


Independent LIVING

July 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|---|---|---|--|--|--|
|  <p>REDSTONE VILLAGE</p> | 9:30 Gentle Stretching (FC) 1 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) 1:45 WALMART 2:00 Hudson Alpha Presentation (CL) 3:00 In Stitches (AR) 3:30 Bingo (CL) | 8:45 Back Stretch (FC; sign up only) 2 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 TOURNAMENT (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR) | 8:30 Hearing Aid Cleaning (AR) 3 9:00 Pickleball (PX) 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 (CL) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Music w/Marge (L) | 7:00–9:00 Rooftop Rumble 4 Independence Day | 9:20 VAN GOGH EXHIBIT & LUNCH 5 9:45 Basic Aerobics (FC) 10:30 Balance (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR) | 8:30 Pickleball (PX) 6 2:30 Rummikub (AR) 7:00 Movie Night: <i>Book Club: The Next Chapter, PG–13 (CL)</i> | |
| | 11:00 Neurobics Mental Exercises (AR) 7 3:00 Sunday Concert: <i>Alan Little (CL)</i> | 9:30 Gentle Stretching (FC) 8 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) 1:45 WALMART 2:30 Preferred Home Care Presentation (CL) 3:00 In Stitches (AR) 3:30 Bingo (CL) | 8:45 Back Stretch (FC; sign up only) 9 9:15 Rock Steady (FC) 10:00–12:00 Shred Day (L) 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 Huntsville Learning Center Presentation (CL) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR) | 9:00 Pickleball (PX) 10 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 RV 101 (CR) 1:30 Basic Aerobics (FC) 3:00 Chorus & Chimes Concert (CL) 3:30 Great Course (CL) 6:30 Music w/Marge (L) | 8:45 Back Stretch (FC; sign up only) 11 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:00 Sketch & Paint (AR) 10:15 Circuit Training (FC) 10:30 TOP GOLF & LUNCH 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (FC) 3:00 Demographics of the Future (CL) 7:00 Bible Study (CL) | 9:45 Basic Aerobics (FC) 12 10:00 JOYRIDE 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:00 Wine & Cheese: Penny Auction w/a Twist 6:30 Hand & Foot (CR) | 8:30 Pickleball (PX) 13 2:30 Rummikub (AR) 7:00 Movie Night: <i>Airport, G (CL)</i> |
| | 11:00 Neurobics Mental Exercises (AR) 14 2:30 Opera: <i>Carmen (CL)</i> | 9:30 Gentle Stretching (FC) 15 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) 1:45 WALMART 2:30 PING PONG TOURNAMENT (BR) 3:00 In Stitches (AR) 3:30 Bingo (CL) | 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, 3RD 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) | 9:00 PICKLEBALL TOURNAMENT (PX) 17 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) 3:30 Housekeeping Committee (CR2) 3:30 Great Course (FC) 6:30 Music w/Marge (L) | 8:45 Back Stretch (FC; sign up only) 18 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 2:00 Gentle Stretching (FC) 3:00 POKER TOURNAMENT (CR) 3:00 Demographics of the Future (CL) 7:00 Bible Study (CL) | 9:45 Basic Aerobics (FC) 19 10:30 Balance (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Oak Street Health Presentation w/Bingo (CL) 6:30 Hand & Foot (CR) | 8:30 Pickleball (PX) 20 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Prince & Me, PG (CL)</i> |
| | 11:00 Neurobics Mental Exercises (AR) 21 3:00 Sunday Concert: <i>Jennifer Jonas (CL)</i> | 9:30 Gentle Stretching (FC) 22 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 2:30 WII BOWLING TOURNAMENT (BR) 3:00 In Stitches (AR) 3:30 Bingo (CL) | 8:45 Back Stretch (FC; sign up only) 23 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) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR) | 9:00 Pickleball (PX) 24 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) 2:00 BILLIARDS TOURNAMENT (BR) 2:00 Recycling Committee (CR) 3:30 Great Course (CL) 6:30 Music w/Marge (L) | 8:45 Back Stretch (FC; sign up only) 25 9:15 Rock Steady (FC) 10:00 CONDUCTORCISE (CL) 10:00 Cocoa the Therapy Dog (G) 10:00 Sketch & Paint (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 CONDUCTORCISE (CL) 2:00 Gentle Stretching (FC) 2:30 Wine & Wellness w/Preferred HomeCare (CL) 3:00 Demographics of the Future (FC) 7:00 Bible Study (CL) | 9:45 Basic Aerobics (FC) 26 10:00 JOYRIDE 10:30 Balance (FC) 1:00 Texas Hold 'Em (CR2) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Nautical Theme w/L & B Entertainment 6:30 Hand & Foot (CR) | 8:30 Pickleball (PX) 27 11:30 BEAUTIFUL: THE CAROLE KING MUSICAL @ RED MOUNTAIN 2:30 Rummikub (AR) 7:00 Movie Night: <i>Remember the Titans, PG (CL)</i> |
| | 11:00 Neurobics Mental Exercises (AR) 28 3:00–5:00 Board Games & Refreshments (CL) | 9:30 Gentle Stretching (FC) 29 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 3:00 In Stitches (AR) 3:30 Bingo (CL) | 8:45 Back Stretch (FC; sign up only) 30 8:45 Activities Committee (CR) 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) 2:30 Cooking Demo w/Anthony (DR) 3:00 Bridge (CR) 3:30 Couples & Line Dancing (FC) 7:00 Tuesday Trivia (CR) | 9:00 Pickleball 31 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Water Fitness (AC) 10:30 Balance (FC) 10:30 SHUFFLEBOARD TOURNAMENT (FP) 11:00 Back Stretch (FC; sign up only) 12:00 BIRTHDAY LUNCH 1:30 Basic Aerobics (FC) 2:30 Prayer Time Devotional (CH) 3:30 Great Course (CL) 6:30 Music w/Marge (L) | LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AC = AQUATIC CENTER BR = BILLIARDS ROOM C = CAFÉ CH = CHAPEL CL = CLUB ROOM C3 = C WING, 3RD FLOOR | CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY PR = POKER ROOM PX = PICKLEPLEX | 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. |