

January

2018



FOR RESERVATIONS PLEASE CALL
724-864-1429

NORTH HUNTINGDON CAMPUS
12921 Redstone Drive
North Huntingdon, PA 15642

REDSTONE COLONIAL ESTATES
772 Frontier Drive
North Huntingdon, PA 15642



YouGetUs.com   

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year!	2 Resident Exercise 8:30/9:00 Zumba 10:30	3	4 Resident Exercise 8:30/9:00 Great Courses 1:30	5 Villa Resident outing to Narcisi Winery/lunch Leave @ 11:00	6
7	8 Resident Exercise 8:30/9:00	9 Resident Exercise 8:30/9:00 Zumba 10:30	10 Parkinson's Support Group 1:00	11 Resident Exercise 8:30/9:00 Great Courses 1:30 Happy Hour 5:00	12 Carol Jacobs 10:30 Men's Club 12:00	13
14	15 Resident Exercise 8:30/9:00 Villa Women 11:00	16 Resident Exercise 8:30/9:00 Zumba 10:30 Taska 6:00	17 Community Management Meeting 10:00 Alzheimer's Support Group (Chapel) 7:00	18 Resident Exercise 8:30/9:00 Great Courses 1:30	19 Book Club 2:00	20
21	22 Resident Exercise 8:30/9:00 Parkinson's Games 1:00	23 Resident Exercise 8:30/9:00 Zumba 10:30	24 Lunch Bunch 12:00	25 Resident Exercise 8:30/9:00 Great Courses 1:30	26	27
28	29 Resident Exercise 8:30/9:00	30 Resident Exercise 8:30/9:00 Zumba 10:30	31	Event details are on the back		

Redstone Highlands – Colonial Estates Residents

January 2018

**Reservations are necessary
for:**

- **Men's Club on 1/12**
- **Community Management Meeting on 1/17**
- **Lunch Bunch on 1/24**
- **Narcisi Winery/Lunch – reservations due by 12/22**

Lunch Bunch –

Margie Sarp, a registered dietician, will be with us to discuss curbing unhealthy eating habits, eating seasonally, and making good food choices. She will also answer any questions you might have.