

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
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)	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 Caregiver Support Group (CR) 2:00 Gentle Yoga (GX) 2:00 Nashville Symphony Ticket Renewal (P) 3:00 Cornhole (GX) 4:00 Easter Season Bible Study (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: Flexibility (FC) 12:00 Beginner Mahjong (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 Rook (P)	9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 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) 3:15 Grief Support Group (CR)	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: Flexibility (FC) 12:00 Mahjong (P) <b>1:00 Guided Bus Tour: Home of the Stars</b> 1:30 Men's Book Club (L) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 4:00 Bible Study (P)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) <b>10:00 Brentwood Library &amp; Shopping at Trader Joe's</b> <b>10:00 Landscape Committee</b> 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 11:00 Play Readers Rehearsal (PH) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH)	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)
8	9	10	11	12	13	14
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) <b>5:00 Gourmet Getaway: Ted's Montana Grill</b>	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 10:30 Smartbells (GX) 1:00 IT Class (CR) <b>1:00 Library Committee</b> 2:00 Gentle Yoga (GX) 2:30 Forever Young: Life at The Heritage (PH) 3:00 Cornhole (GX) 4:00 Easter Season Bible Study (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: Flexibility (FC) 12:00 Beginner Mahjong (P) <b>12:45 Brentwood Police Station Tour</b> 1:00 Line Dance (GX) 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) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 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 & Cookies Open House (GX)	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) <b>11:00 Food &amp; Beverage Committee</b> 11:30 Super Power Hour: Flexibility (FC) 12:00 Mahjong (P) <b>1:00 Activity Committee</b> 2:00 Water Walking (AQ) 2:30 Signing Their Lives Away (PH) 4:00 Bible Study (P) <b>5:45 Nashville Symphony: Classical Series</b> 7:00 Music with The Relics (PH)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) <b>10:00 Brentwood Library &amp; Shopping at Walmart</b> 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 11:00 Play Readers Rehearsal (PH) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Art Workshop: Acrylic Spring Flower 1:00 Hand and Foot (P) <b>1:30 Wellness Committee</b> 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) <b>5:45 Nashville Symphony: Classical Series</b>	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)

**Calendar Legend:**

**Blue** = Food & Beverage Event  
**Green** = Off campus Outing  
**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

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:15 Sweet Soul Music at Williamson County Performing Arts Center 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 2:30 Olathe West High School Orchestra (PH)	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) 1:00 IT Class (CR) 2:00 Facility Services Committee 2:00 Gentle Yoga (GX) 2:30 Life Lessons Learned From Watercolor (PH) 3:00 Cornhole (GX) 4:00 Easter Season Bible Study (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 Resident IT Sessions (STL) 11:30 Super Power Hour: Flexibility (FC) 12:00 Beginner Mahjong (P) 12:45 Music for Seniors Free Concert: The Ukedelics 1:00 Line Dance (GX) 1:00 Resident Council (CR) 3:00 St. Patty's Day Happy Hour and Dance Party (PH) 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) 9:30 Tour of Country Music Hall of Fame & Lunch 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 Food and Beverage Town Hall with Mark Black (PH) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 2:30 Ladies Par Tee (PG)	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: Flexibility (FC) 12:00 Mahjong (P) 1:00 Fundamentals of Art with Tetra (AR) 2:00 Water Walking (AQ) 4:00 Bible Study (P) 6:45 Nashville Symphony: Pops Series	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) 10:00 Marketing Advisory Board (CR) 10:30 Balance & Stretch (GX) 11:00 Play Readers Rehearsal (PH) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Fundamentals of Art with Tetra (AR) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) 6:45 Nashville Symphony: Pops Series	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)
22	23	24	25	26	27	28
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: Ted's Montana Grill	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) 1:00 IT Class (CR) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Easter Season Bible Study (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: Flexibility (FC) 12:00 Beginner Mahjong (P) 1:00 Line Dance (GX) 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Red Cross Blood Drive (PH) 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)	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: Flexibility (FC) 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 Aldi 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 11:00 Play Readers Rehearsal (PH) 11:30 National Sloppy Joe Day (FG) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 2:30 Artist Reception: Monty Brown (AR) 3:00 Glee Club (PH) 5:45 Nashville Symphony: Classical Series	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920) 5:00 Happy Hour with Patsy & The Boys (PH)
29	30	31	<b>Calendar Legend:</b> Blue = Food & Beverage Event Green = Off campus Outing 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			
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)	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) 1:00 IT Class (CR) 2:00 Birthday Bash (PH) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Easter Season Bible Study (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: Flexibility (FC) 12:00 Beginner Mahjong (P) 1:00 Line Dance (GX) 1:30 Finance Committee (CR) 2:30 Awaken Creativity with Amy (AR) 3:30 Conversation with Russ Miller (PH) 6:30 Bridge (GR) 6:30 Rook (P)				