

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	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 Caregiver Support Group (CR) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 3:00 Sip & Gogh (AR) 7:00 Bingo (PH)	8:30 Stretch & Flex (GX) 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 Sip & Gogh (AR) 11:00 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance with Instructor (GX) 1:30 Woodshop Club (Woodshop) 3:00 Sip & Gogh (AR) 6:30 Bridge (GR) 6:30 Rook (P)	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) 11:30 Super Power Hour: Reflexes (Fitness Center) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Afternoon Insights: Rockvale Writer's Colony (PH) 2:00 Double Deck Canasta (GX) 3:15 Grief Support Group (CR)	8:30 Balance & Mobility (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) 12:00 Mahjong (P) 1:30 Men's Book Club (L) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 2:00 Yoga & Sound (PH) 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) 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) 12:45 Rummikub (P) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 3:00 Cornhole Baseball (GX)	9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)
7	8	9	10	11	12	13
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 Library Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 7:00 Bingo (PH)	8:30 Stretch & Flex (GX) 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 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 1:00 Prayer Time with Father Joe (AR) 2:00 Healthcare Presentation: Seasonal Allergies (PH) 6:30 Bridge (GR) 6:30 Rook (P)	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 Mat Yoga (GX) 11:30 Super Power Hour: Reflexes (Fitness Center) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Afternoon Insights: Scam Prevention (PH) 2:00 Double Deck Canasta (GX)	8:30 Balance & Mobility (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) 11:00 Food & Beverage Committee 12:00 Mahjong (P) 1:00 Activity Committee 2:00 Water Walking (AQ) 2:30 Signing Their Lives Away (PH) 4:00 Bible Study (P) 5:45 Nashville Symphony: Classical Series	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) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Acrylic Workshop: Seahorse Painting (AR) 1:00 Hand and Foot (P) 1:30 Wellness Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole Baseball (GX)	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 = Health Life Center

IR = Iris Room

L = Library

P = Parlor

PH = Poplar Hall

PG = Putting Green

STL = Steeplechase Lounge

JUNE  
2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
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: Fire-birds	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 Presentation: Staying Safe Online (PH) 2:00 Facility Services Committee 2:00 Gentle Yoga (GX) 3:00 Art Reception: Susan Reiter (AR) 3:00 Cornhole (GX) 7:00 Bingo (PH)	8:15 Podiatrist (C) 8:30 Hearing Services of Franklin (C) 8:30 Stretch & Flex (GX) 9:00 Stretch & Flex (GX) 9:30 Tour of BELL Garden & Farm Stand 9:45 Tai Chi for Balance (GX) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 11:00 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance with Instructor (GX) 1:00 Resident Council 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)	8:15 Podiatrist (C) 9:00 Cardio Sculpt (GX) 9:00 Medal of Honor Museum 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 11:30 Super Power Hour: Reflexes (Fitness Center) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Food and Beverage Town Hall with Mark Black (PH) 2:00 Double Deck Canasta (GX)	8:30 Balance & Mobility (GX) 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) 12:00 Hamilton at TPAC 12:00 Mahjong (P) 1:00 Fundamentals of Art with Tetra (AR) 2:00 Ballroom Dance (GX) 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 Dollar Tree 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 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 Cornhole Baseball (GX)	9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)
21	22	23	24	25	26	27
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 11:00 Father's Day Brunch (FG) *Reservations required 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 3:15 Band on the Run: A Paul McCartney Tribute at Williamson County Performing Arts Center	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) 7:00 Bingo (PH)	8:30 Stretch & Flex (GX) 8:45 Durci Chocolate Tasting and Lunch 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 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 9:30 Scenic Drive & Lunch at Nash Family Creamery 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 11:30 Super Power Hour: Reflexes (Fitness Center) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX)	8:30 Balance & Mobility (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) 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) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Art Workshop: Ceramic (AR) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 2:00 National Eclair Day (FG) 3:00 Cornhole Baseball (GX) 5:00 State Fair at The Keeton Theater	9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:30 Better Balance (Ch. 920)
28	29	30	<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) 5:00 Gourmet Getaway: Fire-birds	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) 11:00 Marketing Advisory Board (CR) 2:00 Birthday Bash (PH) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 7:00 Bingo (PH)	8:30 Stretch & Flex (GX) 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 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 1:30 Finance Committee 2:00 Trivia with Ken & Kathleen (PH) 6:30 Bridge (GR) 6:30 Rook (P)				

JUNE  
2026