

SUN	MON	TUE	WED	THUR	FRI	SAT
<div>9:30 Strong &amp; Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>1</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>12:30 The Heritage Tappers (GX)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Corn Hole (GX)</div> <div>9:20 The Chosen: Season 3 (PH)</div> <div>6:30 Bingo (P)</div> <div>2</div>	<div>9:00 Stretch &amp; 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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>3:00 Sip &amp; Gogh (AR)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>3</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio &amp; More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Yoga Stretch (GX)</div> <div>11:00 Sip &amp; Gogh (AR)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta Open House (GX)</div> <div>3:00 Sip &amp; Gogh (AR)</div> <div>6:30 Line Dance with Instructor (GX)</div> <div>4</div>	<div>9:00 Balance &amp; 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>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>12:00 Art Workshop: Ceramic Series (AR)</div> <div>2:00 Ballroom Dance (GX)</div> <div>2:00 Water Walking (AQ)</div> <div>2:00 New Resident Meet &amp; Greet (PH)</div> <div>2:30 Poetry Circle (P)</div> <div>4:00 Bible Study (P)</div> <div>5</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library &amp; Shopping at Trader Joe's</div> <div>10:00 Landscape Committee (CR)</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:00 Lunch &amp; Shopping at Tanger Outlets</div> <div>10:30 Balance &amp; Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:00 Art Workshop: Beginner Watercolor (AR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>6</div>	<div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>1:30 Better Balance (Ch. 920)</div> <div>5:00 Happy Hour with Patsy &amp; The Boys (PH)</div> <div>6:30 Protestant Church Service with Communion (P)</div> <div>7</div>
<div>9:30 Strong &amp; Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>5:00 Gourmet Getaway: Etch</div> <div>8</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>1:00 IT Class (CR)</div> <div>1:00 Library Committee (L)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 3 (PH)</div> <div>6:30 Bingo (P)</div> <div>9</div>	<div>9:00 Stretch &amp; 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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>2:00 Healthcare Presentation: Pool Exercise (PH)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>7:00 Movie: The Woman King (Ch. 920)</div> <div>10</div>	<div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio &amp; More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Southern Tea Room</div> <div>11:00 Mat Yoga (GX)</div> <div>12:15 Music For Seniors Concert: Jannelle Means' Soul Vibes</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>11</div>	<div>9:00 Balance &amp; 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 Marketing Advisory Board (CR)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>11:00 Food &amp; Beverage Committee</div> <div>12:00 Mahjong (P)</div> <div>12:00 Art Workshop: Ceramic Series (AR)</div> <div>1:00 Activity Committee (CR)</div> <div>2:00 Water Walking (AQ)</div> <div>3:00 Caregiver Support Group (CR)</div> <div>4:00 Bible Study (P)</div> <div>12</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library &amp; Shopping at Walmart</div> <div>10:00 FLAG: Free Little Art Gallery Session (AR)</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:30 Balance &amp; Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:30 Wellness Committee Meeting (CR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>13</div>	<div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>1:30 Better Balance (Ch. 920)</div> <div>14</div>
<div>9:30 Strong &amp; Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>11:00 Father's Day Brunch (FG *Reservations Required)</div> <div>1:00 Father's Day Brunch (FG *Reservations Required)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>15</div>	<div>9:00 Morning Mixup (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Catholic Communion (PH)</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>2:00 Facility Services Committee (CR)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 3 (PH)</div> <div>6:30 Bingo (P)</div> <div>16</div>	<div>8:30 Hearing Services of Franklin (C)</div> <div>9:00 Stretch &amp; 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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>1:00 Resident Council (CR)</div> <div>1:10 Podiatrist (C)</div> <div>2:00 Brentwood Police K-9 Unit Presentation (PH)</div> <div>2:15 Cool Springs Eye Care Clinic (C)</div> <div>3:00 Storytellers Meet &amp; Greet (P)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div> <div>17</div>	<div>8:30 Podiatrist (C)</div> <div>9:00 Cardio Sculpt (GX)</div> <div>9:30 Grand Ole Opry Tour</div> <div>9:30 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio &amp; More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Yoga Stretch (GX)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>2:30 Senior Helpers Wine &amp; Cheese (PH)</div> <div>6:00 Summer Concert Series (Outdoor Dining Area)</div> <div>18</div>	<div>9:00 Balance &amp; 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 (CR)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>12:00 Art Workshop: Ceramic Series (AR)</div> <div>2:00 Water Walking (AQ)</div> <div>4:00 Bible Study (P)</div> <div>19</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library &amp; Shopping at Dollar Tree</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:30 Balance &amp; Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:00 Songwriting Workshop (PH)</div> <div>2:00 Gentle Yoga (GX)</div> <div>4:00 Jill Sissel Performance (PH)</div> <div>20</div>	<div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>1:30 Better Balance (Ch. 920)</div> <div>6:30 Protestant Church Service with Communion (P)</div> <div>7:00 Movie: Mission Impossible - Dead Reckoning Part One (Ch. 920)</div> <div>21</div>



