


Independent LIVING

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>REDSTONE VILLAGE</p>	<p>8:45 Gentle Stretching (FC) 1 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 Demographics of the Future (CR) 3:00 In Stitches (AR) 6:30 Bingo (CR) All Fools' Day</p>	<p>8:45 Back Stretch (FC; sign up only) 2 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Voting Trip 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Hearing Aid Cleaning (AR) 3 9:00 Pickleball 9:30 Southside Presbyterian Church (CH) 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 (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 4 9:15 Rock Steady (FC) 10:00 Brush & Canvas (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 2:00 Make Sleep Mats for the Homeless (AR) 7:00 Bible Study (CL)</p>	<p>9:00 TENNESSEE WALKING HORSE MUSEUM & LUNCH @ BELL BUCKLE CAFE 5 9:30 Basic Aerobics (FC) 10:30 Balance (FC) 2:00 MTNA UAH Performs Jazz & Classical Music (CL) 3:00 Rummikub (AR) 3:00 Texas Hold'em (CR) 6:30 Hand & Foot (CR) 6:30 HSV SYMPHONY @ HSV BAPTIST CHURCH (FOR TICKET HOLDERS ONLY)</p>	<p>9:00 Pickleball 6 2:30 Rummikub (AR) 7:00 Movie Night: <i>My Girl 2</i> – PG (CL)</p>	
	<p>11:00 Neurobics Mental Exercises (AR) 7 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>8:45 Gentle Stretching (FC) 8 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 Demographics of the Future (CR) 3:00 In Stitches (AR) 6:30 Bingo (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 9 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) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball 10 9:30 Southside Presbyterian Church (CH) 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 (CL) 1:30 RV 101 (CR) 1:30 Basic Aerobics (FC) 2:30 Prayer Time Devotional (CH) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 11 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:00 Voting Trip 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p>	<p>9:30 Basic Aerobics (FC) 12 10:30 Balance (FC) 1:00-3:00 Spring Fling (G & L) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 13 2:30 Rummikub (AR) 6:30 HSV SYMPHONY (FOR TICKET HOLDERS ONLY) 7:00 Movie Night: <i>Book Club 2</i> – PG-13 (CL)</p>
	<p>11:00 Neurobics Mental Exercises (AR) 14 2:30 Musical in the Club Room: <i>Grease 2</i></p>	<p>8:45 Gentle Stretching (FC) 15 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) 1:00-3:00 PARKWAY PLACE MALL 1:30 Basic Aerobics (FC) 1:30 Wii Bowling (BR) 1:45 WALMART 3:00 Demographics of the Future (CR) 3:00 In Stitches (AR) 6:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign up only) 16 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (C-Wing, 1st Floor) 2:00 Gentle Stretching (FC) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 6:00 Dementia Support Group (CL) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball 17 9:30 Southside Presbyterian Church (CH) 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 Cooking Demo (DR) 3:30 Housekeeping Committee (CR) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 18 9:15 Rock Steady (FC) 10:00 Brush & Canvas (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p>	<p>9:30 Basic Aerobics (FC) 19 10:30 Balance (FC) 10:30 LOWE MILL & LUNCH (FAYETTEVILLE TN) 3:00 Rummikub (AR) 3:00 Texas Hold'em (CR) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 20 10:30 SLAWBURGER FESTIVAL (FAYETTEVILLE TN) 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Client</i> – PG-13 (CL)</p>
	<p>11:00 Neurobics Mental Exercises (AR) 21 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>8:45 Gentle Stretching (FC) 22 9:30 Wii Bowling (BR) 10:00 Earth Day Planting 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 2:00 Penny Auction (CL) 3:00 Demographics of the Future (CR) 3:00 In Stitches (AR) 6:30 Bingo (CL) Passover Begins Earth Day</p>	<p>8:45 Back Stretch (FC; sign up only) 23 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (CR) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball 24 9:30 Southside Presbyterian Church (CH) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign up only) 12:00 Birthday Lunch (DR) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L) Arbor Day</p>	<p>8:45 Back Stretch (FC; sign up only) 25 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 4:00 TOP O' THE RIVER 7:00 Bible Study (CL)</p>	<p>8:30 Discussion w/Angie (CL) 26 9:30 Basic Aerobics (FC) 10:00 JOYRIDE 10:30 Balance (FC) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Spring Soiree w/Tim Knect (G) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 27 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Butler</i> – PG-13 (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 28 3:00 Sunday Concert (L) <i>Jackson Love</i></p>	<p>8:45 Gentle Stretching (FC) 29 9:30 Wii Bowling (BR) 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 Demographics of the Future (CR) 3:00 In Stitches (AR) 6:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign up only) 30 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AC = AQUATIC CENTER BR = BILLIARDS ROOM C = CAFÉ CH = CHAPEL CL = CLUB ROOM</p>	<p>C3 = C WING, 3RD FLOOR CR = CARD ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY PR = POKER ROOM</p>	<p>Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early.</p> <p>Please sign up at Front Desk for all items listed in bold.</p>		