

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 12:30 Tap Dance Class – GX 1:00 IT Class - CR 2:00 Gentle Yoga –GX 3:00 Bocce – Outdoor Game Court 4:00 Movie: The Chosen—PH 6:30 BINGO – P | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 11:00—1:00 Resident IT Sessions—STL 1:00 Line Dance Class - GX 6:00 19 Miles to Music Row 6:30 Bridge – PH 6:30 Rook—P | 8:00 The Early Burn—GX 9:00 Morning Mixup – GX 9:30 Water Workout - AQ 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 11:00 Mat Yoga – GX 1:00 Handcrafters – HLC 2:00 Ballroom Dance—GX 2:30 Double Deck Canasta – P 7:00 Movie: Some Kind of Wonderful—Ch. 920 | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 9:45 Flower Power Pals—AR 10:00 Casual Putting - PG 10:45 Tai Chi Next Steps – GX 12:00 Mahjong – P 2:00 Water Walking—AQ 2:30 Poetry Circle—P 2:30 Popsicle Truck—Outside Clubhouse 4:00 Bible Study – AR | 9:00 Morning Mixup – GX 9:30 Water Workout—AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Trader Joe’s 10:00 Landscape Committee 10:30 Fit & Tone—GX 1:00 Hand & Foot—P 2:00 Gentle Yoga—GX 2:00 Parkinson’s Caregiver Support Group—2nd Floor Redbud | 9:00 Wii Bowling Practice – P 9:30 Tai Chi – Ch. 920 10:15 Seated Core Crunch – Ch. 920 1:30 Better Balance – Ch. 920 5:00 Happy Hour with Patsy & The Boys—PH |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 9:30 Strong & Fit – Ch. 920 10:00 Better Balance – Ch. 920 1:30 Chair Yoga with Colleen – Ch. 920 2:00 Hand & Foot - P | 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 12:30 Tap Dance Class – GX 1:00 IT Class - CR 1:00 Library Committee 2:00 Gentle Yoga –GX 3:00 Bocce – Outdoor Game Court 4:00 Movie: The Chosen—PH 6:30 BINGO – P | 9:00 Bill Wilkerson Hearing Clinic—C 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting – PG 10:00 Genealogy Group—PH 10:45 Tai Chi Next Steps – GX 1:00 Line Dance Class - GX 2:00 Ladies Prayer Group—Redbud Sitting Area 6:30 Bridge – PH 6:30 Rook—P | 9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Podiatrist—C 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 11:00 Lunch at Thistle Farms Café 11:00 Restorative Yoga – GX 1:00 Handcrafters – HLC 2:30 Double Deck Canasta – P 6:30 To Kill a Mockingbird at TPAC 7:00 Movie: One Night in Miami—Ch. 920 | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting - PG 10:00 A Day with Maintenance: Turnover Process—Meet in Grand Hall 10:45 Tai Chi Next Steps – GX 11:00 Food & Beverage Committee 12:30 Mahjong – P 1:00 Activity Committee 1:00—3:00 Card Making—PH 2:00 Food & Beverage Town Hall with Mark—PH 2:00 Water Walking—AQ 3:00 Caregiver Support Group—CR 4:00 Bible Study – AR | 9:00 Morning Mixup – GX 9:30 Water Workout—AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Walmart 10:30 Fit & Tone—GX 1:00 Hand & Foot—P 1:00 Fitness Tracker Lecture—PH 1:30 Wellness Committee 2:00 Gentle Yoga—GX 2:00—3:00 National Ice Cream Sundae Day—STL | 9:00 Wii Bowling Practice – P 9:30 Tai Chi – Ch. 920 10:15 Seated Core Crunch – Ch. 920 1:30 Better Balance – Ch. 920 6:15 Cash + Cline: Johnny Cash and Patsy Cline Tribute Concert at Williamson County Performing Arts Center |

Calendar Legend

- Green = Off Campus Outing
- Blue = Food & Beverage Event
- Red = Committee Meeting
- AQ = Pool
- AR = Art Studio
- C = Clinic
- CR = Conference Room
- GX = Group Exercise Studio
- HLC = Health Life Center
- IR = Iris Room
- P = Parlor
- PH = Poplar Hall
- STL = Steeplechase Lounge

