


Independent LIVING

October 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 C3 = C WING, 3RD FLOOR</p>	<p>CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY PR = POKER ROOM PX = PICKLEPLEX</p>	<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) 2:00 Resident Council Planning Committee (CR) 2:00 Gentle Stretching (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)</p> <p><i>ORANGE BEACH TRIP CONTINUED</i></p>	<p>8:30 Pickleball (PX) 2 8:30 Hearing Aid Cleaning (AR) 9:30 Southside Presbyterian Prayer Service (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) 3:30 Great Course: Vietnam War (CL) 3:30 Housekeeping Committee (CR2) 6:30 Music w/Marge (L)</p> <p><i>ORANGE BEACH TRIP CONTINUED</i> Rosh Hashanah Begins</p>	<p>8:45 Back Stretch (FC; sign up only) 3 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p> <p><i>ORANGE BEACH TRIP CONTINUED</i></p>	<p>9:45 Basic Aerobics (FC) 4 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) 5 2:30 Rummikub (AR) 7:00 Movie Night: <i>Ruthless People, R (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 6 3:00 Sunday Concert: <i>Jennifer Jonas (CL)</i></p>	<p>9:30 Gentle Stretching (FC) 7 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) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 8 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 Checks w/AMT (L) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 9 9:30 Southside Presbyterian Prayer Service (CH) 10:30 Balance (FC) 10:00 CIRCUS (CL) 10:00 Water Fitness (AC) 11:00 Back Stretch (FC; sign up only) 11:30 CIRCUS LUNCH (G) 1:30 Basic Aerobics (FC) 2:00 CIRCUS (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 10 9:00 JACKIE REEVES GHOST STORIES TOUR & LUNCH AT NEWKS 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:00 Sketch & Paint (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 4:00 Cake Cutting Ceremony (DR) 5:00 20-YEAR CELEBRATION DINNER (DR) 7:00 THREE ON A STRING COMEDY SHOW (CL)</p> <p><i>ORANGE BEACH TRIP CONTINUED</i></p>	<p>9:45 Basic Aerobics (FC) 11 10:00 GEM & MINERAL SHOW 10:00 JOYRIDE 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>Yom Kippur Begins</p>	<p>8:30 Pickleball (PX) 12 2:30 Rummikub (AR) 7:00 Movie Night: <i>Arthur the King, PG-13 (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 13 3:00 Sunday Concert: <i>Alan Little (CL)</i></p>	<p>9:30 Gentle Stretching (FC) 14 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) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p> <p>Indigenous Peoples' Day</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) 2:00 Gentle Stretching (FC) 3:00 Bridge (CR) 3:30 Line Dance (FC) 6:00 Dementia Support Group (CL) 7:00 Tuesday Trivia (CR)</p> <p>2:00 MOSAIC CHAPEL CROSSES (AR)</p>	<p>8:30 Pickleball (PX) 16 9:30 Southside Presbyterian Prayer Service (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) 1:30 RV 101 (CR) 3:30 Great Course: Vietnam War (CL) 6:30 Music w/Marge (L)</p> <p>Sukkot Begins</p>	<p>8:45 Back Stretch (FC; sign up only) 17 9:00-11:00 TAILWAGGER TREATS (AR) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 3:00 Fall Pop-Up w/AMT (L) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 18 10:15 POSEY'S & TATE FARMS 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Penny Auction (CL) 6:30 Hand & Foot (CR) 6:30 SYMPHONY CLASSICAL (TICKET HOLDERS ONLY)</p>	<p>8:30 Pickleball (PX) 19 9:00 GOURD FESTIVAL 2:30 Rummikub (AR) 7:00 Movie Night: <i>Evolution, PG-13 (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 20 2:30 Sunday Concert: <i>Jennifer Jonas (CL)</i></p>	<p>9:30 Gentle Stretching (FC) 21 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 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 22 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 LUNCH W/ANGIE (A-WING, 3RD FLOOR) (DR) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (CR) 2:30 Health Talk w/Donna Doherty: Medications & Vaccinations (CL) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 23 9:30 Southside Presbyterian Prayer Service (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) 2:00 Recycling Committee (CR) 3:30 Great Course: Vietnam War (CL) 6:00 COCKTAILS AT THE VIEW 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 24 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:00 Sketch & Paint (AR) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 3:00 Embracing Generations w/Marsha Gill (CL) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 25 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 3:30 Fall Festival Wine & Cheese w/Tim Knecht (CL) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 26 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Long Game, PG (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 27 3:00 Sunday Concert: <i>Kirk Jones (CL)</i></p>	<p>9:30 Gentle Stretching (FC) 28 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 Bingo (CL) 6:45 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 29 8:45 Activities Committee (CR) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Gentle Stretching (CL) 2:30 COOKING DEMO W/ANTHONY (DR) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p>	<p>8:30 Pickleball (PX) 30 9:30 Southside Presbyterian Prayer Service (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: Vietnam War (CL) 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 31 9:15 Rock Steady (FC) 10:00 Trick-or-Treaters (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:20 TOUR OF HUNTSVILLE LEARNING CENTER 7:00 Bible Study (CL)</p> <p>Halloween</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>REDSTONE VILLAGE</p>