Redstone Select NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR) **THE LEARNING CENTER CHRISTMAS GIFT DRIVE STARTS** Daylight Saving Time Ends	**2** 9:30 Gentle Stretching (AC) **10:00 BANK TRIP** 10:00 Water Fitness (AC) 1:30 Basic Aerobics (FC) **1:45 WALMART** 3:00 In Stitches (AR)	**3** 10:00 Bingo 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **1:00 SMART SPACES PRESENTATION W/HOPE (CL)** 7:00 Tuesday Trivia (CR)	**4** 8:30 Hearing Aid Cleaning (AR) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL)	**5** 10:00 Bingo 10:00 Cocoa the Therapy Dog (L) 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 3:00 Mexican Train (CR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	**6** 9:45 Basic Aerobics (FC) **10:00 JOYRIDE** 3:00 Rummikub (AR)	**7** 9:00 Pickleball (PX) 9:00 Saving Way Donations (L) 3:00 Rummikub (AR) 7:00 Movie Night: *Hacksaw Ridge*, R (CL)
8 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR)	**9** 9:30 Gentle Stretching (AC) **10:00 KROGER** 10:00 Water Fitness (AC) 1:30 Basic Aerobics (FC) 1:30 Book Club (CL) **1:45 WALMART** 3:00 In Stitches (AR)	**10** 10:00 Bingo **10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD** 10:30 Chorus (CL) 11:00 Fit & Tone (FC) 2:45 Blood Pressure Checks w/AMT (L) **3:00 BIBLE STUDY W/GAIL** 7:00 Tuesday Trivia (CR)	**11** **10:00 VETERANS DAY PROGRAM (CL)** **2:00 FAIRVIEW OVERVIEW PRESENTATION (CL)** Veterans Day	**12** 10:00 Bingo 11:00 Fit & Tone (FC) **1:00 *LOST & SOME FOUND: TREASURES OF 1800S ALABAMA* W/JIM PHILLIPS (CL)** 2:00 Chair Yoga (FC) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	**13** 9:45 Basic Aerobics (FC) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR)	**14** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *Fences*, PG-13 (CL)
15 11:00 Neurobics Mental Exercises Pick-Up (AR) **3:00 SUNDAY CONCERT: LOUD & PROUD STUDIO PIANO RECITAL (CL)** 4:30 Mexican Train (AR)	**16** 9:30 Gentle Stretching (AC) **10:00 BANK TRIP** **10:00 LIBRARY TRIP** 10:00 Water Fitness (AC) **1:00-3:00 PARKWAY PLACE MALL** 1:30 Basic Aerobics (FC) **1:45 WALMART** 3:00 In Stitches (AR)	**17** 10:00 Bingo 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **1:00 ALL ABOUT PALLIATIVE CARE W/AFFINITY (CL)** 7:00 Tuesday Trivia (CR)	**18** 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) **3:00 WINE & WELLNESS W/PREFERRED HOMECARE (L)** 3:30 Great Course (CL)	**19** 10:00 Bingo 10:00 Cocoa the Therapy Dog (L) 11:00 Fit & Tone (FC) **1:00 SKETCH & PAINT (AR)** 2:00 Chair Yoga (FC) 3:00 Mexican Train (GR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L)	**20** 9:45 Basic Aerobics (FC) **10:00 JOYRIDE** 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) **THE LEARNING CENTER CHRISTMAS GIFT DRIVE ENDS**	**21** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *12 Angry Men*, NR (CL)
22 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR)	**23** 9:30 Gentle Stretching (AC) **10:00 PUBLIX** 10:00 Water Fitness (AC) 1:30 Basic Aerobics (FC) **1:45 WALMART** 3:00 In Stitches (AR)	**24** **9:00-1:00 UNITED APPEAL SILENT AUCTION (G)** 9:30 Catholic Mass (CL) 10:00 Bingo 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **12:00 BIRTHDAY LUNCH (DR)** 1:30 Functional Pathways Presentation (CL) 7:00 Tuesday Trivia (CR)	**25** 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 1:30 Basic Aerobics (FC) 3:30 Great Course (CL)	**26** HAPPY Thanks Giving **COMMUNITY CHRISTMAS DECORATING**	**27** 3:00 Rummikub (AR)	**28** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *The Game Plan*, PG (CL)
29 11:00 Neurobics Mental Exercises Pick-Up (AR) **3:00 SUNDAY CONCERT: GRACE TOWNSON (L)** 4:30 Mexican Train (AR)	**30** 9:30 Gentle Stretching (AC) 10:00 Water Fitness (AC) 1:30 Basic Aerobics (FC) **1:45 WALMART** 3:00 In Stitches (AR)					

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