

SUN	MON	TUE	WED	THUR	FRI	SAT	
Calendar Legend 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 AQ - Pool PH - Poplar Hall PG - Putting Green STL - Steeplechase Lounge Green = Off-Campus Outing Blue = Food & Beverage Event Red = Committee Meeting		9:00 Stretch & Flex (GX) 9:45 Tai Chi for Balance (GX) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 11:00-1:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 2:00 Ladies Book Club (P) 3:00 Sip & Gogh (AR) 6:30 Bridge (GR) 6:30 Rook (P)	1 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) 11:00 Sip & Gogh (AR) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:30 Double Deck Canasta (GX) 3:00 Sip & Gogh (AR) 3:15 Grief Support Group (CR) 6:30 Line Dance with Instructor (GX)	2 9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 Shopping at Parnassus Bookstore 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 1:00 Passover Lecture: A Celebration of Freedom and Spirit (PH) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 4:00 Bible Study (P) 6:45 Nashville Symphony: Pops Series	3 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 (CR) 10:00 Open Studio in Art Studio (AR) 10:30 Balance & Stretch (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Beginner Needle Felting (AR) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) 6:45 Nashville Symphony: Pops Series	4 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) 6:30 Protestant Church Service with Communion (P)	5
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: The Courtyard Restaurant at Restoration Hardware	6 9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Shopping at Publix 10:00 Open Studio in Art Studio (AR) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 12:30 The Heritage Tappers (GX) 1:00 IT Class (CR) 1:00 A Visit from the Brentwood Library (L) 2:00 Gentle Yoga (GX) 3:00 Corn Hole (GX) 4:00 The Chosen: Season 3 (PH) 6:30 Bingo (P)	7 8:00-4:00 PUMP It for Parkinson's (HLC) 9:00 Stretch & Flex (GX) 9:30 St. George's Episcopal Church Bradford Gallery (AR) 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) 1:00 Line Dance (GX) 1:15 Podiatrist (C) 2:00 Healthcare Presentation: Immunizations (PH) 6:30 Bridge (GR) 6:30 Rook (P)	8 8:30 Podiatrist (C) 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) 2:30 Double Deck Canasta (GX)	9 9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 Facilities Tour: Apartment Turnover 10:00 Prayerful Conversations with Reverend Pamela Hawkins (P) 10:45 Tai Chi Next Steps (GX) 11:00 Food & Beverage Committee 11:30 Musical Luncheon (PH) 12:00 Mahjong (P) 1:00 Activity Committee (CR) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 3:00 Caregiver Support Group (CR) 4:00 Bible Study (P)	10 9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Walmart 10:00 FLAG: Free Little Art Gallery Session (AR) 10:00 Open Studio in Art Studio (AR) 10:30 Balance & Stretch (GX) 12:15 Music For Seniors Concert: Jazz Appreciation Month 1:00 Hand & Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Acrylic (AR) 1:30 Wellness Committee Meeting (CR) 2:00 Gentle Yoga (GX) 2:00 National Pineapple Upside Down Cake Day (FG) 3:00 Glee Club (PH) 5:45 Nashville Symphony: Classical Series	11 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: Wild Horses (Ch. 920)	12
