


Independent LIVING

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <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 FP = FOUNTAIN PLAZA 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.	8:45 Back Stretch (FC; sign up only) 1 9:15 Rock Steady (FC) 10:00 Biggest Loser Weigh-In (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	8:30 BREAKFAST @ BLUE PLATE 2 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 3:00 Rummikub 6:30 Hand & Foot (CR)	9:00 Pickleball 3 10:00 Newcomers Coffee (C) 2:30 Rummikub (AR) 7:00 Movie Night: <i>Mona Lisa Smile</i> (CL)	
	11:00 Neurobics Mental Exercises (AR) 4 2:30 Musical in the Club Room: <i>Chicago</i>	8:45 Gentle Stretching (FC) 5 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Food Committee (C) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 6:30 Bingo Auction (CR)	8:45 Back Stretch (FC; sign up only) 6 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (CR) 3:30 Country Western Fun Dance (FC) 7:00 Tuesday Trivia (CR)	9:00 Pickleball 7 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus (CL) 1:00 Hand Chimes (CR) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)	Groundhog Day 8:45 Back Stretch (FC; sign up only) 8 9:00 Tailwagger Treats (AR) 9:15 Rock Steady (FC) 10:00 Biggest Loser Weigh-In (AR) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) 9 10:00 JOYRIDE 11:00 Balance (FC) 3:00 Rummikub 3:30 Wine & Cheese: Happy Hearts Party w/JD Pollard (CL) 6:30 Hand & Foot (CR)	9:00 Pickleball 10 2:30 Rummikub (AR) 6:00 HUNTSVILLE SYMPHONY (for ticketholders only) 7:00 Movie Night: <i>The Thing About My Folks</i> (CL)
	11:00 Neurobics Mental Exercises (AR) 11 3:00 Valentine-Themed Sunday Concert (CL) <i>Jennifer Jonas</i>	8:45 Gentle Stretching (FC) 12 9:30 Wii Bowling (BR) 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 6:30 Bingo (CR)	8:45 Back Stretch (FC; sign up only) 13 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 11:00 Fit & Tone (FC) 2:00 Resident Council (CL) 2:45 Blood Pressure Clinic w/AMT (L) 3:30 Line Dancing (FC) 3:30 Mardi Gras Parties (Various Locations) 7:00 Tuesday Trivia (CR)	9:00 Pickleball 14 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 RV 101 (CR) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC; sign up only) 15 9:15 Rock Steady (FC) 10:00 Biggest Loser Weigh-In (AR) 10:15 Circuit Training (FC) 10:30 SERVING @ THE DOWNTOWN RESCUE MISSION & LUNCH 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	9:00 TUNICA OVERNIGHT TRIP 16 10:00 BANK TRIP 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 3:00 Rummikub 6:30 Hand & Foot (CR)	9:00 Pickleball 17 2:30 Rummikub (AR) 7:00 Movie Night: <i>Oppenheimer</i> (CL)
	RANDOM ACTS OF KINDNESS WEEK						
	11:00 Neurobics Mental Exercises (AR) 18 3:00 Sunday Concert (CL) <i>Kirk Jones the Ukulele Man</i>	8:45 Gentle Stretching (FC) 19 9:30 Wii Bowling (BR) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:00-3:00 PARKWAY PLACE MALL 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 6:30 Bingo (CL)	8:45 Back Stretch (FC; sign up only) 20 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (B-wing, 2nd floor) (DR) 2:00 Gentle Stretching (FC) 3:30 Country Western Fun Dance (FC) 3:30 Craft Corner (AR) 7:00 Tuesday Trivia (CR)	9:00 Pickleball 21 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign up only) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 2:30 Prayer Time Devotional (AR) 3:30 Housekeeping Committee (CR) 3:30 Great Course (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC; sign up only) 22 9:15 Rock Steady (FC) 10:00 Biggest Loser Weigh-In (AR) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 4:30-6:30 JUST FOR US! 7:00 Bible Study (CL)	8:30 Discussion w/Angie (CL) 23 10:00 Basic Aerobics (FC) 10:00 JOYRIDE 11:00 Balance (FC) 2:00 Facilities Committee (CR) 2:00 Men's Fashion Show (DR) 3:00 Rummikub 3:30 Wine & Cheese: Decades Party w/L&B Entertainment (CL) 6:30 Hand & Foot (CR)	9:00 Pickleball 24 10:00 RED MOUNTAIN THEATER "THE COLOR PURPLE" 2:30 Rummikub (AR) 7:00 Movie Night: <i>Three Men & a Little Lady</i> (CL)
11:00 Neurobics Mental Exercises (AR) 25 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i>	8:45 Gentle Stretching (FC) 26 9:30 Wii Bowling (BR) 10:00 PUBLIX 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	8:45 Back Stretch (FC; sign up only) 27 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (CR) 3:30 Line Dancing (FC) 7:00 Tuesday Trivia (CR)	9:00 Pickleball 28 9:00 Activities Committee (CR) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign up only) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC; sign up only) 29 9:00 MONTEVALLO TULIP FARM & AMERICAN VILLAGE 9:15 Rock Steady (FC) 10:00 Biggest Loser Weigh-In (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)			