

SUMMER FUN



August 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
		1 10:00 Chair Fitness (AR) 1:00 Beanbag Baseball Practice (AUD) 3:00 Trivia (CC)	2 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 International Forgiveness Day Project (CC) 4:30 Chef's Special (Levee)	3 10:00 Chair Fitness (AR) 11:00 Beanbag Baseball Practice (AR) 1:00 Bingo (CC) 3:00 Watermelon Social (CC) <i>National Watermelon Day</i>	4 10:00 Water Aerobics – Freestyle Swim (Pool) 3:00 International Beer Tasting (CC) International Beer Day	5 10:30 AM Church Service with Brother Williams (CHP)
6 3:00pm First Presbyterian Church Service (Chapel)	7 10:00 Water Aerobics - (Pool) 1:00 Balance and Beyond (AR) 1:00 Men's Club @ Fast Eddies (Meet in Lobby)	8 9:30 Catholic Mass (CHP) 10:00 Chair Fitness (AR) 3:00 CATS Series: Metro Aviation (AUD) 6:00 Book Club (CC)	9 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 Shopping Excursion – Antiques Shoppes @ 1100 Barksdale (Meet in Lobby) 4:30 Chef's Special (Levee)	10 10:00 Chair Fitness (AR) 11:00 Beanbag Baseball Practice (AR) 1:00 Bingo (Community Center)	11 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 Margaritaville Casino & Lunch @ River-view Restaurant (Meet in Lobby)	12 10:30 AM Church Service with Brother Williams (CHP)
13 3:00 PM Father Michael Cannon from St. Paul's Episcopal - Service of Holy Eucharist (CHP)	14 10:00 Water Aerobics – (Pool) 1:00 Balance and Beyond (AR) 2:00 Dave Barry, PT (CC) 3:00 Arm Chair Travel to India (CC)	15 9:30 Catholic Mass (CHP) 9:45 Silver Screening @ Robinson Film Center – Million Dollar Mermaid (Meet in Lobby) 10:00 Chair Fitness (AR) 2:00 India Sand Art Craft (CC) 3:00 Resident Council Mtg. (CC) India Independence Day	16 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Balance and Beyond (AR) 2:00 India Film Viewing Party (CC) 4:30 Chef's Special (Levee) 5:30 Indian Culture Presentation & Performance	17 10:00 Chair Fitness (AR) 11:00 Beanbag Baseball Practice (AR) 1:00 Bingo & Chai Tea Party (CC)	18 10:00 Water Aerobics – Freestyle Swim (Pool) 11:00 Buffet Lunch @ Indigo Indian Bistro 3:00 Happy Hour (CC)	19 10:30 AM Church Service with Brother Williams (CHP)
20 3:00pm Christian Church of Bossier City (CHP)	21 10:00 Water Aerobics - (Pool) 1:00 Balance and Beyond (AR) 3:00 Monthly Birthday Party (CC)	22 9:30 Catholic Mass (CHP) 10:00 Chair Fitness (AR) 1:00 Beanbag Baseball Practice (AUD) 2:00 Chick Flick "Poms" (CC)	23 10:00 Water Aerobics – Freestyle Swim (Pool) 10:30 ERBC Bible Study w/ Brother Sims (CHP) 1:00 Walter B. Jacobs Naturalist Presentation "Birds of Prey" (CC) 4:30 Chef's Special (Levee)	24 10:00 Chair Fitness (AR) 11:00 Beanbag Baseball Practice (AR) 1:00 Bingo (CC)	25 10:00 Water Aerobics – Freestyle Swim (Pool) 1:00 Banana Split Social (CC) National Banana Split Day	26 10:30 AM Church Service with Brother Williams (CHP)
27 3:00 PM Ellerbe Road Methodist Church Service (CHP)	28 10:00 Water Aerobics – (Pool) 1:00 Balance and Beyond (AR)	29 9:30 Catholic Mass (Chapel) 10:00 Chair Fitness (AR) 10:45 Shreveport Water Works & Railroad Museum Tour followed by lunch at Blind Tiger (Meet in Lobby) 1:00 Beanbag Baseball Practice (AUD)	30 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 Alfred Hitchcock's "Rear Window" (CC) 4:30 Chef's Special (Levee)	31 9:00 Wellness Wisdom (AUD) 10:00 Chair Fitness (AR) 11:00 Beanbag Baseball Practice (AR) 1:00 Bingo (CC) 4:30 Supper Club @ Windrush Grill	August 3 ~ Watermelon Social August 16 ~ Indian Festive Party August 23 - Birds of Prey August 31 ~ Supper Club	