

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY 2026

Calendar Legend:
 Green = Off campus outing
 Blue = Food & Beverage
 Red = Committee Meeting
 AQ = Pool
 AR = Art Studio
 C = Clinic
 CR = Conference Room
 FG = Fireside Grille
 GR = Game Room
 GX = Group Exercise Studio
 HLC = Healthy Life Center
 IR = Iris Room
 L = Library
 P = Parlor
 PH = Poplar Hall
 PG = Putting Green
 STL = Steeplechase Lounge

1

9:00 Flower Power Pals (AR)
 10:00 Casual Putting (PG)
 12:00 Mahjong (P)
 2:30 Poetry Circle (P)

2

9:00 Morning Mixup Circuit (GX)
 9:30 Water Workout (AQ)
 9:30 Bridge (P)
 10:00 Brentwood Library & Shopping at Trader Joe's
 10:00 Landscape Committee
 10:00 Open Studio with Amy (AR)
 10:30 Balance & Stretch (GX)
 12:00 Zumba Gold (GX)
 1:00 Hand and Foot (P)
 1:00 Rummikub (P)
 2:00 Gentle Yoga (GX)

3

9:00 Wii Bowling Practice (P)
 9:30 Tai Chi (Ch. 920)
 10:00 Beginner Knitting Group (AR)
 10:15 Seated Core Crunch (Ch. 920)
 1:30 Better Balance (Ch. 920)
 6:30 Protestant Church Service with Communion (P)

4

9:30 Strong & Fit (Ch. 920)
 10:00 Better Balance (Ch. 920)
 1:30 Chair Yoga with Colleen (Ch. 920)
 2:00 Hand and Foot (P)
 5:00 Gourmet Getaway: Sportsman's Grille

5

9:00 Morning Mixup (GX)
 9:30 Water Workout (AQ)
 9:30 Bridge (P)
 10:00 Open Studio (AR)
 10:00 Shopping at Publix
 10:30 Shopping at Kroger
 10:30 Smartbells (GX)
 2:00 Gentle Yoga (GX)
 3:00 Cornhole (GX)
 4:00 The Chosen: Season 5 (PH)
 7:00 Bingo (PH)

6

9:00 Stretch & Flex (GX)
 9:45 Tai Chi for Balance (GX)
 10:00 Casual Putting (PG)
 10:45 Tai Chi Next Steps (GX)
 11:00 Awaken Creativity with Amy (AR)
 11:00 Resident IT Sessions (STL)
 12:00 Mahjong Lessons (P)
 1:00 Line Dance with Instructor (GX)
 2:00 Ladies Book Club (P)
 2:30 Awaken Creativity with Amy (AR)
 6:30 Bridge (GR)
 6:30 Richard Thomas in Mark Twain Tonight at Ryman Auditorium
 6:30 Rook (P)

7

9:00 Cardio Sculpt (GX)
 9:30 Water Workout (AQ)
 9:30 Wii Bowling League (P)
 10:00 Shopping at Publix
 10:30 Cardio & More (GX)
 10:30 Shopping at Kroger
 11:00 Mat Yoga (GX)
 11:30 Wii Bowling League (P)
 12:30 Mexican Train Dominoes (IR)
 1:00 Handcrafters (HLC)
 1:30 Wii Bowling League (P)
 2:00 Super Power Party (PH)
 2:00 Double Deck Canasta (GX)
 3:15 Grief Support Group (CR)

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9:00 Balance & Mobility (GX)
 9:00 Flower Power Pals (AR)
 9:45 Tai Chi Shibashi (GX)
 10:00 Casual Putting (PG)
 10:45 Tai Chi Next Steps (GX)
 11:00 Food & Beverage Committee
 12:00 Mahjong (P)
 1:00 Activity Committee
 1:30 Men's Book Club (L)
 2:00 Ballroom Dance (GX)
 2:00 Water Walking (AQ)
 2:30 Signing Their Lives Away (PH)
 3:00 Caregiver Support Group (CR)
 4:00 Bible Study (P)

9

9:00 Morning Mixup Circuit (GX)
 9:30 Water Workout (AQ)
 9:30 Bridge (P)
 10:00 Brentwood Library & Shopping at Walmart
 10:00 Open Studio with Amy (AR)
 10:30 Balance & Stretch (GX)
 11:30—1:00 National Chili Day (FG)
 12:00 Zumba Gold (GX)
 1:00 Art Workshop: Acrylic (AR)
 1:00 Hand and Foot (P)
 1:00 Rummikub (P)
 1:30 Wellness Committee Meeting
 2:00 Gentle Yoga (GX)
 5:45 Nashville Symphony: Classical Series

10

9:00 Wii Bowling Practice (P)
 9:30 Tai Chi (Ch. 920)
 10:00 Beginner Knitting Group (AR)
 10:15 Seated Core Crunch (Ch. 920)
 1:30 Better Balance (Ch. 920)

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9:30 Strong & Fit (Ch. 920)
 10:00 Better Balance (Ch. 920)
 1:15 Sail On: The Beach Boys Tribute at Williamson County Performing Arts Center
 1:30 Chair Yoga with Colleen (Ch. 920)
 2:00 Hand and Foot (P)

