


# Independent Living

# MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 <p>REDSTONE VILLAGE</p>	<p><b>LEGEND:</b>  <b>AR = ARTS &amp; CRAFTS ROOM</b>  <b>AL = ASSISTED LIVING</b>  <b>AC = AQUATIC CENTER</b>  <b>BR = BILLIARDS ROOM</b>  <b>C = CAFÉ</b></p>		<p><b>CH = CHAPEL</b>  <b>CL = CLUB ROOM</b>  <b>C3 = C WING, 3RD FLOOR</b>  <b>CR = CARD ROOM</b>  <b>CR2 = CONFERENCE ROOM</b>  <b>DR = DINING ROOM</b></p>		<p><b>FC = FITNESS CENTER</b>  <b>FP = FOUNTAIN PLAZA</b>  <b>G = GALLERY</b>  <b>L = LOBBY</b>  <b>PR = POKER ROOM</b>  <b>PX = PICKLEPLEX</b></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)  <b>9:00-2:30 GOURD WORKSHOP (CL)</b> <b>1</b>                  2:30 Rummikub (AR)                  7:00 Movie Night:  <i>I Dreamed of Africa</i>, PG-13 (CL)</p>
	<p>11:00 Neurobics Mental Exercises (AR) <b>2</b>                  3:00 Sunday Concert:  <i>Tom Bougher</i> (CL)                  5:30 Mexican Train (CR)</p>	<p>9:30 Gentle Stretching (FC) <b>3</b>                  9:30 Wii Bowling (BR)  <b>10:00 BANK TRIP</b>                  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)  <b>1:45 WALMART</b>                  3:00 In Stitches (AR)                  3:30 Bingo Auction (CL)                  6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>4</b>                  9:15 Rock Steady (FC)                  10:15 Circuit Training (FC)                  11:00 Fit &amp; Tone (FC)                  1:00-4:00 Sketch &amp; Paint (AR)                  2:00 Resident Council Planning Committee (CR)  <b>2:00 HEALTHY APPETIZERS W/GAIL PULLIAM (CL)</b>                  3:00 Bridge (CR)                  3:30 Line Dance (FC)                  7:00 Tuesday Trivia (CR)</p> <p>Mardis Gras</p>	<p>8:30 Hearing Aid Cleaning (AR) <b>5</b>                  9:30 Balance (FC)                  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)  <b>3:00 WOODBURNING ART CLASS: PART 2 (AR)</b>                  3:30 Housekeeping Committee (CR2)                  3:30 Great Course: Skeptics Guide to American History (CL)                  6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>6</b>                  9:15 Rock Steady (FC)                  10:00 Cocoa the Therapy Dog (G)                  10:15 Circuit Training (FC)  <b>10:15 FREIGHT HOUSE &amp; SHOPPING IN DOWNTOWN HARTSELLE</b>                  11:00 Fit &amp; Tone (FC)                  7:00 Bible Study (CL)</p>	<p><b>9:30 TRINITY MARKETPLACE SALE</b> <b>7</b>                  9:45 Basic Aerobics (FC)                  10:30 Balance (FC)                  11:00 Gentle Stretching (FC)                  1:00 Texas Hold 'Em (CR2)                  3:00 Rummikub (AR)                  6:30 Hand &amp; Foot (CR)</p>	<p>8:30 Pickleball (PX) <b>8</b>                  2:30 Rummikub (AR)                  7:00 Movie Night:  <i>Heartbreak Ridge</i>, R (CL)</p>	
	<p>11:00 Neurobics Mental Exercises (AR) <b>9</b>                  3:00 Sunday Concert:  <i>Jennifer Jonas</i> (CL)                  5:30 Mexican Train (CR)</p> <p>Daylight Saving Time Begins</p>	<p>9:30 Gentle Stretching (FC) <b>10</b>                  9:30 Wii Bowling (BR)  <b>10:00 KROGER</b>                  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)  <b>1:45 WALMART</b>                  3:00 In Stitches (AR)                  3:30 Bingo (CL)                  6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>11</b>                  9:15 Rock Steady (FC)  <b>10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD</b>                  10:15 Circuit Training (FC)                  11:00 Fit &amp; 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 Balance (FC) <b>12</b>                  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)                  1:30 RV 101 (CR)  <b>2:00 HEALTHY COOKING W/ISAAC NORRIS (DR)</b>                  3:30 Great Course: Skeptics Guide to American History (CL)                  6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>13</b>                  9:15 Rock Steady (FC)                  10:15 Circuit Training (FC)                  11:00 Fit &amp; Tone (FC)  <b>1:00 STATE OF THE VILLAGE MEETING (CL)</b>                  7:00 Bible Study (CL)</p> <p>Purim Begins</p>	<p>9:45 Basic Aerobics (FC) <b>14</b>  <b>10:00 JOYRIDE</b>                  10:30 Balance (FC)                  11:00 Gentle Stretching (FC)                  1:00 Texas Hold 'Em (CR2)                  3:30 Wine &amp; Cheese: Go Green for St. Patrick's Day w/Microwave Dave                  6:30 Hand &amp; Foot (CR)</p>	<p>8:30 Pickleball (PX) <b>15</b>  <b>10:00-1:00 GOOD SHEPHERD RUMMİKUB SALE</b>                  2:30 Rummikub (AR)                  7:00 Movie Night:  <i>Megan Leavey</i>, PG-13 (CL)</p>	
