

Independent Living

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REDSTONE VILLAGE</p>		<p>8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Landscaping Committee (CR) 2:00 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> <p>All Fools' Day</p>	<p>8:30 Hearing Aid Cleaning (AR) 9:30 Southside Presbyterian Prayer Service (CH) 9:30 Balance (FC; sign up only) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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: Skeptics Guide to American History (CL) 6:30 Music w/Marge (L)</p>	<p>8:30-12:00 HABITAT BUILD 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) 3:00 Mexican Train (AR) 7:00 Bible Study (CL)</p>	<p>8:30 HELEN KELLER MUSEUM & LUNCH @ RATTLESNAKE SALOON 9:45 Basic Aerobics (FC) 10:00 JOYRIDE 10:30 Balance (FC; sign up only) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (PR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 2:30 Rummikub (AR) 6:30 POPS SYMPHONY (TICKET HOLDERS ONLY) 7:00 Movie Night: <i>Florence Foster Jenkins</i>, PG-13 (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>The Leeds Connection</i> (CL) 5:30 Mexican Train (AR)</p>	<p>9:30 Gentle Stretching (FC) 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD 10:15 Circuit Training (FC) 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 Balance (FC; sign up only) 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) 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) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 3:00 Mexican Train (AR) 7:00 Bible Study (CL)</p>	<p>9:00 BREAKFAST @ EGGS UP GRILL & SHOPPING IN JONES VALLEY 9:45 Basic Aerobics (FC) 10:30 Balance (FC; sign up only) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (PR) 3:30 Penny Auction (CL) 6:30 Hand & Foot (CR)</p>	<p>8:30 Pickleball (PX) 2:30 Rummikub (AR) 6:30 SYMPHONY CLASSICAL (TICKET HOLDERS ONLY) 7:00 Movie Night: <i>Life of Pi</i>, PG (CL)</p> <p>Passover Begins</p>
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>Jennifer Jonas</i> (CL) 5:30 Mexican Train (AR)</p> <p>Palm Sunday</p>	<p>9:30 Gentle Stretching (FC) 9:30 Wii Bowling (BR) 10:00 KROGER 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Earth Day Planting in Sunset Gardens 3:00 Bridge (CR) 3:30 Line Dance (FC) 6:00 Dementia Support Group (CL) 7:00 Tuesday Trivia (CR)</p>	<p>9:30 Southside Presbyterian Prayer Service (CH) 9:30 Balance (FC; sign up only) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 11:00 Back Stretch (FC; sign up only) 11:00 Chorus (CL) 1:00 Hand Chimes (CL) 1:30 Basic Aerobics (FC) 2:00 WINE & WELLNESS W/PREFERRED HOMECARE (CL) 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) 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (G) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 BAILEY COVE LIBRARY TRIP 1:00-4:00 Sketch & Paint (AR) 2:30 Duplicate Bridge (CR) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 10:00 JOYRIDE 10:30 Balance (FC; sign up only) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (PR) 1:00 Spring Fling w/a Twist (IL Parking Lot) 3:00 Rummikub (AR) 3:30 Penny Auction (CL) 6:30 Hand & Foot (CR)</p> <p>Good Friday</p>	<p>8:30 Pickleball (PX) 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Piano Lesson</i>, PG-13 (CL)</p>
<p>7:00 Easter Sunrise Service w/Rip Snow (CL) 11:00 Neurobics Mental Exercises (AR) 5:30 Mexican Train (AR)</p> <p>Easter Sunday</p>	<p>9:30 Gentle Stretching (FC) 9:30 Wii Bowling (BR) 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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) 6:30 Mah Jongg (CR)</p>	<p>8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 Lunch w/Angie (C-Wing, 1st Floor) (DR) 3:00 Bridge (CR) 3:30 Line Dance (FC) 7:00 Tuesday Trivia (CR)</p> <p>Earth Day</p>	<p>9:30 Southside Presbyterian Prayer Service (CH) 9:30 Balance (FC; sign up only) 10:00 Water Fitness (AC) 10:30 Balance (sign up only) (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) 2:00 First Baptist Church of Georgia (CL) 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) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 3:00 Mexican Train (AR) 7:00 Bible Study (CL)</p>	<p>9:45 Basic Aerobics (FC) 10:30 Balance (FC) 11:00 Gentle Stretching (FC) 1:00 Texas Hold 'Em (PR) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 3:30 Mix & Mingle: Pastel Party w/Tim Knect 6:15 HUNTSVILLE MASTER CHORALE: "LET THE EARTH SING" 6:30 Hand & Foot (CR)</p> <p>Arbor Day</p>	<p>8:30 Pickleball (PX) 2:30 Rummikub (AR) 7:00 Movie Night: <i>The Boy in the Striped Pajamas</i>, PG-13 (CL)</p>
<p>11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert: <i>Rip Snow: One-Man Band</i> (CL) 5:30 Mexican Train (AR)</p>	<p>9:30 Gentle Stretching (FC) 9:30 Wii Bowling (BR) 10:00 PUBLIX 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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) 6:30 Mah Jongg (CR)</p>	<p>8:45 Activities Committee (CR) 8:45 Back Stretch (FC; sign up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 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>9:30 Southside Presbyterian Prayer Service (CH) 9:30 Balance (FC; sign up only) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign up only) 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: Skeptics Guide to American History (CL) 6:30 Music w/Marge (L)</p>	<p>LEGEND: AR = ARTS & CRAFTS ROOM AL = ASSISTED LIVING AL = 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>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>