

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|--|---|---|---|
| <h1>APRIL 2026</h1>  | <b>Calendar Legend:</b><br>Green = Off campus outing<br>Blue = Food & Beverage Event<br>Red = Committee Meeting<br>AQ = Pool<br>AR = Art Studio<br>C = Clinic<br>CR = Conference Room<br>FG = Fireside Grille  | GR = Game Room<br>GX = Group Exercise Studio<br>HLC = Healthy Life Center<br>IR = Iris Room<br>L = Library<br>P = Parlor<br>PH = Poplar Hall<br>PG = Putting Green<br>STL = Steeplechase Lounge   | 1  | 2   | 3   | 4   |
|  |  |   | 9:00 Cardio Sculpt (GX)<br>9:30 Water Workout (AQ)<br>9:30 Wii Bowling League (P)<br><b>10:00 Shopping at Publix</b><br>10:30 Cardio & More (GX)<br><b>10:30 Shopping at Kroger</b><br>11:00 Mat Yoga (GX)<br>11:30 Wii Bowling League (P)<br>12:30 Mexican Train Dominoes (IR)<br>1:00 Handcrafters (HLC)<br>1:30 Wii Bowling League (P)<br>2:00 Kitchen Tour (FG)<br>2:00 Zibrio Launch Party (PH)<br>2:00 Double Deck Canasta (GX)<br>3:15 Grief Support Group (CR)   | 9:00 Balance & Mobility (GX)<br>9:00 Flower Power Pals (AR)<br>9:45 Tai Chi Shibashi (GX)<br>10:00 Casual Putting (PG)<br>10:00 Technology Tours: Dogwood (PH)<br>10:45 Tai Chi Next Steps (GX)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Mahjong (P)<br>1:00 Motorized Cart Presentation (PH)<br>1:30 Men's Book Club (L)<br>2:00 Torah & Old Testament Study (IR)<br>2:00 Water Walking (AQ)<br>2:30 Poetry Circle (P)<br>3:30 The Road Crew: America's Route 66 Band (PH)                                       | 9:00 Morning Mixup Circuit (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br><b>10:00 Brentwood Library &amp; Shopping at Trader Joe's</b><br><b>10:00 Landscape Committee</b><br>10:00 Open Studio with Amy (AR)<br>10:00 Play Readers Rehearsal (PH)<br>10:30 Balance & Stretch (GX)<br>12:00 Zumba Gold (GX)<br>12:45 Rummikub (P)<br>1:00 Hand and Foot (P)<br>2:00 Gentle Yoga (GX)<br>3:00 Glee Club (PH)   | 9:00 Wii Bowling Practice (P)<br>9:30 Tai Chi (Ch. 920)<br>10:15 Seated Core Crunch (Ch. 920)<br>10:30 Beginner Knitting Group<br>1:30 Better Balance (Ch. 920)   |
| 5  | 6  | 7   | 8  | 9   | 10  | 11  |
| 9:30 Strong & Fit (Ch. 920)<br>10:00 Better Balance (Ch. 920)<br><b>11:00 &amp; 1:00 Easter Brunch</b><br>*Reservations Required (PH)<br>1:30 Chair Yoga with Colleen (Ch. 920)<br>2:00 Hand and Foot (P)  | 9:00 Morning Mixup (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br>10:00 Open Studio (AR)<br><b>10:00 Shopping at Publix</b><br><b>10:30 Shopping at Kroger</b><br>10:30 Smartbells (GX)<br>2:00 Caregiver Support Group (CR)<br>2:00 Gentle Yoga (GX)<br>2:30 Afternoon Insights: Passover (PH)<br>3:00 Cornhole (GX)<br>4:00 Easter Season Bible Study (PH)<br>7:00 Bingo (PH) | 9:00 Stretch & Flex (GX)<br>9:45 Tai Chi for Balance (GX)<br>10:00 Casual Putting (PG)<br>10:45 Tai Chi Next Steps (GX)<br>11:00 Resident IT Sessions (STL)<br>11:00 Sip & Gogh (AR)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Beginner Mahjong (P)<br>1:00 