Calendar Legend

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

SUN	MON	TUE	WED	THUR	FRI	SAT
<div>9:30 Strong &amp; Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>5:00 Gourmet Getaway: Etch</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 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</div> <div>10:30 Shopping at Kroger</div> <div>10:30 Smartbells (GX)</div> <div>11:00 Marketing Advisory Board (CR)</div> <div>1:00 Environmental Services Town Hall with Lee Clark (PH)</div> <div>1:00 IT Class (CR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 4 (PH)</div> <div>6:30 Bingo (P)</div> <div>23</div>	<div>9:00 Stretch &amp; 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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>1:30 Finance Committee (CR)</div> <div>2:00 Summer Game Show Series: Jeopardy (PH)</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 Water Workout (AQ)</div> <div>10:00 Shopping at Publix</div> <div>10:30 Cardio &amp; More (GX)</div> <div>10:30 Shopping at Kroger</div> <div>11:00 Mat Yoga (GX)</div> <div>12:30 Mexican Train Dominoes (IR)</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>5:30 One Man Show &amp; Dinner with Shawn Knight (PH)</div> <div>*Reservations Required</div> <div>25</div>	<div>9:00 Balance &amp; Mobility (GX)</div> <div>9:00 Flower Power Pals (AR)</div> <div>9:45 Tai Chi Shibashi (GX)</div> <div>10:00 A Prayerful Conversation with Rev. Pam Hawkins (P)</div> <div>10:00 Casual Putting (PG)</div> <div>10:45 Tai Chi Next Steps (GX)</div> <div>12:00 Mahjong (P)</div> <div>12:00 Art Workshop: Ceramic Series (AR)</div> <div>2:00 Executive Director Resident Update Meeting (PH)</div> <div>2:00 Water Walking (AQ)</div> <div>4:00 Bible Study (P)</div> <div>26</div>	<div>9:00 Morning Mixup Circuit (GX)</div> <div>9:30 Water Workout (AQ)</div> <div>9:30 Bridge (P)</div> <div>10:00 Brentwood Library &amp; Shopping at Aldi</div> <div>10:00 FLAG: Free Little Art Gallery Session (AR)</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:30 Balance &amp; Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:00 Art Workshop: Oil Pastel (AR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>2:00 - 3:00 National Churro Day (FG)</div> <div>3:00 Happy Hour Dance Party (PH)</div> <div>27</div>	<div>9:30 Tai Chi (Ch. 920)</div> <div>10:15 Seated Core Crunch (Ch. 920)</div> <div>1:30 Better Balance (Ch. 920)</div> <div>28</div>
<div>9:30 Strong &amp; Fit (Ch. 920)</div> <div>10:00 Better Balance (Ch. 920)</div> <div>1:30 Chair Yoga with Colleen (Ch. 920)</div> <div>2:00 Hand and Foot (P)</div> <div>6:00 Movie: Mama Mia! (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 Shopping at Publix</div> <div>10:00 Open Studio in Art Studio (AR)</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>2:00 Birthday Bash (PH)</div> <div>3:00 Corn Hole (GX)</div> <div>4:00 The Chosen: Season 4 (PH)</div> <div>6:30 Bingo (P)</div> <div>30</div>	<div>Calendar Legend</div> <div>AR - Art Studio 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>SO - Southern Oak</div> <div>STL - Steeplechase Lounge</div> <div>Green - Off-Campus Outing</div> <div>Blue - Food &amp; Beverage Event</div> <div>Red - Committee Meeting</div>				

