

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
9:30 Strong & Fit (Ch. 920) 10:00 Better Balance (Ch. 920) <b>1:15 Ultimate Rewind at Williamson County Performing Arts Center</b> 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) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 10:30 Smartbells (GX) 2:00 Caregiver Support Group (CR) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (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 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Beginner Mahjong (P) 1:00 Line Dance with Instructor (GX) 2:00 Ladies Book Club (P) 2:00 Sip and Gogh (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) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 11:00 Mat Yoga (GX) 11:00 Sip and Gogh (AR) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Environmental Services Town Hall (PH) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Kitchen Tour (FG) 2:00 Sip and Gogh (AR) 2:00 Double Deck Canasta (GX) 3:15 Grief Support Group (CR) <b>6:30 SIX: The Musical at TPAC</b>	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) <b>10:30 Iconic Nashville Restaurant Tour: Monell's</b> 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong (P) 1:30 Men's Book Club (L) 2:00 Water Walking (AQ) 2:00 Ballroom Dance (GX) 2:30 Poetry Circle (P) 3:00 Play Readers Performance (PH) 4:00 Bible Study (P)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) <b>10:00 Brentwood Library &amp; Shopping at Trader Joe's</b> <b>10:00 Landscape Committee</b> 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 Glee Club (PH) <b>5:45 Nashville Symphony: Classical Series</b>	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	10	11	12	13	14
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) <b>5:00 Super Bowl Party (PH)</b> <b>*Reservations required</b>	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) <b>10:00 Shopping at Publix</b> <b>10:30 Shopping at Kroger</b> 10:30 Smartbells (GX) <b>1:00 Library Committee</b> 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (PH) 7:00 Bingo (PH)	8:30 Podiatrist (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 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Beginner Mahjong (P) 1:00 Line Dance (GX) 2:00 Healthcare Presentation: Osteoporosis (PH) 6:30 Bridge (GR) 6:30 Rook (P)	8:30 Podiatrist (C) 9:00 Cardio Sculpt (GX) 9:00 Water Workout (AQ) 9:30 Wii Bowling League (P) <b>10:00 Shopping at Publix</b> <b>10:30 Iconic Nashville Restaurant Tour: Loveless Cafe</b> <b>10:30 Shopping at Kroger</b> 11:00 Yoga Stretch (GX) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Kitchen Tour (FG) 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) 10:00 Resident Garden Meeting (P) 10:45 Tai Chi Next Steps (GX) <b>11:00 Food &amp; Beverage Committee</b> 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong (P) <b>1:00 Activity Committee</b> 1:00 Art Workshop: Acrylic (AR) 2:00 Water Walking (AQ) 2:30 Signing Their Lives Away (PH) 4:00 Bible Study (P) <b>6:45 Nashville Symphony: Pops Series</b>	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) <b>10:00 Brentwood Library &amp; Shopping at Walmart</b> 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: Acrylic (AR) 1:00 Hand and Foot (P) <b>1:30 Wellness Committee</b> 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) <b>6:45 Nashville Symphony: Pops Series</b>	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) <b>5:30 Valentine's Day Dinner &amp; Dance (PH) *Reservations required</b>

February  
2026

**Calendar Legend:** Green = Off Campus Outing    AQ = Pool    C = Clinic    FG = Fireside Grille    GX = Group Exercise Studio    IR = Iris Room    P = Parlor    PG = Putting Green  
 Red = Committee Meeting    Blue = Food & Beverage Event    AR = Art Studio    CR = Conference Room    GR = Game Room    HLC = Healthy Life Center    L = Library    PH = Poplar Hall    STL = Steeplechase Lounge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
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) 3:00 Nashville Children's Choir Concert (PH) 5:00 <b>Gourmet Getaway: Uz-begim</b>	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) 10:00 <b>Shopping at Publix</b> 10:30 Catholic Communion (PH) 10:30 <b>Shopping at Kroger</b> 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 <b>Facilities Committee</b> 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (PH) 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 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Beginner Mahjong (P) 1:00 Line Dance with Instructor (GX) 1:00 <b>Resident Council</b> 3:00 Storytellers (P) 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 <b>Shopping at Publix</b> 10:30 Cardio & More (GX) 10:30 <b>Shopping at Kroger</b> 11:00 Mat Yoga (GX) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Kitchen Tour (FG) 2:00 Double Deck Canasta (GX) 2:30 Author Talk: Joy Jordan Lake (PH)	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 <b>Welcoming Committee</b> 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Mahjong (P) 1:00 <b>The Museum of Christian &amp; Gospel Music</b> 2:00 Water Walking (AQ) 2:00 Ballroom Dance (GX) 4:00 Bible Study (P)	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 <b>Brentwood Library &amp; Shopping at Dollar Tree</b> 10:00 Open Studio with Amy (AR) 10:00 Marketing Advisory Board (CR) 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)	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)
22	23	24	25	26	27	28
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 <b>Gourmet Getaway: Uz-begim</b>	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio (AR) 10:00 <b>Shopping at Publix</b> 10:30 Healthcare Presentation: Advance Directives (PH) 10:30 <b>Shopping at Kroger</b> 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 Birthday Bash (PH) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 The Chosen: Season 5 (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 Resident IT Sessions (STL) 11:30 Super Power Hour: Posture (Fitness Center) 12:00 Beginner Mahjong (P) 1:00 Line Dance (GX) 1:30 Finance Committee (CR) 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 <b>Shopping at Publix</b> 10:30 Cardio & More (GX) 10:30 <b>Shopping at Kroger</b> 11:00 Yoga Stretch (GX) 11:30 Wii Bowling League (P) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 1:30 Wii Bowling League (P) 2:00 Kitchen Tour (FG) 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) 10:00 <b>Iconic Nashville Restaurant Tour: Pancake Pantry</b> 10:45 Tai Chi Next Steps (GX) 11:30 Super Power Hour: Posture (Fitness Center) 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 <b>Brentwood Library &amp; Shopping at Aldi</b> 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) 2:00 <b>National Cherry Pie Day (FG)</b> 3:00 Glee Club (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)

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