



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.

				<p>8:45 Back Stretch (FC; sign up only) 1 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 2 10:00 LAKE GUNTERSVILLE BOAT RIDE & LUNCH @ ROCK HOUSE EATERY 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 3 2:30 Rummikub (AR) 7:00 Movie Night: <i>Saving Private Ryan</i>, R (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 4 3:00 Sunday Concert: <i>Jennifer Jonas</i> (CL)</p>	<p>9:30 Gentle Stretching (FC) 5 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 3:30 Bingo (CL)</p>	<p>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 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Hearing Aid Cleaning (AR) 7 8:30 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) 1:30 Basic Aerobics (FC) 3:30 Great Course: WWII Europe (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 8 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:00 BRIDGE STREET SHOPPING & LUNCH @ URBAN COOKHOUSE 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 9 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Unthemed w/Canned Music 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 10 2:30 Rummikub (AR) 7:00 Movie Night: <i>Seven Pounds</i>, PG-13 (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 11 3:00 Sunday Concert: <i>Jackson Love</i> (L)</p>	<p>9:30 Gentle Stretching (FC) 12 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 3:30 Bingo (CL)</p>	<p>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 Couples & Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 14 9:30 Southside Presbyterian Prayer Service (CH) 10:00 Alabama Hearing Associates Presentation (CL) 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 1:30 Basic Aerobics (FC) 1:30 RV 101 (CR) 3:30 Great Course: WWII Europe (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 15 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 16 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 17 2:30 Rummikub (AR) 7:00 Movie Night: <i>I Can Only Imagine</i>, PG (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 18 2:30 Musical in the Club Room: <i>Anything Goes</i> (CL)</p>	<p>9:30 Gentle Stretching (FC) 19 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 3:30 Bingo (CL)</p>	<p>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 (A-WING, 1ST FLOOR) 3:00 Bridge (CR) 3:30 Couples & Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 21 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 Great Course: WWII Europe (CL) 3:30 Housekeeping Committee (CR2) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 22 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 23 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 1:00 UNIVERSITY PICKERS & THE YARD MILKSHAKE BAR 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 24 2:30 Rummikub (AR) 7:00 Movie Night: <i>Book Club</i>, PG-13 (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 25 3:00 Afternoon Board Games (CL)</p>	<p>9:30 Gentle Stretching (FC) 26 9:30 Wii Bowling Practice (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 Practice (BR) 1:45 WALMART 3:30 Bingo (CL)</p>	<p>8:45 Back Stretch (FC; sign up only) 27 8:45 Activities Committee (CR) 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Landscaping Committee (CR) 3:00 Bridge (CR) 3:00 KITCHEN TOUR (C) 4:00 Couples & Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 28 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) 2:00 Recycling Committee (CR) 3:30 Great Course: WWII Europe (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 29 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 30 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Wine & Cheese: One in a Melon w/JD Pollard 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 31 2:30 Rummikub (AR) 7:00 Movie Night: <i>Creed</i>, PG-13 (CL)</p>