

SUMMER FUN



August 2022

REDBROOK AT THE GLEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 School Drive (Community Center) 3:00 Group Training (Fitness Center)	2 9:30a.m. St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 2:15 Roadrunners vs. Diamonds (Meet in the Lobby)	3 10:00 Water Aerobics (Redbrook Pool) 10:30am ERBC Bible Study with Brother Sims (Chapel) 1:00 Stretch & Relaxation (Aerobics Room) 2:30 Fall Risk Exercise (Aerobics Room)	4 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	5 10:00 Bean Bag Baseball Practice (Auditorium) 3:30 Friday Spirits (Community Center)	6 10:30am Church Service with Brother Williams (Chapel)	
7 3:00pm First Presbyterian Church Service (Chapel)	8 10:00 Water Aerobics (Redbrook Pool) 11:00 Lunch Bunch (Meet in the Lobby) 1:00 Balance and Beyond (Aerobics Room) 3:00 Group Training (Fitness Center)	9 9:30a.m. St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Roadrunners vs. Oak's Astros (Meet in the Lobby) 3:00 Resident Council Meeting (Community Center) 6:00 Book Club (Community Center)	10 10:00 Water Aerobics (Redbrook Pool) 10:30am ERBC Bible Study with Brother Sims (Chapel) 1:00 Stretch & Relaxation (Aerobics Room) 1:30 Life Group w/ Marci Howard (Community Center)	11 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center) 2:00 Painting Class (Community Center)	12 10:00 Bean Bag Baseball Practice (Auditorium) 2:00 Painting Class (Community Center)	13 10:30am Church Service with Brother Williams (Chapel)	
14	15 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 3:00 Roadrunners vs. Gophers (Auditorium)	16 9:30a.m. St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 3:00 Family Feud (Community Center)	17 10:00 Water Aerobics (Redbrook Pool) 10:30am ERBC Bible Study with Brother Sims (Chapel) 1:00 Stretch & Relaxation (Aerobics Room) 3:00 Brandy Roberts on Piano (Auditorium) 3:00pm St. Mark's Episcopal (Chapel)	18 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	19 10:00 Bean Bag Baseball Practice (Auditorium) 2:00 Cooking Class (Cowboy Caviar) (Community Center)	20 10:30am Church Service with Brother Williams (Chapel)	
21 3:00pm Christian Church of Bossier City Service (Chapel)	22 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 I Need Rehab, Now What? w/ Michelle Greer (Community Center) 3:00 Group Training (Fitness Center)	23 9:30a.m. St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 4:30 Dinner Party (Meet in the Lobby)	24 10:00 Water Aerobics (Redbrook Pool) 10:30am ERBC Bible Study with Brother Sims (Chapel) 1:00 Stretch & Relaxation (Aerobics Room) 2:00 J.O.Y Bible Study (Community Center)	25 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	26 10:00 Bean Bag Baseball Practice (Auditorium) 1:30 Redbrook Adventures (Meet in the Lobby)	27 10:30am Church Service with Brother Williams (Chapel)	
28 3:00pm Ellerbe Road Methodist Church Service (Chapel)	29 10:00 Water Aerobics (Redbrook Pool) 12:30 Roadrunners vs. Wildcats (Meet in the Lobby) 3:00 Birthday Party (Community Center)	30 9:30a.m. St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 2:00 Target Run (Meet in the Lobby)	31 10:00 Water Aerobics (Redbrook Pool) 10:30am ERBC Bible Study with Brother Sims (Chapel) 1:00 Stretch & Relaxation (Aerobics Room) 2:30 Mystery Cart Delivery	Tuesday, August 9th - Resident Council Friday, August 19th - Cooking Class Monday, August 29th - Monthly Birthday Party			