

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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		1		2		3		4		5	
				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 Awaken Creativity with Amy (AR) 11:00 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 1:30 Woodshop Club (Woodshop) 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 Cardio & Core (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 11:30 Super Power Hour: Better Balance (Fitness Center) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Double Deck Canasta (GX) 2:30 Happy Hour Dance Party (PH) 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) 1:00 Men's Book Club (L) 2:00 Afternoon Insights with Brentwood Historic Commis-sion (PH) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 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 & Shop-ping 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) 3:00 Glee Club Meet & Greet (PH)		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)	
6		7		8		9		10		11		12	
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 Open Studio (AR) 11:00 Labor Day Buffet (PH) *Reservations required 1:00 Labor Day Buffet (PH) *Reservations required 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 with Instructor (GX) 2:00 Healthcare Presentation: Art Is Medicine (PH) 6:30 Bridge (GR) 6:30 Rook (P)		9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:30 Cardio & Core (GX) 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 11:30 Super Power Hour: Better Balance (Fitness Center) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 2:30 Grains of Sand Film Screen-ing (PH)		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 Commit-tee 12:00 Mahjong (P) 1:00 Activity Committee 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 & Shop-ping 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 Hand and Foot (P) 1:30 Wellness Committee Meeting 2:00 Gentle Yoga (GX) 3:00 Cornhole Baseball (GX) 3:00 Glee Club (PH) 5:45 Nashville Symphony: Classi-cal		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)	
13		14		15		16		17		18		19	
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 Restora-tion Hardware		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 1:00 Mahjong Lessons (P) 2:00 Gentle Yoga (GX) 3:00 Artist Reception: Jamie Led-ford (AR) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 7:00 Bingo (PH)		8:30 Stretch & Flex (GX) 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 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 1:00 Resident Council (CR) 2:30 Resident Satisfaction Sur-vey Kick Off Social (PH) 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)		9:00 Cardio Sculpt (GX) 9:00 Vaccine Clinic (PH) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:30 Cardio & Core (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 11:30 Super Power Hour: Better Balance (Fitness Center) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 6:30 Jersey Boys at TPAC		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) 11:45 Lunch at Swett's 12:00 Mahjong (P) 2:00 Ballroom Dance (GX) 2:00 Water Walking (AQ) 4:00 Bible Study (P)		A WEEKEND TO REMEMBER: ALZHEIMER'S MUSIC FESTIVAL 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 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) 1:00 Acrylic Workshop with Joan and Jann (AR) 2:00 Gentle Yoga (GX) 3:00 Cornhole Baseball (GX) 3:00 Glee Club (PH)		A WEEKEND TO REMEMBER: ALZHEIMER'S MUSIC FESTIVAL 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)	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
A WEEKEND TO REMEMBER: ALZHEIMER'S MUSIC FESTIVAL 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 Catholic Communion (PH) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 1:00 IT Class (CR) 1:00 Mahjong Lessons (P) 2:00 Durci Chocolate Tasting and Seminar (PH) 2:00 Facility Services Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 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 Awaken Creativity with Amy (AR) 11:00 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance with Instructor (GX) 2:00 Trivia with Ken & Kathleen (PH) 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) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:15 Tour of Belle Meade Historic Site 10:30 Cardio & Core (GX) 10:30 Shopping at Kroger 11:00 Yoga Stretch (GX) 11:30 Super Power Hour: Better Balance (Fitness Center) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX) 2:30 NIFS Empowerment Workshop (PH)	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) 11:30 National Beef Stroganoff Day (FG) 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) 3:00 Glee Club (PH) 5:45 Nashville Symphony: Classical 6:00 Love The One You're With: The Music of Sunset Blvd in the Sixties at Williamson County Performing Arts Center	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)
27	28	29	30	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		
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	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) 10:00 Resident Garden Meeting (PH) 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells (GX) 1:00 IT Class (CR) 1:00 Mahjong Lessons (P) 2:00 Birthday Bash (PH) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 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) 10:15 Tour of Nash Family Farm & Lunch 10:45 Tai Chi Next Steps (GX) 11:00 Awaken Creativity with Amy (AR) 11:00 Beginner Mahjong (P) 11:00 Resident IT Sessions (STL) 1:00 Line Dance (GX) 1:30 Finance Committee (CR) 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) 9:30 Wii Bowling League (P) 10:00 Shopping at Publix 10:30 Cardio & Core (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 11:30 Super Power Hour: Better Balance (Fitness Center) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Double Deck Canasta (GX)	SEPT 2026		