



# Happy New Year!



## January 2023

## REDBROOK AT THE GLEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 3:00pm First Presbyterian Church Service (Chapel)  <b>New Year's Day</b>	<b>2</b> Administrative Offices Closed	<b>3</b> 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Studio) 1:00 Bean Bag Baseball Practice (Auditorium) 6:00 Book Club (Community Center)	<b>4</b> 10:00 Water Aerobics (Redbrook Pool) 10:30am Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room)	<b>5</b> 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	<b>6</b> 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts)	<b>7</b>
<b>8</b> 3:00pm St. Paul's Episcopal Service of Holy Eucharist with Father Michael Cannon	<b>9</b> 10:00 Water Aerobics (Redbrook Pool)  1:00 Balance and Beyond (Aerobics Room) 2:00 Dave Berry, PT (Community Center)	<b>10</b> 9:30 St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 3:00 Resident Council Meeting (Community Center)	<b>11</b> 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 Health Fair, Red River Health Care (Community Center)	<b>12</b> 9:00 Donuts with Debra (Auditorium) 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	<b>13</b> <b>Rubber Duck Day</b> 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts)	<b>14</b>
<b>15</b> 3:00pm Christian Church of Bossier City Service (Chapel)	<b>16</b> 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 3:00 Roadrunners vs. Gophers (Auditorium)	<b>17</b> 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 3:00 Red River Home Health Talk - Amy Martin, RN	<b>18</b> 10:00 Water Aerobics (Redbrook Pool) 10:30am Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 3:00pm St. Mark's Episcopal (Chapel)	<b>19</b> 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	<b>20</b> 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts) 3:00 Birthday Party (Community Center)	<b>21</b>
<b>22</b> 3:00pm Ellerbe Road Methodist Church Service (Chapel)	<b>23</b> 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room)	<b>24</b> 9:30 St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Community Center)	<b>25</b> 10:00 Water Aerobics (Redbrook Pool) 10:30am Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 2:00 Grocery Shopping (Meet in the Lobby)	<b>26</b> 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center)	<b>27</b> 9:00 Walking at Norton and Rhino (Meet in the Lobby) 3:00 Happy Hour (Community Center)	<b>28</b>
<b>29</b>	<b>30</b> 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 4:30 Dinner & Show (The Levee)	<b>31</b> 9:30 St. Elizabeth Ann Seton Catholic Communion (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 2:00 Movie Day (Community Center)	<b>Wednesday, January 11th - Health Fair</b> <b>Friday, January 20th - Birthday Party</b> <b>Monday, January 30th - Dinner &amp; Show</b>			