:30 Housekeeping Committee (CR) 3:30 Great Course: Reconsidering JFK (CL) 6:30 Music w/Marge (L)	8:45 Back to Basics 21 (FC; sign up only) 9:15 Rock Steady (FC) 9:30 WINERY TOUR @ JULES J. BERTA VINEYARDS 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:30 In Stitches (AR) 2:00 Gentle Stretching (FC) 3:30 Waltz & 2-Step Basic Lessons w/Dian & Jimmy Poole (CL) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 22 11:00 Balance (FC) 2:00 Fashion Show (CL) 2:00 Facilities Committee (CR) 3:00 Rummikub 3:30 Wine & Cheese: Western-Themed w/Tim Knecht (CL) 6:30 Hand & Foot (CR) 6:30 HSV SYMPHONY ORCHESTRA	7:30 Pickleball 23 10:00 Shuffleboard (FP) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Poms</i> (CL)
Autumn Begins						
11:00 Neurobics Mental Exercises (AR) 24 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i>	8:45 Gentle Stretching (FC) 25 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:00 PUBLIX 10:30 Balance (FC) 11:00 Back to Basics (FC; sign up only) 1:30 Wii Bowling (BR) 1:30 WALMART 1:30 Basic Aerobics (FC) 6:30 Bingo (CL)	8:45 Back to Basics 26 (FC; sign up only) 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 2:00 Landscaping Committee (CR) 3:00 Zumba (FC) 7:00 Tuesday Trivia (CR)	7:30 Pickleball 27 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back to Basics (FC; sign up only) 12:00 Birthday Lunch (DR) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course: Reconsidering JFK (CL) 6:30 Music w/Marge (L)	8:45 Back to Basics 28 (FC; sign up only) 9:00 Activities Committee (CR) 9:15 Rock Steady (FC) 10:00-2:00 Health Fair (CL) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Low-Impact Aerobics (FC) 1:00 Brush & Canvas (AR) 1:30 In Stitches (C) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	8:30 Discussion w/Angie (CL) 29 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 2:30 Texas Hold'em (CR) 3:00 Rummikub 6:30 Hand & Foot (CR)	7:30 Pickleball 30 10:00 Shuffleboard (FP) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Uncharted</i> (CL)
Yom Kippur begins	Sukkot 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.