


Redstone Select

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>REDSTONE VILLAGE</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 CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM FC = FITNESS CENTER FP = FOUNTAIN PLAZA	G = GALLERY L = LOBBY PR = POKER ROOM PX = PICKLEPLEX	2:30 Rummikub (AR) 1 7:00 Movie Night: <i>I Dreamed of Africa, PG-13 (CL)</i>
11:00 Neurobics Mental Exercises (AR) 2 3:00 Sunday Concert: <i>Tom Bougher (CL)</i>	9:30 Gentle Stretching (FC) 3 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) 1:45 WALMART	8:45 Back Stretch (FC Sign Up Only) 4 10:00 Bingo 11:00 Fit & Tone (FC) 2:00 HEALTHY APPETIZERS W/GAIL PULLIAM (CL)	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 Back Stretch (FC Sign Up Only) 1:30 Basic Aerobics (FC) 3:30 Great Course: Skeptics Guide to American History (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC Sign Up Only) 6 10:00 Bingo 10:15 FREIGHT HOUSE & SHOPPING IN DOWNTOWN HARTSELLE 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)	9:45 Basic Aerobics (FC) 7 9:30 TRINITY MARKETPLACE SALE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	2:30 Rummikub (AR) 8 7:00 Movie Night: <i>Heartbreak Ridge, R (CL)</i>
		Mardis Gras				
11:00 Neurobics Mental Exercises (AR) 9 3:00 Sunday Concert: <i>Jennifer Jonas (CL)</i>	9:30 Gentle Stretching (FC) 10 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	8:45 Back Stretch (FC Sign Up Only) 11 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 10:00 Bingo 11:00 Fit & Tone (FC) 2:45 Blood Pressure Checks w/AMT(L) 3:00 Wii Bowling w/Brandi	9:30 Southside Presbyterian Prayer Service (CH) 12 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC Sign Up Only) 1:30 Basic Aerobics (FC) 2:00 HEALTHY COOKING W/ISAAC NORRIS (DR) 3:30 Great Course: Skeptics Guide to American History (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC Sign Up Only) 13 10:00 Bingo 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)	9:45 Basic Aerobics (FC) 14 10:00 JOYRIDE 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 3:30 Wine & Cheese: Go Green for St. Patrick's Day w/Microwave Dave	2:30 Rummikub (AR) 15 7:00 Movie Night: <i>Megan Leavey, PG-13 (CL)</i>
Daylight Saving Time Begins				Purim Begins		
11:00 Neurobics Mental Exercises (AR) 16 2:30 Musical in the Club Room: <i>La La Land</i>	9:30 Gentle Stretching (FC) 17 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	8:45 Back Stretch (FC Sign Up Only) 18 10:00 Bingo 11:00 Fit & Tone (FC) 2:00 Penny Auction	9:30 Southside Presbyterian Prayer Service (CH) 19 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC Sign Up Only) 1:30 Basic Aerobics (FC) 2:30 WINE & WELLNESS W/PREFERRED HOMECARE (CL) 3:30 Great Course: Skeptics Guide to American History (CL) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC Sign Up Only) 20 9:00-11:00 FUNCTIONAL PATHWAYS FITNESS ASSESSMENTS (CL) 10:00 Bingo 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 7:00 Bible Study (CL)	9:30 HUBERT FAMILY FARMS TULIPS & LUNCH AT OLE HICKORY BBQ 9:45 Basic Aerobics (FC) 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	2:30 Rummikub (AR) 22 7:00 Movie Night: <i>Lion, PG-13 (CL)</i>
	St. Patrick's Day			Spring Begins		
11:00 Neurobics Mental Exercises (AR) 23 3:00 Sunday Concert: <i>Johnny Abbott (CL)</i>	9:30 Gentle Stretching (FC) 24 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) 1:45 WALMART	8:45 Back Stretch (FC Sign Up Only) 25 9:30 Catholic Mass (CL) 10:15 Bingo 11:00 Fit & Tone (FC) 12:00 Pizza Party	9:30 Southside Presbyterian Prayer Service (CH) 26 10:00 Water Fitness (AC) 10:30 Balance (FC) 11:00 Back Stretch (FC Sign Up Only) 1:30 Basic Aerobics (FC) 6:30 Music w/Marge (L)	8:45 Back Stretch (FC Sign Up Only) 27 9:30 FISHING TRIP & PICNIC LUNCH 10:00 Bingo 11:00 Fit & Tone (FC) 7:00 Bible Study (CL)	9:45 Basic Aerobics (FC) 28 10:00 JOYRIDE TO KRISPY KREME 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 3:30 Wine & Cheese: Masquerade Party w/L & B Entertainment (CL)	2:30 Rummikub (AR) 29 7:00 Movie Night: <i>Barbie, PG-13 (CL)</i>
11:00 Neurobics Mental Exercises (AR) 30 3:00 Sunday Concert: <i>Appalachian String Band (CL)</i>	9:30 Gentle Stretching (FC) 31 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					