

SUN	MON	TUE	WED	THUR	FRI	SAT
<div>Calendar Legend</div> <div>AR - Art Studio</div> <div>AQ- Pool</div> <div>C - Clinic</div> <div>CR - Conference Room</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>PH - Poplar Hall</div> <div>PG - Putting Green</div> <div>STL - Steeplechase Lounge</div> <div>Green- Off-Campus Outing</div> <div>Blue- Food & Beverage Event</div> <div>Red- Committee Meeting</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 & Shopping at Trader Joe's</div> <div>10:00 Landscape Committee</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:30 Balance & Stretch (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:00 Art Workshop: Watercolor Mixed Media (AR)</div> <div>2:00 Gentle Yoga (GX)</div> <div>3:30 Cardio Drumming (PH)</div>	<div>1</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>1:30 Better Balance (Ch. 920)</div> <div>6:30 Protestant Church Service with Communion (P)</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>2:00 Hand and Foot (P)</div> <div>6:00 Movie: Mission Impossible- Dead Reckoning Part One (Ch. 920)</div>	<div>4</div> <div>9:00 Morning Mixup (GX)</div> <div>9:00 Breakfast Tour: Ruby Sunshine</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>4:00 The Chosen: Season 4 (PH)</div> <div>7:00 Bingo (PH)</div>	<div>5</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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>3:00 Dolly Parton Tribute Concert (PH)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div>	<div>6</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 & 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>3:00 Sip & Gogh (AR)</div> <div>3:15 Grief Support Group (CR)</div> <div>6:30 Line Dance with Instructor (GX)</div>	<div>7</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>10:45 Tai Chi Next Steps (GX)</div> <div>11:00 Sip & Gogh (AR)</div> <div>12:00 Mahjong (P)</div> <div>2:00 Ballroom Dance (GX)</div> <div>2:00 Water Walking (AQ)</div> <div>2:30 Poetry Circle (P)</div> <div>3:00 Sip & Gogh (AR)</div> <div>4:00 Bible Study (P)</div> <div>5:30 An Evening in Paris (PH) * Reservations Required</div>	<div>8</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 & 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>10:00 Play Readers Camp (PH)</div> <div>10:30 Balance & Stretch (GX)</div> <div>1:00 Beginner Knitting Informational Meeting (AR)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>1:30 Wellness Committee Meeting</div> <div>2:00 Gentle Yoga (GX)</div> <div>4:00 Music with Alan Brown and the No Name Band (PH)</div>	<div>9</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>1:30 Better Balance (Ch. 920)</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>2:00 Hand and Foot (P)</div> <div>5:00 Gourmet Getaway: Perry's Steakhouse</div>	<div>11</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 4 (PH)</div> <div>7:00 Bingo (PH)</div>	<div>12</div> <div>9:00 Breakfast Tour: Big Bad Breakfast</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 Resident IT Sessions (STL)</div> <div>1:00 Line Dance (GX)</div> <div>2:00 Healthcare Presentation: Middle Tennessee Pharmaceutical Services & How to Prevent Falls (PH)</div> <div>6:30 Bridge (GR)</div> <div>6:30 Rook (P)</div>	<div>13</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 & 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 Dolly: A True Original Musical</div> <div>1:00 Handcrafters (HLC)</div> <div>2:00 Double Deck Canasta (GX)</div> <div>6:00 Movie: Since You Went Away (Ch. 920)</div>	<div>14</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>10:45 Tai Chi Next Steps (GX)</div> <div>11:00 Food & Beverage Committee</div> <div>12:00 Mahjong (P)</div> <div>1:00 Activity Committee</div> <div>2:00 Food & Beverage Town Hall with Mark Black (PH)</div> <div>2:00 Water Walking (AQ)</div> <div>3:00 Artist Reception (AR)</div> <div>3:00 Caregiver Support Group (CR)</div> <div>4:00 Bible Study (P)</div>	<div>15</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 & Shopping at Dollar Tree</div> <div>10:00 Light: The Swiss Army Knife of Astronomy with Dr. Billy Teets (PH)</div> <div>10:00 Open Studio with Amy in Art Studio (AR)</div> <div>10:30 Balance & Stretch (GX)</div> <div>12:00 Zumba Gold (GX)</div> <div>1:00 Hand and Foot (P)</div> <div>1:00 Rummikub (P)</div> <div>2:00 Gentle Yoga (GX)</div>	<div>16</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>1:30 Better Balance (Ch. 920)</div> <div>5:00 Happy Hour with Patsy & the Boys (PH)</div> <div>6:30 Protestant Church Service with Communion (P)</div>