12

9:00 Morning Mixup (GX)
 9:30 The Bluebird Café
 9:30 Water Workout (AQ)
 9:30 Bridge (P)
 10:00 Open Studio (AR)
 10:00 Shopping at Publix
 10:30 Shopping at Kroger
 10:30 Smartbells (GX)
 1:00 Library Committee
 2:00 Gentle Yoga (GX)
 3:00 Cornhole (GX)
 4:00 The Chosen: Season 5 (PH)
 7:00 Bingo (PH)

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9:00 Stretch & Flex (GX)
 9:45 Tai Chi for Balance (GX)
 10:00 Casual Putting (PG)
 10:45 Tai Chi Next Steps (GX)
 11:00 Awaken Creativity with Amy (AR)
 11:00 Resident IT Sessions (STL)
 11:30 Super Power Hour: Posture (Fitness Center)
 12:00 Mahjong Lessons (P)
 1:00 Line Dance (GX)
 2:00 Healthcare Presentation (PH)
 2:30 Awaken Creativity with Amy (AR)
 6:30 Bridge (GR)
 6:30 Rook (P)

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9:00 Cardio Sculpt (GX)
 9:30 Water Workout (AQ)
 9:30 Wii Bowling League (P)
 10:00 Shopping at Publix
 10:30 Cardio & More (GX)
 10:30 Shopping at Kroger
 11:00 Yoga Stretch (GX)
 11:30 Wii Bowling League (P)
 12:30 Mexican Train Dominoes (IR)
 1:00 Handcrafters (HLC)
 1:30 Wii Bowling League (P)
 2:00 Double Deck Canasta (GX)

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9:00 Balance & Mobility (GX)
 9:00 Flower Power Pals (AR)
 9:45 Tai Chi Shibashi (GX)
 10:00 Casual Putting (PG)
 10:00 Welcoming Committee
 10:45 Tai Chi Next Steps (GX)
 11:30 Super Power Hour: Posture (Fitness Center)
 12:00 Mahjong (P)
 2:00 Water Walking (AQ)
 2:30 Hymn Singalong (PH)
 4:00 Bible Study (P)
 6:45 Nashville Symphony: Pops Series

16

9:00 Morning Mixup Circuit (GX)
 9:30 Water Workout (AQ)
 9:30 Bridge (P)
 10:00 Brentwood Library & Shopping at Dollar Tree
 10:00 Open Studio with Amy (AR)
 10:30 Balance & Stretch (GX)
 12:00 Zumba Gold (GX)
 1:00 Hand and Foot (P)
 1:00 Rummikub (P)
 2:00 Gentle Yoga (GX)
 2:30 Artist Reception: John Philbrick (AR)
 6:45 Nashville Symphony: Pops Series

17

9:00 Wii Bowling Practice (P)
 9:30 Tai Chi (Ch. 920)
 10:00 Beginner Knitting Group (AR)
 10:15 Seated Core Crunch (Ch. 920)
 1:30 Better Balance (Ch. 920)
 2:30 Glenbrook South High School Band Concert (PH)
 6:30 Protestant Church Service with Communion (P)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:15 The Possum: Quintessential George Jones Tribute at Williamson County Performing Arts Center 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 5:00 Gourmet Getaway: Sportsman's Grille	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) 10:00 Shopping at Publix 10:30 Catholic Communion (PH) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 2:00 Facility Services Committee 2:00 Gentle Yoga (GX) 2:30 Forever Young: Life at The Heritage (PH) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (PH) 7:00 Bingo (PH)	8:30 Hearing Services of Franklin (C) 9:00 Stretch & Flex (GX) 9:45 Tai Chi for Balance (GX) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 11:00 Awaken Creativity with Amy (AR) 11:00 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong Lessons (P) 1:00 Line Dance with Instructor (GX) 1:00 Resident Council 2:30 Awaken Creativity with Amy (AR) 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 6:30 Les Miserables at TPAC	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong (P) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 2:30 Mocktail Bar Pop Up (STL) 4:00 Bible Study (P)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Aldi 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 12:00 Zumba Gold (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX)	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920)
25	26	27	28	29	30	31
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:15 Midnight Special: A Tribute to Creedence Clearwater Revival 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P)	10:30 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells (GX) 2:00 Birthday Bash (PH) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (PH) 7:00 Bingo (PH)	9:00 Stretch & Flex (GX) 9:45 Tai Chi for Balance (GX) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 11:00 Awaken Creativity with Amy (AR) 11:00 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong Lessons (P) 1:00 Line Dance (GX) 1:30 Finance Committee 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 2:30 Trivia (PH)	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 Marketing Advisory Board (CR) 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong (P) 2:00 Executive Director Resident Update Meeting (PH) 2:00 Water Walking (AQ) 4:00 Bible Study (P)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Trader Joe's 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 12:00 Zumba Gold (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX)	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920) 5:00 Happy Hour with Patsy & The Boys (PH)

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