


Independent LIVING

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY</p>	<p>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>				
<p>11:00 Neurobics Mental Exercises (AR) 5 2:30 Musical in the Club Room: <i>Brigadoon</i></p> <p>Cinco de Mayo</p>	<p>8:45 Gentle Stretching (FC) 6 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 (CL) 3:00 In Stitches (AR) 6:30 Bingo (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 7 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) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Hearing Aid Cleaning (AR) 1 9:00 Pickleball 9:30 Southside Presbyterian Prayer Service (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 (CR) 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) 2 9:15 Rock Steady (FC) 10:00 Sketch & Paint (AR) 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) 3 10:30 Balance (FC) 1:00 Texas Hold'em (CR) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Fiesta Style w/The Tea Time Band (CL) 6:15 HUNTSVILLE MASTER CHORALE @ COVENANT PRESBYTERIAN CHURCH 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 4 10:00 Newcomers Coffee (C) 2:30 Rummikub (AR) TBD Kentucky Derby Party (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 12 3:00 Sunday Concert (CL) <i>Tom Bougher</i></p> <p>Mother's Day</p>	<p>8:45 Gentle Stretching (FC) 13 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 (CL) 3:00 In Stitches (AR) 6:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign up only) 14 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 15 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Water Fitness (AC) 10:00 Strawberry Freezer Jam w/SN Residents (SN Activity Room) 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 (CH) 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) 16 9:15 Rock Steady (FC) 10:00 Sketch & Paint (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) 10 10:00 JOYRIDE 10:30 Balance (FC) 1:00 Ladies' Afternoon Tea in Celebration of Mother's Day (DR) 1:00 Texas Hold'em (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 11 2:30 Rummikub (AR) 7:00 Movie Night: <i>Support Your Local Sheriff, G (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 19 3:00 Sunday Concert (CL) <i>Micheal Havron</i></p>	<p>8:45 Gentle Stretching (FC) 20 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 (CL) 3:00 In Stitches (AR) 3:30 Penny Auction (CL) 6:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign up only) 21 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (Villas - Odd Numbers) 2:00 Gentle Stretching (FC) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR)</p>	<p>9:00 Pickleball 22 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 3:00 Recycling Committee (CR) 3:30 Great Course (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 23 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 10:30 GREEN MOUNTAIN PICNIC 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p>	<p>9:30 Basic Aerobics (FC) 24 10:00 JOYRIDE 10:30 Balance (FC) 1:00 Texas Hold'em (CR) 2:00 Facilities Committee (CR) 3:00 Recycling Committee (CR) 3:00 Rummikub (AR) 3:30 Wine & Cheese: NBA Basketball Party w/JD Pollard 6:30 Hand & Foot (CR)</p>	<p>9:00 Pickleball 25 1:30-3:30 Board Games & Refreshments (CL) 4:30 HOT AIR BALLOON FESTIVAL 7:00 Movie Night: <i>Blazing Saddles, R (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 26 3:00 Sunday Concert (CL) <i>Jennifer Jonas</i></p>	<p>8:45 Gentle Stretching (FC) 27 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) 1:45 WALMART 2:00 Memorial Day Program (CL) 3:00 Demographics of the Future (CL) 3:00 In Stitches (AR) 6:30 Bingo (CL) Memorial Day</p>	<p>8:45 Back Stretch (FC; sign up only) 28 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 Summer Door Wreaths (AR) 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 29 9:00 Activities Committee (CR) 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 12:00 Birthday Lunch (DR) 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) 30 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)</p>	<p>8:30 AIRCRAFT MUSEUM & LUNCH 31 8:30 Discussion w/Angie (CL) 9:30 Basic Aerobics (FC) 10:30 Balance (FC) 1:00 Texas Hold'em (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	 <p>REDSTONE VILLAGE</p>