

SUN	MON	TUE	WED	THUR	FRI	SAT
<div>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</div>		<div>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) 1:00 Line Dance (GX) 2:00 Patriotic Sing-Along (PH) 6:30 Bridge (GR) 6:30 Rook (P)</div> <div>1</div>	<div>9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX) 3:15 Grief Support Group (CR) 6:30 Line Dance with Instructor (GX)</div> <div>2</div>	<div>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) 12:00 Mahjong (P) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 3:00 Bocce (Outdoor Game Court) 4:00 Bible Study (P)</div> <div>3</div>	<div>9:30 Bridge (P) 10:00 Open Studio in Art Studio (AR) 11:00 4th of July Lunch Buffet (PH *Reservations Required) 1:00 4th of July Lunch Buffet (PH *Reservations Required) 1:00 Hand and Foot (P) 1:00 Rummikub (P)</div> <div>4</div>	<div>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)</div> <div>5</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 and Foot (P)</div> <div>6</div>	<div>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) 2:00 Gentle Yoga (GX) 3:00 Art Reception (AR) 3:00 Corn Hole (GX) 4:00 The Chosen: Season 4 (PH) 7:00 Bingo (PH)</div> <div>7</div>	<div>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) 1:00 Line Dance (GX) 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)</div> <div>8</div>	<div>9:00 Cardio Sculpt (GX) 9:00 Scenic Drive & Lunch at Nash Family Creamery 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Activity Committee (CR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX)</div> <div>9</div>	<div>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) 2:00 Author Talk with Michelle Shocklee (PH) 2:00 Water Walking (AQ) 3:00 Bocce (Outdoor Game Court) 3:00 Caregiver Support Group (CR) 4:00 Bible Study (P)</div> <div>10</div>	<div>9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Walmart 10:00 Landscape Committee (CR) 10:00 FLAG: Free Little Art Gallery Session (AR) 10:00 Open Studio with Amy in Art Studio (AR) 10:00 Play Readers Camp (PH) 10:30 Balance & Stretch (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Acrylic (AR) 1:30 Wellness Committee Meeting (CR) 2:00 Gentle Yoga (GX)</div> <div>11</div>	<div>9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 1:00 Guys & Dolls 1:30 Better Balance (Ch. 920) 2:30 Poetry Circle (P) 5:00 Happy Hour with Patsy & The Boys (PH)</div> <div>12</div>
<div>9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 11:00 Gourmet Getaway: Mere Bulles 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P)</div> <div>13</div>	<div>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) 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 4 (PH) 7:00 Bingo (PH)</div> <div>14</div>	<div>8:30 Hearing Services of Franklin (C) 9:00 Stretch & Flex (GX) 9:30 Music For Seniors Concert: Ivory Joe and The Howlers 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) 1:00 Line Dance (GX) 1:00 Resident Council (CR) 2:30 Awaken Creativity with Amy (AR) 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)</div> <div>15</div>	<div>9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 10:00 Informational Meeting: Residents' Association Bylaw Updates (PH) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX) 6:00 Summer Concert Series(Outdoor Dining Area)</div> <div>16</div>	<div>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) 2:00 Berry First Ladies Tea of 2025 (PH) 2:00 Water Walking (AQ) 3:00 Bocce (Outdoor Game Court) 4:00 Bible Study (P)</div> <div>17</div>	<div>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 FLAG: Free Little Art Gallery Session (AR) 10:00 Open Studio with Amy in Art Studio (AR) 10:30 Balance & Stretch (GX) 11:30-1:00 National Nashville BBQ Chicken Day (FG) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Handbuilding Clay (AR) 2:00 Gentle Yoga (GX)</div> <div>18</div>	<div>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)</div> <div>19</div>

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<div>9:30 Strong & Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>20</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Catholic Communion (PH)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>2:00 Facility Services Committee (CR)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 4 (PH)</div> <div>7:00 Bingo (PH)</div> <div>21</div>	<div>9:00 Monteagle Trip</div> <div>9:00 Stretch & Flex (GX)</div> <div>9:45 Tai Chi for Balance (GX)</div> <div>10:00 Casual Putting (PG)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>11:00 Awaken Creativity with Amy (AR)</div> <div>11:00 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>2:30 Awaken Creativity with Amy (AR)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>22</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Branded Item Sale (PH)</div> <div>10:30 Cardio & More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Mat Yoga (GX)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Christmas in July Pop Up Café (STL)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>6:30 Line Dance with Instructor (GX)</div> <div>23</div>	<div>9:00 Balance & Mobility (GX)</div> <div>9:00 Flower Power Pals (AR)</div> <div>9:45 Tai Chi Shibashi (GX)</div> <div>10:00 A Prayerful Conversation with Rev. Pam Hawkins (P)</div> <div>10:00 Casual Putting (PG)</div> <div>10:30 Lunch at Arnolds Country Kitchen</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>2:00 Water Walking (AQ)</div> <div>3:00 Bocce (Outdoor Game Court)</div> <div>3:00 Learning to Ply the Needle: Sewing and Embroidery in 19th Century Tennessee Female Schools (PH)</div> <div>4:00 Bible Study (P)</div> <div>24</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library & Shopping at Aldi</div> <div>10:00 Marketing Advisory Board (CR)</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:00 Play Readers Camp (PH)</div> <div>10:30 Balance & Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:00 Informational Meeting: Residents' Association Bylaw Updates (PH)</div> <div>2:00 Gentle Yoga (GX)</div> <div>25</div>	<div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>1:30 Better Balance (Ch. 920)</div> <div>26</div>
<div>9:30 Strong & Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>11:00 Gourmet Getaway: Mere Bulles</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>27</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>2:00 Birthday Bash (PH)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 4 (PH)</div> <div>7:00 Bingo (PH)</div> <div>28</div>	<div>9:00 Stretch & Flex (GX)</div> <div>9:45 Tai Chi for Balance (GX)</div> <div>10:00 Casual Putting (PG)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>11:00 Resident IT Sessions(STL)</div> <div>11:00 Awaken Creativity with Amy (AR)</div> <div>1:00 Line Dance (GX)</div> <div>1:30 Finance Committee (CR)</div> <div>2:00 Water Volleyball (AQ)</div> <div>2:30 Awaken Creativity with Amy (AR)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>29</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio & More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Yoga Stretch (GX)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Summer Game Show Series: The Not-So Newlywed Game (PH)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>30</div>	<div>9:00 Balance & Mobility (GX)</div> <div>9:00 Flower Power Pals (AR)</div> <div>9:45 Tai Chi Shibashi (GX)</div> <div>10:00 Casual Putting (PG)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>2:00 Executive Director Resident Update Meeting (PH)</div> <div>2:00 Water Walking (AQ)</div> <div>3:00 Resident's Association Meeting (PH)</div> <div>3:00 Bocce (Outdoor Game Court)</div> <div>4:00 Bible Study (P)</div> <div>31</div>	<div>Calendar Legend</div> <div>AR - Art Studio</div> <div>C - Clinic</div> <div>CR - Conference Room</div> <div>FG - Fireside Grille</div> <div>GR - Game Room</div> <div>GX - Group Exercise Studio</div> <div>HLC - Healthy Life Center</div> <div>IR - Iris Room</div> <div>L - Library</div> <div>P - Parlor</div> <div>AQ - Pool</div> <div>PH - Poplar Hall</div> <div>PG - Putting Green</div> <div>STL - Steeplechase Lounge</div> <div>Green - Off-Campus Outing</div> <div>Blue - Food & Beverage Event</div> <div>Red - Committee Meeting</div>	