August 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|--|--|
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 9:30 Strong & Fit – Ch. 920 10:00 Better Balance – Ch. 920 1:30 Chair Yoga with Colleen – Ch. 920 2:00 Hand & Foot - P 5:00 Gourmet Getaway: Stoney River | 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 10:30 Catholic Communion—PH 12:30 Tap Dance Class – GX 1:00 IT Class - CR 1:00 Facilities Town Hall: Understanding HVAC Controls (Redbud) - PH 2:00 Gentle Yoga –GX 2:00 Facility Services Committee 2:00 Parkinson’s Caregiver Support Group—2nd Floor Redbud 3:00 Bocce – Outdoor Game Court 4:00 Movie: The Chosen—PH 6:30 BINGO – P | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 11:00—1:00 Resident IT Sessions—STL 1:00 Line Dance Class - GX 1:00 Resident Council 2:00 Healthcare Presentation: Diabetes & Nutrition—PH 6:30 Bridge – PH 6:30 Rook—P | 8:00 The Early Burn—GX 9:00 Morning Mixup – GX 9:30 Water Workout - AQ 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 11:00 Mat Yoga – GX 1:00 Handcrafters – HLC 2:00 Glee Club Meet & Greet—PH 2:30 Double Deck Canasta – P 4:00 Elvis Tribute Music with Ryan Collingwood—PH 7:00 Movie: King Richard—Ch. 920 | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 9:45 Flower Power Pals—AR 10:00 Casual Putting - PG 10:00 Welcoming Committee 10:45 Tai Chi Next Steps – GX 12:30 Mahjong – P 2:00 Water Walking—AQ 3:00 Square Dance—GX 4:00 Bible Study – AR 5:30 Sock Hop—PH *Reservations required | 9:00 Morning Mixup – GX 9:30 Water Workout—AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00 Marketing Committee 10:30 Fit & Tone—GX 10:30 Tipsy Trip & Taste 1:00 Hand & Foot—P 2:00 Gentle Yoga—GX | 9:00 Wii Bowling Practice – P 9:30 Tai Chi – Ch. 920 10:15 Seated Core Crunch – Ch. 920 1:30 Better Balance – Ch. 920 4:00 Music with Bill Drescher—PH 7:00 Movie: House of Gucci—Ch. 920 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 9:30 Strong & Fit – Ch. 920 10:00 Better Balance – Ch. 920 1:30 Chair Yoga with Colleen – Ch. 920 2:00 Hand & Foot - P 2:00 Nashville Flute Choir—PH | 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 12:30 Tap Dance Class – GX 1:00 IT Class - CR 2:00 Gentle Yoga –GX 3:00 Bocce – Outdoor Game Court 4:00 Movie: The Chosen—PH 6:30 BINGO – P | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 1:00 Line Dance Class - GX 2:00 Ladies Prayer Group—Redbud Sitting Area 2:00 Card Making with Kathy Miller—AR 3:00 Happy Hour—PH 4:00 Dance Party—PH 6:30 Bridge – PH 6:30 Rook—P | 9:00 Morning Mixup – GX 9:00 Progressive Lunch Tour 9:30 Water Workout - AQ 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 11:00 Restorative Yoga – GX 1:00 Handcrafters – HLC 2:00 Ballroom Dance—GX 2:00 New Resident Meet & Greet—PH 2:30 Double Deck Canasta – P 7:00 Movie: Reminisce—Ch. 920 | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting - PG 10:00 A Day with Maintenance: Turnover Process—Meet in Grand Hall 10:45 Tai Chi Next Steps – GX 12:30 Mahjong – P 2:00 Water Walking—AQ 2:00 Executive Director Resident Update Meeting—PH 3:00 Square Dance—GX 4:00 Bible Study – AR | 9:00 Morning Mixup – GX 9:30 Water Workout—AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Aldi 10:00 Technology Club—PH 10:30 Fit & Tone—GX 1:00 Hand & Foot—P 2:00 Gentle Yoga—GX | 9:00 Wii Bowling Practice – P 9:30 Tai Chi – Ch. 920 10:15 Seated Core Crunch – Ch. 920 1:30 Better Balance – Ch. 920 7:00 Movie: The Eyes of Tammy Faye—Ch. 920 |
| 28 | 29 | 30 | 31 | <h1 style="color: #f4a460;">August 2022</h1> <p>Calendar Legend</p> <div style="display: flex; justify-content: space-between;"> <div> <p>Green = Off Campus Outing</p> <p>Blue = Food & Beverage Event</p> <p>Red = Committee Meeting</p> <p>AQ = Pool</p> <p>AR = Art Studio</p> <p>C = Clinic</p> <p>CR = Conference Room</p> </div> <div> <p>GX = Group Exercise Studio</p> <p>HLC = Health Life Center</p> <p>IR = Iris Room</p> <p>P = Parlor</p> <p>PH = Poplar Hall</p> <p>STL = Steeplechase Lounge</p> </div> </div> | | |
| 9:30 Strong & Fit – Ch. 920 10:00 Better Balance – Ch. 920 1:30 Chair Yoga with Colleen – Ch. 920 2:00 Hand & Foot - P 4:30 Gather at the Table: Community Dinner & Vespers Service at Scarritt Bennett | 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 12:30 Tap Dance Class – GX 1:00 IT Class - CR 2:00 Gentle Yoga –GX 2:00 Birthday Bash—PH 3:00 Bocce – Outdoor Game Court 4:00 Movie: The Chosen—PH 6:30 BINGO – P | 9:00 Balance & Flexibility - GX 9:45 Tai Chi – GX 10:00 Casual Putting – PG 10:00 Art Outing 10:45 Tai Chi Next Steps – GX 1:00 Line Dance Class - GX 1:30 Finance Committee 6:30 Bridge – PH 6:30 Rook—P | 9:00 Morning Mixup – GX 9:30 Water Workout - AQ 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fit & Tone - GX 11:00 Mat Yoga – GX 1:00 Handcrafters – HLC 1:00 Storytellers Informational Meeting—P 2:30 Double Deck Canasta – P 5:30 Summer Concert Series—Outdoor Dining Area | | | |