

Redstone Select

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REDSTONE VILLAGE			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	9:45 Basic Aerobics (FC) 1 10:00 JOYRIDE 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	10:30 Saving Way Donations (L) 2 3:00 Rummikub (AR) 7:00 Movie Night: <i>Interstellar</i> , PG-13 (CL)
11:00 Neurobics 3 Mental Exercises (AR) 3:00 SUNDAY CONCERT: "HOORAY FOR HOLLYWOOD" BALLROOM DANCERS BOB & SUSAN (CL) 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) 4 10:00 BANK TRIP 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 1:30 Basic Aerobics (FC) 1:45 WALMART 3:00 In Stitches (AR)	10:00 Bingo 5 2:30 FA-LA-LA-LA ... FIESTA! (L) 7:00 Tuesday Trivia (CR)	8:30 Hearing Aid Cleaning (AR) 6 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL)	10:00 Bingo 7 10:00 Cocoa the Therapy Dog (L) 11:00 Fit & Tone (FC) 1:00 HUNTSVILLE CITY COUNCIL MEMBER JENNIE ROBINSON (CL) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	9:45 Basic Aerobics (FC) 8 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	3:00 Rummikub (AR) 9 7:00 Movie Night: <i>Breakfast at Tiffany's</i> , G (CL)
		Cinco de Mayo				
11:00 Neurobics 10 Mental Exercises (AR) 3:00 SUNDAY CONCERT: MICHAEL HAVRON (CL) 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) 11 10:00 KROGER 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 1:30 Basic Aerobics (FC) 1:30 Book Club (CL) 1:45 WALMART 3:00 In Stitches (AR)	10:30 CATHOLIC MASS 12 LUNCHEON @ GOOD SHEPHERD 11:00 Fit & Tone (FC) 2:45 Blood Pressure Checks w/AMT (L) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 13 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL)	10:00 Bingo 14 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (CR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	9:45 Basic Aerobics (FC) 15 10:00 JOYRIDE 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	3:00 Rummikub (AR) 16 7:00 Movie Night: <i>Walk the Line</i> , PG-13 (CL)
Mother's Day						
11:00 Neurobics 17 Mental Exercises (AR) 3:00 SUNDAY CONCERT: THOMAS NEELEY (L) 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) 18 10:00 BANK TRIP 10:00 LIBRARY TRIP 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 1:00-3:00 PARKWAY PLACE MALL 1:30 Basic Aerobics (FC) 1:45 WALMART 3:00 In Stitches (AR)	10:00 Bingo 19 11:00 Fit & Tone (FC) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 20 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 3:00 WINE & WELLNESS W/PREFERRED HOMECARE (L) 3:30 Great Course (CL)	10:00 Cocoa the Therapy Dog (L) 21 10:30 GREEN MOUNTAIN PICNIC 11:00 Fit & Tone (FC) 1:00 SKETCH & PAINT (AR) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	9:45 Basic Aerobics (FC) 22 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 3:30 WINE & CHEESE: STRAWBERRY SOCIAL W/DISTRICT ONE BAND	3:00 Rummikub (AR) 23 7:00 Movie Night: <i>Memphis Belle</i> , PG-13 (CL)
11:00 Neurobics 24 Mental Exercises (AR) 4:30 Mexican Train (AR)	10:00 PUBLIX 25 10:30 MEMORIAL DAY PROGRAM W/GUEST SPEAKER SGT. MAJOR CYNTHIA HUGHES (CL) 1:45 WALMART 3:00 In Stitches (AR)	9:30 Catholic Mass (CL) 26 10:00 Bingo 11:00 Fit & Tone (FC) 12:00 BIRTHDAY LUNCH (DR) 1:30 HOSPICE & PALLIATIVE CARE 101 W/SOUTHERNCARE NEW BEACON (CL) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	10:00 Water Fitness (AC) 27 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 2:00 PREFERRED HOMECARE: GRANDPA'S ATTIC, GRANDMA'S KITCHEN (CL) 3:30 Great Course (CL)	10:00 Bingo 28 11:00 Fit & Tone (FC) 1:00 Functional Pathways Presentation (CL) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	9:45 Basic Aerobics (FC) 29 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	3:00 Rummikub (AR) 30 7:00 Movie Night: <i>Fences</i> , PG-13 (CL)
11:00 Neurobics 31 Mental Exercises (AR) 3:00 SUNDAY CONCERT: ED BISQUERA (L) 4:30 Mexican Train (AR)	Memorial Day					