

MAY 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					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) 10:00 Play Readers (PH) 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 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 Kentucky Derby Party (PH)
3	4	5	6	7	8	9
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: Penne Pазze	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 Caregiver Support Group (CR) 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: Reflexes (GX) 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) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Afternoon Insights with Katie White (PH) 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: Reflexes (GX) 11:30 Resident + Employee Food Truck Fair (Outside Clubhouse) 12:00 Mahjong (P) 1:30 Men's Book Club (L) 2:00 Ballroom Dance (GX) 2:00 Torah & Old Testament Study (AR) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 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 Walmart 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 12:00 Zumba Gold (GX) 12:30 Tee Line Nashville Curling 12:45 Rummikub (P) 1:00 Hand and Foot (P) 1:30 Wellness Committee 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)
10	11	12	13	14	15	16
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 11:00 Mother's Day Brunch (Poplar Hall *Reservations Required) 1:00 Mother's Day Brunch (Poplar Hall *Reservations Required) 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) 1:00 Library Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 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) 11:00 Window Cleaning Sign Up: Redbud (STL) 11:30 Super Power Hour: Reflexes (GX) 1:00 Line Dance (GX) 2:00 Healthcare Presentation: Hearing Finity Hearing Clinic 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 9:15 Primm Springs Farm Tour and Lunch in Leiper's Fork 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 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) 11:00 Food & Beverage Committee 11:00 Window Cleaning Sign Up: Redbud (STL) 11:30 Super Power Hour: Reflexes (GX) 12:00 Mahjong (P) 1:00 Activity Committee 2:00 Torah & Old Testament Study (P) 2:00 Water Walking (AQ) 3:00 Glee Club Concert (PH) 4:00 Bible Study (P) 5:45 An Evening at Parnassus with Diane Les Becquets	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 Play Readers (PH) 10:30 Balance & Stretch (GX) 11:30 National Brisket Day (FG) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Art Workshop: Watercolor & Gouache (AR) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 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 11:00 Act Too Players (PH) 1:30 Better Balance (Ch. 920)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
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: Penne Pазze	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 Birthday Bash 2:00 Facility Services Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 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 Awaken Creativity with Amy (AR) 11:00 Resident IT Sessions (STL) 11:00 Window Cleaning Sign Up: Redbud (STL) 11:30 Super Power Hour: Reflexes (GX) 1:00 Line Dance with Instructor (GX) 1:00 Resident Council (CR) 2:30 Awaken Creativity with Amy (AR) 3:00 Glee Club Concert (PH) 3:00 Storytellers (P) 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 Shopping at Kroger 11:00 Yoga Stretch (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX) 2:00 19th Anniversary Party (Outside Clubhouse)	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) 11:00 Window Cleaning Sign Up: Redbud (STL) 11:30 Super Power Hour: Reflexes (GX) 12:00 Mahjong (P) 2:00 Ballroom Dance (GX) 2:00 Torah & Old Testament Study (P) 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) 10:00 Marketing Advisory Board (CR) 10:15 Tour of Owen Chapel 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 Art Reception: Guest Artist (AR)	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 10:30 Beginner Knitting Group 1:00 Jesus Christ Superstar at Studio Tenn 1:30 Better Balance (Ch. 920)
24	25	26	27	28	29	30
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)	9:30 Bridge (P) 10:00 Memorial Day Ceremony (Flagpole) 10:00 Open Studio (AR) 11:00 Memorial Day Cookout (PH) 1:00 Memorial Day Cookout (PH) 3:00 Cornhole (GX) 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: Reflexes (GX) 1:00 Line Dance (GX) 1:30 Finance Committee 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) 10:00 Shopping at Publix 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX) 2:30 Signing Their Lives Away	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 Play Readers 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Reflexes (GX) 12:00 Mahjong (P) 2:00 Executive Director Resident Update Meeting (PH) 2:00 Torah & Old Testament Study (P) 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 Trader Joe's 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 Play Readers Performance (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)
31	Calendar Legend: Blue = Food & Beverage Event AR = Art Studio GR = Game Room L = Library STL = Steeplechase Lounge Green = Off-campus outing C = Clinic GX = Group Exercise Studio P = Parlor Red = Committee Meeting CR = Conference Room HLC = Healthy Life Center PH = Poplar Hall AQ = Pool FG = Fireside Grille IR = Iris Room PG = Putting Green					
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)						

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