


Independent LIVING

February 2025

| 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>8:30 Pickleball (PX) 1 9:00-2:30 Gourd Workshop (CL) 2:30 Rummikub (AR) 6:30 HUNTSVILLE SYMPHONY POPS: THE PRINCES BRIDE 7:00 Movie Night: <i>The Blind Side</i>, PG-13 (CL)</p> |
| <p>11:00 Neurobics 2 Mental Exercises (AR) 3:00 Sunday Concert: <i>Jennifer Jonas</i> (CL)</p> <p>Groundhog Day</p> | <p>9:30 Gentle Stretching (FC) 3 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 4 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00-4:00 Sketch & Paint (AR) 2:00 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> | <p>8:30 Hearing Aid Cleaning (AR) 5 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 Housekeeping Committee (CR2) 3:30 Great Course: TBD (CL) 6:30 Music w/Marge (L)</p> | <p>8:30 BARBER MOTORSPORTS MUSEUM & LUNCH @ THE SOUTHERN KITCHEN 6 8:45 Back Stretch (FC; sign up only) 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) 7 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>8:30 Pickleball (PX) 8 2:30 Rummikub (AR) 7:00 Movie Night: <i>My Cousin Vinny</i>, R (CL)</p> |
| <p>11:00 Neurobics 9 Mental Exercises (AR) 2:30 Opera in the Club Room: <i>The Magic Flute</i> 3:00 Billiards w/Robin Davis (BR)</p> | <p>9:30 Gentle Stretching (FC) 10 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>8:45 Back Stretch 11 (FC; sign up only) 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) 12 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: TBD (CL) 6:30 Music w/Marge (L) 5:30 THE ALUMINUM SHOW Tu B'Shevat Begins</p> | <p>8:45 Back Stretch 13 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 5:00 JUST FOR US! NONAGENARIAN CELEBRATION (DR) 7:00 Bible Study (CL)</p> | <p>9:45 Basic Aerobics (FC) 14 10:00 BANK TRIP 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (CR2) 2:00 Wine & Wellness w/Preferred Homecare (CL) 3:30 Penny Auction (CL) 6:30 Hand & Foot (CR)</p> <p>Valentine's Day</p> | <p>8:30 Pickleball (PX) 15 2:30 Rummikub (AR) 7:00 Movie Night: <i>Casablanca</i>, PG (CL)</p> |
| <p>11:00 Neurobics 16 Mental Exercises (AR) 3:00 Board Games & Refreshments (CL)</p> | <p>9:30 Gentle Stretching (FC) 17 10:00 Water Fitness (AC) 10:30 Sweet & Savory Bar w/Marketing (C) 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 3:00 In Stitches (AR) 3:30 Bingo (CL) 6:45 Mah Jongg (CR)</p> <p>Presidents' Day</p> | <p>8:45 Back Stretch 18 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (B-Wing, 2nd Floor) (DR) 2:00 ESTATE PLANNING W/CARTER MONTGOMERY (CL) 3:00 Bridge (CR) 3:30 Write a Note to a Friend (AR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> | <p>9:30 Southside Presbyterian Prayer Service (CH) 19 9:30 Tailwagger Treats (AR) 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: TBD (CL) 6:30 Music w/Marge (L)</p> | <p>8:45 Back Stretch 20 (FC; sign up only) 9:15 Rock Steady (FC) 9:30 HUNTSVILLE REVISED MUSEUM & LUNCH @ ROSIE'S 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) 21 10:00 JOYRIDE 10:30 Balance (FC) 10:00 Giving Staff Sweets & Treats (CL) 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) 22 2:30 Rummikub (AR) 6:30 HUNTSVILLE SYMPHONY (TICKETHOLDERS ONLY) 7:00 Movie Night: <i>How to Lose a Guy in 10 Days</i>, PG-13 (CL)</p> |
| RANDOM ACTS OF KINDNESS WEEK (FEBRUARY 17-21) | | | | | | |
| <p>11:00 Neurobics 23 Mental Exercises (AR) 3:00 Sunday Concert: <i>Jennifer Jonas</i> (CL)</p> | <p>9:30 Gentle Stretching (FC) 24 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 Activities Committee (CR) 25 8:45 Back Stretch (FC; sign up only) 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 WOODBURNING ART CLASS: PART 1 (AR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> | <p>9:30 Southside Presbyterian Prayer Service (CH) 26 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) 2:00 Recycling Committee (CR) 3:30 Great Course: TBD (CL) 6:30 Music w/Marge (L)</p> | <p>8:45 Back Stretch 27 (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 LUNCH @ ROCKET CITY TAVERN & AXE THROWING 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)</p> | <p>9:45 Basic Aerobics (FC) 28 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 Wine & Cheese: Sweetheart Fondue Party w/JD Pollard 6:30 Hand & Foot (CR)</p> <p>Ramadan Begins</p> | |