



Independent LIVING November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</p>	<p>LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AC = AQUATIC CENTER BR = BILLIARDS ROOM C = CAFÉ</p>	<p>CH = CHAPEL CL = CLUB ROOM C3 = C WING, 3RD FLOOR CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM</p>	<p>FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY L = LOBBY PR = POKER ROOM PX = PICKLEPLEX</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>9:45 Basic Aerobics (FC) 1 10:15 SOUP & PIE ON GREEN MOUNTAIN 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR) 6:30 HUNTSVILLE SYMPHONY POP SERIES <i>(TICKET HOLDERS ONLY)</i></p> <p>Diwali (Hindu)</p>	<p>8:30 Pickleball (PX) 2 2:30 Rummikub (AR) 7:00 Movie Night: <i>Something's Gotta Give, PG-13 (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 3 3:00 Sunday Concert: <i>Tommy Johnson (CL)</i></p> <p>Daylight Saving Time Ends</p>	<p>9:30 Gentle Stretching (FC) 4 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 Food Committee (C) 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) 5 9:15 Rock Steady (FC) 10:00 VOTING 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 VOTING 2:00 Resident Council Planning Committee (CL) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> <p>Election Day</p>	<p>8:30 Hearing Aid Cleaning (AR) 6 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 Fall or Christmas Wreath Making (AR) 3:30 Great Course: Vietnam War 3:30 Housekeeping Committee (CR2) 6:30 Music w/Marge (L)</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 PREFERRED HOME CARE & BELTONE PRESENTATION W/FREE HEARING TESTS (CL) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 8 9:45 JACK DANIELS DISTILLERY & LUNCH @ MISS MARY BOBO'S 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) 9 9:00 HOST OF CHRISTMAS PAST - FAYETTEVILLE, TN 2:30 Rummikub (AR) 7:00 Movie Night: <i>Man from Snowy River, PG (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 10 2:30 Sunday Opera: <i>La Traviata (CL)</i></p>	<p>10:00 KROGER 11 10:00 VETERANS DAY PROGRAM (CL) 1:45 WALMART 3:00 In Stitches (AR) 3:30 Bingo Auction (CL) 6:45 Mah Jongg (CR)</p> <p>Veterans Day</p>	<p>8:45 Back Stretch (FC; sign up only) 12 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>9:30 Southside Presbyterian Prayer Service (CH) 13 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus 1:00 Hand Chimes 1:30 Basic Aerobics (FC) 3:30 Great Course: Vietnam 6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) 14 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) 15 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 3:00 Rummikub (AR) 3:30 Sports-Themed Wine & Cheese w/Al Keith (CL) 6:30 Hand & Foot (CR) 6:30 HSV SYMPHONY CLASSICAL <i>(TICKET HOLDERS ONLY)</i></p>	<p>8:30 Pickleball (PX) 16 2:30 Rummikub (AR) 7:00 Movie Night: <i>Peanut Butter Falcon, PG-13 (CL)</i></p>
<p>11:00 Neurobics Mental Exercises (AR) 17 2:15 HSV MASTER CHORALE FREE CONCERT: "COME YE SAINTS" 3:00 Sunday Concert: <i>George Dudley (CL)</i></p>	<p>9:30 Gentle Stretching (FC) 18 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) 19 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (B-Wing, 1st floor) 3:00 Bridge (CR) 3:00 John Allen Historian Presentation (CL) 7:00 Tuesday Trivia (CR)</p>	<p>9:30 Southside Presbyterian Prayer Service (CH) 20 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus 1:00 Hand Chimes 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 3:30 Great Course: Vietnam 6:30 Music w/Marge (L)</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) 1:00 BAILEY COVE LIBRARY TRIP 1:00-4:00 Sketch & Paint (AR) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 22 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 2:00 ALPACA FARM W/BEIGNETS & BREW 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 23 2:30 Rummikub (AR) 7:00 Movie Night: <i>Sully, PG-13 (CL)</i></p>
CHRISTMAS DECORATING: ALL DAY						
<p>11:00 Neurobics Mental Exercises (AR) 24</p>	<p>9:30 Gentle Stretching (FC) 25 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) 26 8:45 Activities Committee (CR) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 CATHOLIC MASS (CL) 11:00 Fit & Tone (FC) 2:00 Landscaping Committee (CR) 3:00 Bridge (CR) 3:30 Line Dance FC) 7:00 Tuesday Trivia (CR)</p> <p>10:30-12:00 BAKE SALE (G)</p>	<p>9:30 Southside Presbyterian Prayer Service (CH) 27 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus 12:00 Birthday Lunch (DR) 1:00 Hand Chimes 1:30 Basic Aerobics (FC) 3:30 Great Course: Vietnam 6:30 Music w/Marge (L)</p>	<p> HAPPY thanksgiving</p> <p>Thanksgiving</p>	<p>9:45 Basic Aerobics (FC) 29 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) 30 2:30 Rummikub (AR) 7:00 Movie Night: <i>Hobson's Choice, NR (CL)</i> <i>Iron Bowl Watch Party (TBD)</i></p>