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:15 Sweet Soul Music at WCPAC 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Act Too Players Present: Songs from Sara Bareilles and Waitress (PH) 2:00 Hand and Foot (P)	13 9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Jerry's Artarama and Lunch 10:00 Shopping at Publix 10:00 Open Studio in Art Studio (AR) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 12:30 The Heritage Tappers (GX) 1:00 IT Class (CR) 1:00 Library Committee (L) 2:00 Gentle Yoga (GX) 3:00 Corn Hole (GX) 4:00 The Chosen: Season 3 (PH) 6:30 Bingo (P)	14 9:00 Stretch & Flex (GX) 9:00 Hearing Services of Franklin (C) 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) 1:00 Line Dance (GX) 1:00 Resident Council (CR) 1:00-3:00 World Art Day (Outdoor Dining Area) 2:15 Cool Springs Eye Care Clinic (C) 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)	15 9:00 Cardio Sculpt (GX) 9:00 Drug Take Back Day (STL) 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 Lecture: Fight for the 19th Amendment (PH) 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 Food & Beverage Town Hall with Mark Black (PH) 2:30 Double Deck Canasta (GX) 6:30 Line Dance with Instructor (GX)	16 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 (CR) 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 12:45 Tour of Brentwood Fire Station 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 4:00 Bible Study (P) 7:00 Judson Jazz (PH)	17 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 Marketing Advisory Board (CR) 10:00 Open Studio in Art Studio (AR) 10:30 Balance & Stretch (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH)	18 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) 6:30 Protestant Church Service with Communion (P)	19

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>9:30 Strong & Fit (Ch. 920) 20</p> <p>10:00 Better Balance (Ch. 920)</p> <p>11:00 & 1:00 Easter Brunch (PH) *Reservations Required</p> <p>1:30 Chair Yoga with Colleen (Ch. 920)</p> <p>2:00 Hand and Foot (P)</p>	<p>9:00 Morning Mixup (GX) 21</p> <p>9:30 Water Workout (AQ)</p> <p>9:30 Bridge (P)</p> <p>10:00 Shopping at Publix</p> <p>10:00 Open Studio in Art Studio (AR)</p> <p>10:30 Catholic Communion (PH)</p> <p>10:30 Shopping at Kroger</p> <p>10:30 Smartbells (GX)</p> <p>12:00 Facilities Tour: Plant Operations</p> <p>12:30 The Heritage Tappers (GX)</p> <p>1:00 IT Class (CR)</p> <p>2:00 Gentle Yoga (GX)</p> <p>2:00 Facility Services Committee (CR)</p> <p>3:00 Corn Hole (GX)</p> <p>4:00 The Chosen: Season 3 (PH)</p> <p>6:30 Bingo (P)</p>	<p>9:00 Stretch & Flex (GX) 22</p> <p>9:15 Tennessee State Library & Archives</p> <p>9:45 Tai Chi for Balance (GX)</p> <p>10:00 Casual Putting (PG)</p> <p>10:45 Tai Chi Next Steps (GX)</p> <p>11:00-1:00 Resident IT Sessions (STL)</p> <p>1:00 Line Dance (GX)</p> <p>6:30 Bridge (GR)</p> <p>6:30 Rook (P)</p>	<p>9:00 Cardio Sculpt (GX) 23</p> <p>9:30 Water Workout (AQ)</p> <p>9:30 Wii Bowling League (P)</p> <p>10:00 Shopping at Publix</p> <p>10:30 Cardio & More (GX)</p> <p>10:30 Shopping at Kroger</p> <p>11:00 Yoga Stretch (GX)</p> <p>11:30 Wii Bowling League (P)</p> <p>12:30 Mexican Train Dominoes (IR)</p> <p>1:00 Handcrafters (HLC)</p> <p>1:30 Wii Bowling League (P)</p> <p>2:30 Double Deck Canasta (GX)</p>	<p>9:00 Balance & Mobility (GX) 24</p> <p>9:00 Flower Power Pals (AR)</p> <p>9:45 Tai Chi Shibashi (GX)</p> <p>10:00 Casual Putting (PG)</p> <p>10:00 Facilities Tour: Appliance In-Service</p> <p>10:45 Tai Chi Next Steps (GX)</p> <p>12:00 Mahjong (P)</p> <p>2:00 Executive Director Resident Update Meeting (PH)</p> <p>2:00 Water Walking (AQ)</p> <p>4:00 Bible Study (P)</p> <p>5:45 Nashville Symphony: Classical Series</p>	<p>9:00 Morning Mixup Circuit (GX) 25</p> <p>9:30 Water Workout (AQ)</p> <p>9:30 Bridge (P)</p> <p>10:00 Brentwood Library & Shopping at Aldi</p> <p>10:00-12:00 FLAG: Free Little Art Gallery Session (AR)</p> <p>10:00-12:00 Open Studio in Art Studio (AR)</p> <p>10:30 Balance & Stretch (GX)</p> <p>1:00 Hand and Foot (P)</p> <p>1:00 Rummikub (P)</p> <p>1:00 Art Workshop: Inspiration Cards (AR)</p> <p>2:00 Gentle Yoga (GX)</p> <p>3:00 Glee Club (PH)</p> <p>5:45 Nashville Symphony: Classical Series</p>	<p>9:00 Wii Bowling Practice (P) 26</p> <p>9:30 Tai Chi (Ch. 920)</p> <p>10:15 Seated Core Crunch (Ch. 920)</p> <p>1:30 Better Balance (Ch. 920)</p> <p>6:00 Movie: McFarland USA (Ch. 920)</p>
<p>9:30 Strong & Fit (Ch. 920) 27</p> <p>10:00 Better Balance (Ch. 920)</p> <p>1:30 Chair Yoga with Colleen (Ch. 920)</p> <p>2:00 Hand and Foot (P)</p> <p>5:00 Gourmet Getaway: The Courtyard Restaurant at Restoration Hardware</p>	<p>9:00 Morning Mixup (GX) 28</p> <p>9:30 Water Workout (AQ)</p> <p>9:30 Bridge (P)</p> <p>10:00 Shopping at Publix</p> <p>10:00 Open Studio in Art Studio (AR)</p> <p>10:30 Shopping at Kroger</p> <p>10:30 Smartbells (GX)</p> <p>12:30 The Heritage Tappers (GX)</p> <p>1:00 IT Class (CR)</p> <p>2:00 Gentle Yoga (GX)</p> <p>2:00 Birthday Bash (PH)</p> <p>3:00 Corn Hole (GX)</p> <p>4:00 The Chosen: Season 3 (PH)</p> <p>6:30 Bingo (P)</p>	<p>9:00 Stretch & Flex (GX) 29</p> <p>9:15 Nashville Public Library</p> <p>9:45 Tai Chi for Balance (GX)</p> <p>10:00 Casual Putting (PG)</p> <p>10:45 Tai Chi Next Steps (GX)</p> <p>11:00-1:00 Resident IT Sessions (STL)</p> <p>1:00 Line Dance (GX)</p> <p>1:00 Ukulele Workshop (PH)</p> <p>1:30 Finance Committee (CR)</p> <p>6:30 Bridge (GR)</p> <p>6:30 Rook (P)</p>	<p>9:00 Cardio Sculpt (GX) 30</p> <p>9:30 Water Workout (AQ)</p> <p>10:00 Shopping at Publix</p> <p>10:30 Cardio & More (GX)</p> <p>10:30 Shopping at Kroger</p> <p>11:00 Ladies Putting (PG)</p> <p>11:00 Mat Yoga (GX)</p> <p>12:30 Mexican Train Dominoes (IR)</p> <p>1:00 Handcrafters (HLC)</p> <p>1:00-3:00 Art Crawl (PH)</p> <p>2:30 Double Deck Canasta (GX)</p> <p>7:00 Movie: Flight (Ch. 920)</p>	<p>Calendar Legend</p> <p>AR - Art Studio</p> <p>C - Clinic</p> <p>CR - Conference Room</p> <p>FG - Fireside Grille</p> <p>GR - Game Room</p> <p>GX - Group Exercise Studio</p> <p>HLC - Healthy Life Center</p> <p>IR - Iris Room</p> <p>L - Library</p> <p>P - Parlor</p> <p>AQ - Pool</p> <p>PH - Poplar Hall</p> <p>PG - Putting Green</p> <p>STL - Steeplechase Lounge</p> <p>Green = Off Campus Outing</p> <p>Blue = Food & Beverage Event</p> <p>Red = Committee Meeting</p>		