



# Happy Independence Day

## July 2023

### REDBROOK AT THE GLEN

ACTIVITY & EVENT LOCATIONS  
 AUD = AUDITORIUM AR = AEROBICS ROOM CHP = CHAPEL CC = COMMUNITY CENTER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><i>July 7 - Lunch and Shopping Excursion</i>  <i>July 11 - CATS: Barksdale &amp; Eighth Air Force History</i>  <i>July 12 - Norton Art Gallery: "Guide to Paris"</i>  <i>July 17 - Louisiana Downs: Lunch &amp; Horse Race</i></p>						1 10:30 AM Church Service with Brother Williams (CHP)
2 3:00pm First Presbyterian Church Service (Chapel)	3 *Stop by Crossings Café to receive a Bomb Pop Ice Pop during lunch* 10:00 Water Aerobics – Freestyle Swim (Pool) 1:00 Balance and Beyond (Aerobics Room) 2:00 Brain Games & Trivia (CC)	4 9:30 Catholic Mass (CHP)  <b>4th of July</b>	5 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 Popcorn & Movie: "Charades," an Alfred Hitchcock film (CC)	6 10:00 Chair Fitness (AR) 1:00 Patriotic Bingo (Community Center)	7 10:00 Water Aerobics – Freestyle Swim (Pool) 10:45 Lunch @ Cush's (Meet in Lobby) 2:00 Shopping Excursion - JCPenney (Meet in Lobby)	8 10:30 AM Church Service with Brother Williams (CHP)
9 3:00 PM Father Michael Cannon from St. Paul's Episcopal - Service of Holy Eucharist (CHP)	10 10:00 Water Aerobics – Freestyle Swim (Pool) 1:00 Balance and Beyond (AR) 2:00 Dave Barry, PT – "Posture Clinic" (CC) 3:00 Arm Chair Travel to France (CC)	11 9:30 Catholic Mass (CHP) 10:00 Chair Fitness (AR) 1:00 "Rainy Day in Paris" Acrylic Painting (CC) 3:00 CATS Series: Barksdale Field/Eighth Air Force History (AUD) 6:00 Book Club (CC)	12 French themed evening - Chef's Special 9:45 "An Art Lover's Guide to Paris" Guided Tour @ Norton Art Gallery (Meet in Lobby) 10:00 Water Aerobics (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 - French Movie: "Moulin Rouge" (CC)	13 9:00 Donuts with Debra (AUD) 10:00 Chair Fitness (AR) 1:00 French Bingo & Tea (Community Center) 3:00 French Flower Market (CC)	14 10:00 Water Aerobics – Freestyle Swim (Pool) 3:00 - Heureux Heure & Table Et' Futbol Tournament "Happy Hour" (CC)  <b>Bastille Day</b>	15 10:30 AM Church Service with Brother Williams (CHP)
16 3:00pm Christian Church of Bossier City (CHP)	17 10:00 Water Aerobics – Freestyle Swim (Pool) 1:00 Balance and Beyond (AR) 1:30 LA Downs Lunch, Casino & Horse Race (Meet in Lobby)	18 9:30 Catholic Mass (Chapel) 9:45 Silver Screening @ Robinson Film Center (Meet in Lobby) 10:00 Chair Fitness (AR) 1:00 Bean Bag Baseball Practice (AR) 3:00 Resident Council Meeting (CC)	19 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 J.O.Y. Bible Study (CC)	20 10:00 Chair Fitness (AR) 1:00 Bingo (CC) 2:00 Create Summer Bash Contest Entry Item (CC)	21 10:00 Water Aerobics – Freestyle Swim (Pool) 3:00 Monthly Birthday Party (CC)  <b>National Junk Food Day</b>	22 10:30 AM Church Service with Brother Williams (CHP) 1:30 PM Artist of the Month Reception with Kathleen Rives (AUD)
23 3:00 PM Ellerbe Road Methodist Church Service (CHP)	24 10:00 Water Aerobics (Pool) 1:00 Balance and Beyond (AR) 2:00 Streetcar Station - Snoball Outing (Meet in Lobby)	25 9:30 Catholic Mass (CHP) 10:00 Chair Fitness (AR) 1:00 Bean Bag Baseball Practice (AR) 2:30 Grocery Shopping (Meet in Lobby)	26 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 5:30-6:30 - Redbrook Summer Bash (AUD)	27 10:00 Chair Fitness (AR) 1:00 Christmas in July Bingo (CC) 4:30 Supper Club @ Chianti Restaurant (Meet in Lobby)	28 10:00 Water Aerobics – Freestyle Swim (Pool) 3:00 Outside Social Hour Splash Down (TBA)	29 10:30 AM Church Service with Brother Williams (CHP)
30	31 10:00 Water Aerobics – Freestyle Swim (Redbrook Pool) 1:00 Balance and Beyond (AR)					