



February 2023

REDBROOK AT THE GLEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thursday, February 2nd - Groundhog Day Coffee & Crossword Tuesday, February 7th - Not-So-Newlywed Game Friday, February 10th - Tour of Redbrook Homes			1 10:00 Water Aerobics (Redbrook Pool) 10:30 Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 3:00 Bossier Parish Library - Caddo Indians (AUD)	2 9:00 Groundhog Day Coffee & Crossword (Crossings Café Patio) 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center) 3:00 Senior Olympics Practice (Meet in Lobby) <i>Groundhog Day</i>	3 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts) 2:00 Chilean Patagonia National Park Documentary (Community Center) <i>WEAR RED HEART HEALTH WALK</i>	4 10:30 Church Service with Brother Williams (Chapel)
5 3:00pm First Presbyterian Church Service (Chapel)	6 10:00 Water Aerobics (Redbrook Pool) 10:00 Joyful Noise Choir - Christ United Methodist Church (AUD) 1:00 Balance and Beyond (Aerobics Room) 2:00 Food Bank of North Louisiana Tour	7 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Not-So-Newlywed Game (Auditorium) 6:00pm - Book Club (Community Center)	8 10:00 Water Aerobics (Redbrook Pool) 10:30 Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 3:00 Super Bowl LVII Square Drawing (Community Center)	9 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center) 3:00 Senior Olympics Practice (Meet in Lobby)	10 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts) 2:00 Tour of Redbrook Homes	11 10:30 Church Service with Brother Williams (Chapel)
12 3:00pm Father Michael Cannon from St. Paul's Episcopal - Service of Holy Eucharist (Chapel) 5:30 SUPER BOWL LVII	13 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 Dave Berry, PT (Community Center) 4:00 The Larks Choir (AUD)	14 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Room) 1:00 Bean Bag Baseball Practice (Auditorium) 3:00 Resident Council Meeting (Community Center) 5:00 Sock Hop with Brandy Roberts (Auditorium) <i>Valentine's Day</i>	15 10:00 Water Aerobics (Redbrook Pool) 10:30 Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 2:00 J.O.Y. Bible Study (Community Center) 3:00 St. Marks Episcopal (Chapel)	16 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center) 3:00 Senior Olympics Practice (Meet in Lobby)	17 9:00 Walking Club (Meet in the Lobby) 10:00 Bocce Ball (Bocce Ball Courts) 3:00 Birthday Party (Community Center)	18 10:30 Church Service with Brother Williams (Chapel)
19 3:00pm Christian Church of Bossier City (Chapel)	20 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 Guest Speaker-Emily Jo Manchester, Renesting Project	21 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:00 Chair Fitness (Aerobics Room) 11:00 From the Bench with Judge Jeff Cox (AUD) 2:00 Mardi Gras Party (Auditorium)	22 10:00 Water Aerobics (Redbrook Pool) 10:30 Ellerbe Rd. Baptist Church with Brother Sims (Chapel) 1:00 Balance and Beyond (Aerobics Room) 2:00 Grocery Shopping (Meet in the Lobby)	23 9:00 Wellness Wisdom with Dr. Robert Lafargue, M.D. "The Aging Heart" 10:00 Chair Fitness (Aerobics Room) 1:00 Bingo (Community Center) 3:00 Senior Olympics Practice (Meet in Lobby) 4:30 Dinner Party to Johnny's Catfish (Lobby)	24 9:00 Walking at Norton and Rhino (Meet in the Lobby) 3:00 Happy Hour (Community Center)	25 10:30 Church Service with Brother Williams (Chapel)
26 3:00 PM Ellerbe Road Methodist Church Service (Chapel)	27 10:00 Water Aerobics (Redbrook Pool) 1:00 Balance and Beyond (Aerobics Room)	28 9:30 St. Elizabeth Ann Seton Catholic Mass (Chapel) 10:30 Emmanuel Baptist Church Choir (AUD) 10:00 Chair Fitness (Aerobics Room) 1:00 Roadrunners vs. The Bloom (Auditorium)	Tuesday, February 14th - Sock Hop with Brandy Roberts Friday, February 17th - Monthly Birthday Party Tuesday, February 21st - Mardi Gras Party			