August
2025

SUN	MON	TUE	WED	THUR	FRI	SAT
<div> <div>17</div> <div> 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) 6:00 Movie: The Call of the Wild (Ch. 920) </div> </div>	<div> <div>18</div> <div> 9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Shopping at Publix 10:00 Open Studio in Art Studio (AR) 10:30 Catholic Communion (PH) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 Gentle Yoga (GX) 2:00 Facility Services Committee 3:00 Corn Hole (GX) 4:00 The Chosen: Season 4 (PH) 7:00 Bingo (PH) </div> </div>	<div> <div>19</div> <div> 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) 1:00 Line Dance (GX) 1:00 Resident Council 2:15 Cool Springs Eye Care Clinic (C) 3:00 Storytellers (P) 3:00 The JAM Experience (GX) 6:30 Bridge (GR) 6:30 Rook (P) </div> </div>	<div> <div>20</div> <div> 9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 11:00 Mat Yoga (GX) 12:30 Mexican Train Dominoes (IR) 1:00 Handcrafters (HLC) 2:00 Summer Game Show Series: Family Feud (PH) 2:00 Double Deck Canasta (GX) 6:30 Line Dance with Instructor (GX) </div> </div>	<div> <div>21</div> <div> 9:00 Balance & Mobility (GX) 9:00 Breakfast Tour: First Watch 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 Welcoming Committee (CR) 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 1:00 Jefferson Street Sound Museum Tour 2:00 Laughter Yoga (GX) 2:00 Water Walking (AQ) 4:00 Bible Study (P) </div> </div>	<div> <div>22</div> <div> 9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Aldi 10:00 FLAG: Free Little Art Gallery Session (AR) 10:00 Marketing Advisory Board 10:00 Open Studio with Amy in Art Studio (AR) 10:00 Play Readers Camp (PH) 10:30 Balance & Stretch (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX) 2:00 National Banana Pudding Day (Fireside Grill) </div> </div>	<div> <div>23</div> <div> 9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920) </div> </div>
<div> <div>24</div> <div> 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: Perry's Steakhouse </div> </div>	<div> <div>25</div> <div> 9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Shopping at Publix 10:00 Open Studio in Art Studio (AR) 10:30 Shopping at Kroger 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 Gentle Yoga (GX) 2:00 Birthday Bash (PH) 3:00 Corn Hole (GX) 7:00 Bingo (PH) </div> </div>	<div> <div>26</div> <div> 9:00 Stretch & Flex (GX) 9:30 Goo Goo Clusters: A Taste of Goo 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) 1:00 Line Dance (GX) 1:10 Podiatrist (C) 1:30 Finance Committee 6:30 Bridge (GR) 6:30 Rook (P) </div> </div>	<div> <div>27</div> <div> 8:30 Podiatrist (C) 9:00 Cardio Sculpt (GX) 9:30 Water Workout (AQ) 10:00 Shopping at Publix 10:30 Cardio & More (GX) 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) 6:00 Summer Concert Series (Outdoor Dining Area) </div> </div>	<div> <div>28</div> <div> 9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 A Prayerful Conversation with Rev. Pam Hawkins (P) 10:00 Casual Putting (PG) 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 12:30 Art Workshop: Bracelets (AR) 2:00 Executive Director Resident Update Meeting (PH) 2:00 Water Walking (AQ) 4:00 Bible Study (P) </div> </div>	<div> <div>29</div> <div> 9:00 Breakfast Tour: Puffy Muffin 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 in Art Studio (AR) 10:30 Balance & Stretch (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX) 3:00 Glee Club Meet & Greet (PH) </div> </div>	<div> <div>30</div> <div> 9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920) 5:00 Ragtime The Musical at The Larry Keeton Theatre </div> </div>
<div> <div>31</div> <div> 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) 6:00 Movie: August: Osage County (Ch. 920) </div> </div>	<div> <div>Calendar Legend</div> <div> AR - Art Studio AQ- Pool C - Clinic CR - Conference Room 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 Green- Off-Campus Outing Blue- Food & Beverage Event Red- Committee Meeting </div> </div>					