

Independent Living

OCTOBER 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	Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early. Please sign up at Front Desk for all items listed in bold.	8:45 Back Stretch (FC; sign-up only) ¹ 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) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	9:45 Basic Aerobics (FC) ² 9:40 ANDY WARHOL EXHIBIT @ HUNTSVILLE MUSEUM OF ART W/LUNCH @ PANE E VINO PIZZERIA 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) ³ 10:30 Saving Way Donations (L) 2:00 HUNTSVILLE MASTER CHORALE: LIGHT THAT JAZZ @ FANTASY PLAYHOUSE CHILDREN'S THEATER 3:00 Rummikub (AR) 7:00 Movie Night: <i>Steel Magnolias</i> , PG (CL) Simchat Torah begins
11:00 Neurobics Mental Exercises Pick-Up (AR) ⁴ 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) ⁵ 10:00 BANK TRIP 10:00-12:00 Bowling (GR) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 11:00 GRAB & GO HOT DOGS & CHIPS (IL ENTRANCE) 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) ⁶ 9:00 BAGELS & COFFEE (FAIRVIEW LOBBY) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:30 Resident Council Planning Committee (CR) 2:00 KARAOKE PARTY W/JIM JEFFRIES (CL) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	8:30 Hearing Aid Cleaning (AR) ⁷ 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:30 ICE CREAM SOCIAL (C) 3:30 Great Course (CL) 3:30 Housekeeping Committee (CR2)	8:45 Back Stretch (FC; sign-up only) ⁸ 9:15 Rock Steady (FC) 10:00 Vaccine Clinic (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 2:30 PIZZA & SODAS (L) 3:00 Bridge (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 4:30 BIERGARTEN @ THE SPACE & ROCKET CENTER 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	9:00-11:00 CAR WASHES (C-WING GARAGE) ⁹ 9:45 Basic Aerobics (FC) 10:00 DONUTS & JUICE (C) 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 3:00 WINE & CHEESE: FALL-THEMED W/RIP SNOW (CL) 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) ¹⁰ 3:00 Rummikub (AR) 7:00 Movie Night: <i>The Founder</i> , PG-13 (CL)
RESIDENT APPRECIATION WEEK						
10:30-1:00 SPECIAL SUNDAY BRUNCH BUFFET (DR) ¹¹ 11:00 Neurobics Mental Exercises Pick-Up (AR) 3:00 SUNDAY CONCERT: SYLVIA DEAN (CL) 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) ¹² 10:00 KROGER 10:00-12:00 Bowling (GR) 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) Indigenous Peoples' Day Columbus Day	8:45 Back Stretch (FC; sign-up only) ¹³ 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 Line Dance (FC) 3:00 Bridge (CR) 4:30 FUTURE PROOF: THE SCIENCE OF HEALTHY AGING, PART 2 @ THE JACKSON CENTER 7:00 Tuesday Trivia (CR)	9:30 Balance (FC; sign-up only) ¹⁴ 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:30 Penny Auction (CL) 3:30 Great Course (CL)	8:45 Back Stretch (FC; sign-up only) ¹⁵ 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (L) 10:15 PICNIC @ ROSEMARIE'S 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) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	9:45 Basic Aerobics (FC) ¹⁶ 10:00 JOYRIDE 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 4:00 CASINO ROYALE (G) 6:30 Hand & Foot (CR) 6:30 HUNTSVILLE SYMPHONY ORCHESTRA: SILVER SCREEN SYMPHONISTS	9:00 Pickleball (PX) ¹⁷ 3:00 Rummikub (AR) 7:00 Movie Night: <i>The Long Game</i> , PG (CL)
11:00 Neurobics Mental Exercises Pick-Up (AR) ¹⁸ 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) ¹⁹ 10:00 BANK TRIP 10:00 LIBRARY TRIP 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 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) ²⁰ 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 LUNCH W/ANGLE: A WING, 3RD FLOOR (DR) 1:30 HOW TO STAY CYBER SAFE ONLINE & AT HOME PRESENTATION (CL) 3:00 Line Dance (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	9:30 Balance (FC; sign-up only) ²¹ 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign-up only) 12:30 Acupressure Therapy (By appointment only) 1:30 Basic Aerobics (FC) 2:30 CHUNKY KNIT PUMPKINS W/KELLI ROSE (AR) 3:30 Great Course (CL)	8:45 Back Stretch (FC; sign-up only) ²² 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 SKETCH & PAINT (AR) 2:00 Chair Yoga (FC) 3:00 Bridge & Bridge Lessons (CR) 3:00 Mexican Train (GR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	10:30 Balance (FC; sign-up only) ²³ 11:00 Gentle Stretching (FC) 2:00 Facilities Committee (CR) 3:00 LEGACY PLAYERS PRESENTS: STRIKE A MATCH (CL) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR) 6:30 INDEPENDENT MUSICAL PRODUCTIONS: DEAR EVAN HANSEN	9:00 Pickleball (PX) ²⁴ 3:00 Rummikub (AR) 7:00 Movie Night: <i>Mrs. Doubtfire</i> , PG-13 (CL)
11:00 Neurobics Mental Exercises Pick-Up (AR) ²⁵ 3:00 SUNDAY CONCERT: PAUL HALL (GUITAR & VOCALS) (CL) 4:30 Mexican Train (AR)	9:30 Gentle Stretching (FC) ²⁶ 10:00 PUBLIX 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 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) ²⁷ 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 12:00 BIRTHDAY LUNCH (DR) 1:30 Functional Pathways Presentation (CL) 2:00 Landscaping Committee (CR) 3:00 Line Dance (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	9:30 Balance (FC; sign-up only) ²⁸ 10:00 Activities Committee (CR) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Chorus (CL) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 2:30 PUMPKIN CARVING COMPETITION (CL)	8:45 Back Stretch (FC; sign-up only) ²⁹ 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 1:00 NO-COST CAPTION PHONE PRESENTATION W/PHIL STORIE (CL) 2:00 Chair Yoga (FC) 3:00 Bridge & Bridge Lessons (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	9:45 Basic Aerobics (FC) ³⁰ 10:00 Trick-or-Treaters (L) 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 WINE & CHEESE: SPOOKTACULAR HALLOWEEN W/AL KEITH (CL) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00 Pickleball (PX) ³¹ 3:00 Rummikub (AR) 7:00 Movie Night: <i>Trail Blazer</i> , NR (CL) Halloween