Line Dance with Instructor (GX)<br>2:00 Ladies Book Club (P)<br>2:00 New Resident Meet & Greet (PH)<br>6:30 Bridge (GR)<br>6:30 Rook (P)           | 9:00 Cardio Sculpt (GX)<br>9:30 Water Workout (AQ)<br>9:30 Wii Bowling League (P)<br><b>10:00 Shopping at Publix</b><br>10:30 Cardio & More (GX)<br><b>10:30 Shopping at Kroger</b><br>11:00 Yoga Stretch (GX)<br>11:30 Wii Bowling League (P)<br>12:30 Mexican Train Dominoes (IR)<br>1:00 Handcrafters (HLC)<br>1:30 Wii Bowling League (P)<br>2:00 Kitchen Tour (FG)<br>2:00 Double Deck Canasta (GX)<br>3:00 Sip & Gogh (AR)   | 8:00 PUMP It for Parkinson's (FC)<br>9:00 Balance & Mobility (GX)<br>9:00 Flower Power Pals (AR)<br>9:45 Tai Chi Shibashi (GX)<br>10:00 Casual Putting (PG)<br>10:45 Tai Chi Next Steps (GX)<br>11:00 Sip & Gogh (AR)<br><b>11:00 Food &amp; Beverage Committee</b><br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Mahjong (P)<br><b>1:00 Activity Committee</b><br>2:00 Torah & Old Testament Study (IR)<br>2:00 Water Walking (AQ)<br>2:30 Signing Their Lives Away (PH)<br><b>5:45 Nashville Symphony: Classical</b> | 9:00 Morning Mixup Circuit (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br><b>10:00 Brentwood Library &amp; Shopping at Walmart</b><br>10:00 Open Studio with Amy (AR)<br>10:00 Play Readers Rehearsal (PH)<br>10:30 Balance & Stretch (GX)<br>12:00 Zumba Gold (GX)<br>12:45 Rummikub (P)<br>1:00 Hand and Foot (P)<br>1:00 Art Workshop: Ceramic (AR)<br><b>1:30 Wellness Committee Meeting</b><br>2:00 Gentle Yoga (GX)<br>3:00 Glee Club (PH)<br><b>5:30 Cheeseburger in Paradise (FG)</b><br><b>5:45 Nashville Symphony: Classical</b> | 9:00 Wii Bowling Practice (P)<br>9:30 Tai Chi (Ch. 920)<br>10:15 Seated Core Crunch (Ch. 920)<br>10:30 Beginner Knitting Group<br>1:30 Better Balance (Ch. 920)   |
| 12   | 13   | 14  | 15   | 16  | 17  | 18  |
| 9:30 Strong & Fit (Ch. 920)<br>10:00 Better Balance (Ch. 920)<br><b>1:15 Midnight Special: A Tribute to Creedence Clearwater Revival at Williamson County Performing Arts Center</b><br>1:30 Chair Yoga with Colleen (Ch. 920)<br>2:00 Hand and Foot (P) | 9:00 Morning Mixup (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br>10:00 Open Studio (AR)<br><b>10:00 Shopping at Publix</b><br><b>10:30 Shopping at Kroger</b><br>10:30 Smartbells (GX)<br><b>1:00 Library Committee (L)</b><br>2:00 Gentle Yoga (GX)<br>3:00 Cornhole (GX)<br>4:00 Easter Season Bible Study (PH)<br>7:00 Bingo (PH)   | 8:15 Podiatrist (C)<br>9:00 Stretch & Flex (GX)<br>9:45 Tai Chi for Balance (GX)<br>10:00 Casual Putting (PG)<br>10:45 Tai Chi Next Steps (GX)<br>11:00 Resident IT Sessions (STL)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Beginner Mahjong (P)<br>1:00 Line Dance (GX)<br>1:00 Prayer Time with Father Joe (IR)<br>2:00 Healthcare Presentation: Healthy Mind & Spirit<br>6:30 Bridge (GR)<br>6:30 Rook (P) | 8:15 Podiatrist (C)<br>9:00 Cardio Sculpt (GX)<br>9:00 Water Workout (AQ)<br>9:30 Wii Bowling League (P)<br>10:00 Technology Tours: Magnolia (PH)<br><b>10:00 Shopping at Publix</b><br>10:30 Cardio & More (GX)<br><b>10:30 Shopping at Kroger</b><br>11:00 Mat Yoga (GX)<br>11:30 Wii Bowling League (P)<br>12:30 Mexican Train Dominoes (IR)<br>1:00 Handcrafters (HLC)<br><b>1:00 World Art Day (Outdoor Dining)</b><br>1:30 Wii Bowling League (P)<br>2:00 Kitchen Tour (FG)<br>2:00 Double Deck Canasta (GX) | 9:00 Balance & Mobility (GX)<br>9:00 Flower Power Pals (AR)<br>9:45 Tai Chi Shibashi (GX)<br>10:00 Casual Putting (PG)<br><b>10:00 Frist Art Museum</b><br><b>10:00 Welcoming Committee</b><br>10:45 Tai Chi Next Steps (GX)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Mahjong (P)<br>2:00 Torah & Old Testament Study (IR)<br>2:00 Water Walking (AQ)<br>3:00 Artist Reception (AR)   | 9:00 Morning Mixup Circuit (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br><b>10:00 Brentwood Library &amp; Shopping at Dollar Tree</b><br>10:00 Marketing Advisory Board (CR)<br>10:00 Open Studio with Amy (AR)<br>10:00 Play Readers Rehearsal (PH)<br>10:30 Balance & Stretch (GX)<br>12:00 Zumba Gold (GX)<br>12:45 Rummikub (P)<br>1:00 Hand and Foot (P)<br>1:00 Art Workshop: Ceramic (AR)<br>2:00 Gentle Yoga (GX)<br>3:00 Glee Club (PH)  | 9:00 Wii Bowling Practice (P)<br>9:30 Tai Chi (Ch. 920)<br>10:15 Seated Core Crunch (Ch. 920)<br>10:30 Beginner Knitting Group<br>1:30 Better Balance (Ch. 920)<br>5:00 Happy Hour with Patsy & The Boys (PH) |

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|--|---|---|--|---|
| 19   | 20   | 21   | 22  | 23  | 24   | 25  |
| 9:30 Strong & Fit (Ch. 920)<br>10:00 Better Balance (Ch. 920)<br>1:30 Chair Yoga with Colleen (Ch. 920)<br>2:00 Hand and Foot (P)<br>3:15 Boomer Boys Comedy       | 9:00 Morning Mixup (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br>10:00 Open Studio (AR)<br>10:00 Shopping at Publix<br>10:30 Catholic Communion (PH)<br>10:30 Shopping at Kroger<br>10:30 Smartbells (GX)<br>2:00 Facility Services Committee<br>2:00 Gentle Yoga (GX)<br>3:00 Cornhole (GX)<br>4:00 Easter Season Bible Study (PH)<br>7:00 Bingo (PH) | 8:30 Hearing Services of Franklin (C)<br>9:00 Stretch & Flex (GX)<br>9:45 Tai Chi for Balance (GX)<br>10:00 Casual Putting (PG)<br>10:00 Artful Tea (AR)<br>10:45 Tai Chi Next Steps (GX)<br>11:00 Resident IT Sessions (STL)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Beginner Mahjong (P)<br>1:00 Line Dance with Instructor (GX)<br>1:00-3:00 Brentwood Library Assistance (L)<br>1:00 Resident Council<br>3:00 Storytellers (P)<br>6:30 Bridge (GR)<br>6:30 Rook (P) | 9:00 Cardio Sculpt (GX)<br>9:30 Water Workout (AQ)<br>9:30 Wii Bowling League (P)<br>10:00 Shopping at Publix<br>10:30 Cardio & More (GX)<br>10:30 Shopping at Kroger<br>11:00 Yoga Stretch (GX)<br>11:30 Wii Bowling League (P)<br>12:30 Mexican Train Dominoes (IR)<br>1:00 Handcrafters (HLC)<br>1:30 Wii Bowling League (P)<br>2:00 Afternoon Insights: Container Gardening (PH)<br>2:00 Kitchen Tour (FG)<br>2:00 Double Deck Canasta (GX) | 9:00 Balance & Mobility (GX)<br>9:00 Flower Power Pals (AR)<br>9:45 Tai Chi Shibashi (GX)<br>10:00 Casual Putting (PG)<br>10:00 Technology Tours: Redbud (PH)<br>10:00—12:00 Benjamin Franklin visit the Library (L)<br>10:45 Tai Chi Next Steps (GX)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Mahjong (P)<br>2:00 Torah & Old Testament Study (IR)<br>2:00 Water Walking (AQ)<br>5:30 Wine Dinner (SO)<br>*Reservations required | 9:00 Morning Mixup Circuit (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br>10:00 Brentwood Library & Shopping at Aldi<br>10:00 Open Studio (AR)<br>10:30 Balance & Stretch (GX)<br>12:00 Zumba Gold (GX)<br>12:45 Rummikub (P)<br>1:00 Hand and Foot (P)<br>2:00 Gentle Yoga (GX)<br>3:00 Glee Club (PH)<br>6:45 Nashville Symphony Pops   | 9:00 Wii Bowling Practice (P)<br>9:30 Tai Chi (Ch. 920)<br>10:15 Seated Core Crunch (Ch. 920)<br>10:30 Beginner Knitting Group<br>1:30 Better Balance (Ch. 920) |
| 26   | 27   | 28   | 29  | 30  | <b>Calendar Legend:</b><br>Green = Off campus outing<br>Blue = Food & Beverage Event<br>Red = Committee Meeting<br>AQ = Pool<br>AR = Art Studio<br>C = Clinic<br>CR = Conference Room<br>FG = Fireside Grille<br>GR = Game Room<br>GX = Group Exercise Studio<br>HLC = Healthy Life Center<br>IR = Iris Room<br>L = Library<br>P = Parlor<br>PH = Poplar Hall<br>PG = Putting Green<br>STL = Steeplechase Lounge |   |
| 9:30 Strong & Fit (Ch. 920)<br>10:00 Better Balance (Ch. 920)<br>1:30 Chair Yoga with Colleen (Ch. 920)<br>2:00 Hand and Foot (P)<br>4:00 Blair Strings Group (PH) | 9:00 Morning Mixup (GX)<br>9:30 Water Workout (AQ)<br>9:30 Bridge (P)<br>10:00 Open Studio (AR)<br>10:00 Shopping at Publix<br>10:15 Picnic at Arrington Vineyards<br>10:30 Shopping at Kroger<br>10:30 Smartbells (GX)<br>2:00 Birthday Bash (PH)<br>2:00 Gentle Yoga (GX)<br>3:00 Cornhole (GX)<br>4:00 Easter Season Bible Study (PH)<br>7:00 Bingo (PH)    | 9:00 Stretch & Flex (GX)<br>9:45 Tai Chi for Balance (GX)<br>10:00 Casual Putting (PG)<br>10:45 Tai Chi Next Steps (GX)<br>11:00 Resident IT Sessions (STL)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Beginner Mahjong (P)<br>1:00 Line Dance (GX)<br>1:30 Finance Committee<br>3:00 Storyteller's Tales (PH)<br>6:30 Bridge (GR)<br>6:30 Rook (P)  | 9:00 Cardio Sculpt (GX)<br>9:30 Water Workout (AQ)<br>10:00 Technology Tours: Villas (PH)<br>10:00 Shopping at Publix<br>10:30 Cardio & More (GX)<br>10:30 Shopping at Kroger<br>11:00 Mat Yoga (GX)<br>12:30 Mexican Train Dominoes (IR)<br>1:00 Handcrafters (HLC)<br>2:00 Kitchen Tour (FG)<br>2:00 National Pineapple Upside Down Cake Day (FG)<br>2:00 Double Deck Canasta (GX)  | 9:00 Balance & Mobility (GX)<br>9:00 Flower Power Pals (AR)<br>9:45 Tai Chi Shibashi (GX)<br>10:00 Casual Putting (PG)<br>10:45 Tai Chi Next Steps (GX)<br>11:30 Super Power Hour: Flexibility (GX)<br>12:00 Mahjong (P)<br>2:00 Executive Director Resident Update Meeting (PH)<br>2:00 Torah & Old Testament Study (IR)<br>2:00 Water Walking (AQ)  |  |   |

# APRIL 2026