	<p>11:00 Neurobics Mental Exercises (AR) <b>16</b>                  2:30 Musical in the Club Room:  <i>La La Land</i>                  5:30 Mexican Train (CR)</p>	<p>9:30 Gentle Stretching (FC) <b>17</b>                  9:30 Wii Bowling (BR)  <b>10:00 BANK TRIP</b>                  10:00 Water Fitness (AC)                  10:30 Balance (FC)                  11:00 Back Stretch (FC; sign up only)  <b>1:00-3:00 PARKWAY PLACE MALL</b>                  1:30 Basic Aerobics (FC)                  1:30 Wii Bowling (BR)  <b>1:45 WALMART</b>                  3:00 In Stitches (AR)                  3:30 Bingo (CL)                  6:30 Mah Jongg (CR)</p> <p>St. Patrick's Day</p>	<p>8:45 Back Stretch (FC; sign up only) <b>18</b>                  9:15 Rock Steady (FC)                  10:15 Circuit Training (FC)                  11:00 Fit &amp; Tone (FC)  <b>12:00 LUNCH W/ANGIE (B-WING 3RD FLOOR) (DR)</b>                  3:00 Bridge (CR)                  3:30 Line Dance (FC)                  7:00 Tuesday Trivia (CR)</p>	<p>9:30 Balance (FC) <b>19</b>                  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)  <b>2:30 WINE &amp; WELLNESS W/PREFERRED HOMECARE (CL)</b>                  3:30 Great Course: Skeptics Guide to American History (CL)                  6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>20</b>  <b>9:00-11:00 FUNCTIONAL PATHWAYS FITNESS ASSESSMENTS (CL)</b>                  9:15 Rock Steady (FC)                  10:00 Cocoa the Therapy Dog(G)                  10:15 Circuit Training (FC)                  11:00 Fit &amp; Tone (FC)  <b>1:00 BAILEY COVE LIBRARY TRIP</b>                  7:00 Bible Study (CL)</p> <p>Spring Begins</p>	<p><b>9:30 HUBERT FAMILY FARMS TULIPS &amp; LUNCH @ OLE HICKORY BBQ</b> <b>21</b>                  9:45 Basic Aerobics (FC)                  10:00-12:00 Shred Day (L)                  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 &amp; Foot (CR)</p>	<p>8:30 Pickleball (PX) <b>22</b>                  2:30 Rummikub (AR)  <b>6:30 SYMPHONY CLASSICAL (TICKET HOLDERS ONLY)</b>                  7:00 Movie Night:  <i>Lion</i>, PG-13</p>	
	<p>11:00 Neurobics Mental Exercises (AR) <b>23</b>                  3:00 Sunday Concert:  <i>Johnny Abbott</i> (CL)                  5:30 Mexican Train (CR)</p>	<p>9:30 Gentle Stretching (FC) <b>24</b>                  9:30 Wii Bowling (BR)  <b>10:00 PUBLIX</b>                  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)  <b>1:45 WALMART</b>                  3:00 In Stitches (AR)                  3:30 Bingo (CL)                  6:30 Mah Jongg (CR)</p>	<p>8:45 Activities Committee (CR) <b>25</b>                  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 &amp; Tone (FC)                  2:00 Landscaping Committee (CR)                  3:00 Bridge (CR)                  3:30 Line Dance (FC)                  7:00 Tuesday Trivia (CR)</p>	<p>9:30 Balance (FC) <b>26</b>                  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)                  12:00 Birthday Lunch (DR)                  1:00 Hand Chimes (CL)                  1:30 Basic Aerobics (FC)                  2:00 Recycling Committee (CR)                  3:00 Resident Chorus &amp; Chime Concert (CL)                  6:30 Music w/Marge (L)</p>	<p>8:45 Back Stretch (FC; sign up only) <b>27</b>                  9:15 Rock Steady (FC)  <b>9:30 FISHING TRIP &amp; PICNIC LUNCH</b>                  10:15 Circuit Training (FC)                  11:00 Fit &amp; Tone (FC)                  7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) <b>28</b>  <b>10:00 JOYRIDE TO KRISPY KREME</b>                  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 &amp; Cheese: Masquerade Party w/L &amp; B Entertainment (CL)                  6:30 Hand &amp; Foot (CR)</p>	<p>8:30 Pickleball (PX) <b>29</b>                  2:30 Rummikub (AR)                  7:00 Movie Night:  <i>Barbie</i>, PG-13 (CL)</p>	
	<p>11:00 Neurobics Mental Exercises (AR) <b>30</b>                  3:00 Sunday Concert:  <i>Appalachian String Band</i> (CL)                  5:30 Mexican Train (CR)</p>	<p>9:30 Gentle Stretching (FC) <b>31</b>                  9:30 Wii Bowling (BR)                  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)  <b>1:45 WALMART</b>                  3:00 In Stitches (AR)                  3:30 Bingo (CL)                  6:30 Mah Jongg (CR)</p>						