


Independent Living

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>REDSTONE VILLAGE</p>	9:30 WALK FOR WELLNESS (L) 1 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 Meeting (C) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	8:45 Back Stretch (FC; sign-up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 Resident Council Planning Committee (CR) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	8:30 Hearing Aid Cleaning (AR) 3 9:00 Pickleball (PX) 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 11:00 CHORUS (CL) 1:30 Basic Aerobics (FC) 2:30 Penny Auction (CL) 3:30 Great Course (CL) 3:30 Housekeeping Committee (CR2) 6:30 Mah Jongg (CR)	8:45 Back Stretch (FC; sign-up only) 4 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 5:30 ALABAMA YOUTH BALLET THEATRE: A MIDSUMMER NIGHT'S DREAM 6:30 Music w/Marge (L)	9:45 Basic Aerobics (FC) 5 10:00 JOYRIDE 10:00 DONUTS & COFFEE (L) 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 1:00 FIZZY FLAPPER ICE CREAM PARLOR IN LOWE MILL 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) 6 10:30 Saving Way Donations (L) 3:00 Rummikub (AR) 7:00 Movie Night: <i>The Devil Wears Prada, PG-13 (CL)</i>	
	11:00 Neurobics Mental Exercises (AR) 7 3:00 SUNDAY CONCERT: JAMES SMITH THE AUTOHARP MAN (CL) 4:30 Mexican Train (AR)	9:30 WALK FOR WELLNESS (L) 8 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 Book Club (CL) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	8:45 Back Stretch (FC; sign-up only) 9 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 Association Meeting (CL) 2:45 Blood Pressure Checks w/AMT (L) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	9:00 Pickleball (PX) 10 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 11:00 CHORUS (CL) 1:30 Basic Aerobics (FC) 1:30 REVERSE IT – TYPE 2 DIABETES W/DR. HELEN, PART 1 (CL) 6:30 Mah Jongg (CR)	8:45 Back Stretch (FC; sign-up only) 11 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 REVERSE IT – TYPE 2 DIABETES W/DR. HELEN, PART 2 (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)	9:30 FLAG DAY PROGRAM (CL) 12 9:45 Basic Aerobics (FC) 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 3:30 ICE, ICE BABY ... ICE CREAM PARTY W/TRASHONDA 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) 13 3:00 Rummikub (AR) 7:00 Movie Night: <i>Argo, R (CL)</i>
	11:00 Neurobics Mental Exercises (AR) 14 4:30 Mexican Train (AR)	9:30 WALK FOR WELLNESS (L) 15 10:00 BANK TRIP 10:00 LIBRARY 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 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	8:45 Back Stretch (FC; sign-up only) 16 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 LUNCH W/ANGIE: C WING, 2ND FLOOR (DR) 1:00 HUNTSVILLE CITY COUNCIL MEMBER JENNIE ROBINSON (CL) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)	9:00 Pickleball (PX) 17 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 12:00 BEER & BRATS MEN'S CELEBRATION (DR, SUNNY SIDE) 12:30 Acupressure Therapy (By appointment only) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL) 6:30 Mah Jongg (CR)	8:45 Back Stretch (FC; sign-up only) 18 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 Sketch & Paint (AR) 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (GR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	8:30 BOAT RIDE ON LAKE GUNTERSVILLE 19 9:45 Basic Aerobics (FC) 10:00 JOYRIDE 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) 20 3:00 Rummikub (AR) 7:00 Movie Night: <i>Just Go with It, PG-13 (CL)</i>
	Flag Day					Junteenth	
	11:00 Neurobics Mental Exercises (AR) 21 3:00 SUNDAY CONCERT: RIP SNOW (CL) 4:30 Mexican Train (AR)	9:30 WALK FOR WELLNESS (L) 22 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) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	8:45 Back Stretch (FC; sign-up only) 23 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 3:00 Bridge (CR) 3:00 Line Dance (FC) 4:30 MEMORY & MOBILITY PROGRAM @ THE JACKSON CENTER 7:00 Tuesday Trivia (CR)	9:00 Pickleball (PX) 24 9:30 Balance (FC; sign-up only) 10:00 Activities Committee (CR) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 3:30 Great Course (CL) 6:30 Mah Jongg (CR)	8:45 Back Stretch (FC; sign-up only) 25 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 HUNTSVILLE REVISITED: MUSEUM PRESENTATION BY WILLIAM HAMPTON (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) 26 10:30 Balance (FC; sign-up only) 10:45 LUNCH @ GRANDMOTHER'S HOUSE 11:00 Gentle Stretching (FC) 2:00 Facilities Committee (CR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) 27 3:00 Rummikub (AR) 7:00 Movie Night: <i>Miracle, PG (CL)</i>
Father's Day First Day of Summer							
11:00 Neurobics Mental Exercises (AR) 28 4:30 Mexican Train (AR)	9:30 WALK FOR WELLNESS (L) 29 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) 1:45 WALMART 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo Auction (CL)	8:45 Back Stretch (FC; sign-up only) 30 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 BIRTHDAY LUNCH (DR) 1:30 Functional Pathways Presentation (CL) 3:00 Bridge (CR) 3:00 Line Dance (FC) 7:00 Tuesday Trivia (CR)		Please sign up at the Front Desk no later than 2 days in advance for scheduled outings in blue. Bus loads 10 minutes prior to trips.	LEGEND: AR = ARTS & CRAFTS ROOM AC = AQUATIC CENTER C = CAFÉ CH = CHAPEL CL = CLUB ROOM CR = CARD ROOM CR2 = CONFERENCE ROOM DR = DINING ROOM	FC = FITNESS CENTER FP = FOUNTAIN PLAZA G = GALLERY GR = GAME ROOM L = LOBBY PR = POKER ROOM PX = PICKLEPLEX	