

SUN	MON	TUE	WED	THUR	FRI	SAT
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:30 Chair Yoga with Colleen (Ch. 920) 5:00 Gourmet Getaway: Roots Prime Chophouse	1 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) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 7:00 Bingo (PH)	2 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) 1:00 Understanding the Gift Fund (PH) 2:00 Ladies Book Club (P) 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	3 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: Grip Strength (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 Storytellers Performance (PH) 3:15 Grief Support Group (CR)	4 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 Ballroom Dance (GX) 2:00 Laughs with Comedian Dave Allen (PH) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 4:00 Bible Study (P)	5 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) 11:30 National Fried Chicken Sandwich Day (FG) 12:00 Zumba Gold (GX) 12:45 Rummikub (P) 1:00 Art Workshop with Michelle (AR) 1:00 Hand and Foot (P) 2:00 Gentle Yoga (GX) 2:00 Podiatrist (C) 3:00 Cornhole Baseball (GX) 3:00 Glee Club (PH) 6:30 Beholding Christ: An Evening for Women in the Word with Nancy Guthrie at Brentwood Baptist	6 8:00 Podiatrist (C) 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)
8 9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Musical Performance with The Act Too Players (PH)	9 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) 2:00 Library Open House (L) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 7:00 Bingo (PH)	10 8:00 Zibrio Balance Blast: Monthly Assessment Day (Fitness Center) 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) 2:00 Healthcare Presentation: Oral Health and Wellness (PH) 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	11 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) 11:00 Veterans Day Flag Ceremony 11:30 Super Power Hour: Grip Strength (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) 5:30 Veteran's Day Dinner (PH)	12 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 Understanding the Gift Fund (PH) 10:45 Tai Chi Next Steps (GX) 11:00 Food & Beverage Committee 12:00 Mahjong (P) 1:00 Activity Committee 2:00 Afternoon Insights: Author Christy Lynch (PH) 2:00 Water Walking (AQ) 4:00 Bible Study (P) 6:45 Nashville Symphony: Pops Series	13 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 with Joan and Jann 1:00 Hand and Foot (P) 1:30 Wellness Committee 2:00 Gentle Yoga (GX) 3:00 Cornhole Baseball (GX) 3:00 Glee Club (PH) 6:45 Nashville Symphony: Pops Series	14 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) 4:00 Happy Hour with Patsy & The Boys (PH)

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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>5:00 Gourmet Getaway: Roots Prime Chophouse</div> <div>15</div>	<div>8:00 Tour of Falls Mill & Lunch at Miss Mary Bobo's</div> <div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Open Studio (AR)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Catholic Communion (PH)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>1:00 Food & Beverage Town Hall (PH)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Facility Services Committee</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Cornhole (GX)</div> <div>4:00 Ladies Bible Study (PH)</div> <div>7:00 Bingo (PH)</div> <div>16</div>	<div>8:30 Stretch & Flex (GX)</div> <div>8:30 Hearing Services of Franklin (C)</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 Beginner Mahjong (P)</div> <div>11:00 Resident IT Sessions (STL)</div> <div>1:00 Line Dance with Instructor (GX)</div> <div>1:00 Resident Council (CR)</div> <div>2:00 Music with Isabella Gueck (PH)</div> <div>2:30 Awaken Creativity with Amy (AR)</div> <div>3:00 Storytellers (P)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>17</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Wii Bowling League (P)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio & Core (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Yoga Stretch (GX)</div> <div>11:30 Super Power Hour: Grip Strength (Fitness Center)</div> <div>11:30 Wii Bowling League (P)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>1:30 Wii Bowling League (P)</div> <div>2:00 Expert Next Door: All About Trains with Bob Stewart (PH)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>3:30 Sound Bath (AQ)</div> <div>18</div>	<div>8:30 Balance & Mobility (GX)</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>10:00 Welcoming Committee</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>2:00 Ballroom Dance (GX)</div> <div>2:00 Water Walking (AQ)</div> <div>2:30 Ladies Gratitude Tea (PH)</div> <div>4:00 Bible Study (P)</div> <div>5:45 Nashville Symphony: Classical Series</div> <div>19</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:00 Vaccine Clinic (PH)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library & Shopping at Dollar Tree</div> <div>10:00 Open Studio with Amy (AR)</div> <div>10:30 Balance & Stretch (GX)</div> <div>12:00 Zumba Gold (GX)</div> <div>12:45 Rummikub (P)</div> <div>1:00 Art workshop: Drawing with Tetra (AR)</div> <div>1:00 Hand and Foot (P)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Cornhole Baseball (GX)</div> <div>3:00 Glee Club (PH)</div> <div>5:45 Nashville Symphony: Classical Series</div> <div>20</div>	<div>9:00 Wii Bowling Practice (P)</div> <div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>10:30 Beginner Knitting Group</div> <div>1:30 Better Balance (Ch. 920)</div> <div>21</div>
<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>22</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Open Studio (AR)</div> <div>10:00 Shopping at Publix</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>3:00 Cornhole (GX)</div> <div>4:00 Ladies Bible Study (PH)</div> <div>7:00 Bingo (PH)</div> <div>23</div>	<div>8:30 Stretch & Flex (GX)</div> <div>9:00 Stretch & Flex (GX)</div> <div>9:30 Wings of Liberty Museum Tour</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 Beginner Mahjong (P)</div> <div>11:00 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>1:30 Finance Committee (CR)</div> <div>2:30 Awaken Creativity with Amy (AR)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>24</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Wii Bowling League (P)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio & Core (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Mat Yoga (GX)</div> <div>11:30 Super Power Hour: Grip Strength (Fitness Center)</div> <div>11:30 Wii Bowling League (P)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>1:30 Wii Bowling League (P)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>25</div>	<div>10:00 Casual Putting (PG)</div> <div>11:00 Thanksgiving Lunch (PH)</div> <div>12:00 Mahjong (P)</div> <div>1:00 Thanksgiving Lunch (PH)</div> <div>26</div>	<div>9:30 Bridge (P)</div> <div>10:00 Open Studio (AR)</div> <div>12:45 Rummikub (P)</div> <div>1:00 Hand and Foot (P)</div> <div>3:00 Cornhole Baseball (GX)</div> <div>3:00 Glee Club (PH)</div> <div>27</div>	<div>9:00 Wii Bowling Practice (P)</div> <div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>10:30 Beginner Knitting Group</div> <div>1:30 Better Balance (Ch. 920)</div> <div>28</div>
<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>29</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Open Studio (AR)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Birthday Bash (PH)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Cornhole (GX)</div> <div>4:00 Ladies Bible Study (PH)</div> <div>7:00 Bingo (PH)</div> <div>30</div>	<div>LOCATION KEY</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>				

November
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