


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>January 2024</div> 	1	2	3	4	5	6
	9:30 Bridge—P 11:00 & 1:00 New Year’s Day Champagne Brunch—PH *Reservations required 12:30 The Heritage Tappers—GX 1:00 IT Class—CR	9:00 Stretch & Flex—GX 9:45 Tai Chi for Balance—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance Class—GX 2:00 Bold Moves Flex—GX 2:00 Drama Group—3rd Floor Redbud 2:00 Ladies Book Club—P 6:30 Bridge—1st Floor Redbud 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 11:00 Yoga Stretch—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 3:15 Grief Support Group—CR 6:30 Funny Girl at TPAC	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:30 Bold Moves—GX 12:00 Mahjong—P 2:00 Water Walking—AQ 2:30 Poetry Circle—P 4:00 Bible Study—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Trader Joe’s 10:00 Landscape Committee 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 2:00 Gentle Yoga—GX 5:45 Nashville Symphony: Classical Series	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
7	8	9	10	11	12	13
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells—GX 12:30 The Heritage Tappers—GX 1:00 IT Class—CR 1:00 Library Committee 2:00 Gentle Yoga—GX 3:00 Corn Hole—GX 4:00 Ladies Bible Study—PH 6:30 BINGO—P	9:00 Stretch & Flex—GX 9:45 Tai Chi for Balance—GX 10:00 Casual Putting—PG 10:00 Genealogy Group—PH 10:45 Tai Chi Next Steps—GX 11:00 Awaken Creativity with Amy—AR 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance Class—GX 1:00 Prayer Time with Father Joe—P 2:00 Bold Moves Flex—GX 2:00 Drama Group—3rd Floor Redbud 2:30 Awaken Creativity with Amy—AR 6:30 Bridge—1st Floor Redbud 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 11:00 Mat Yoga—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 1:00 Build Strong Bones for a Strong 2024—GX 2:30 Double Deck Canasta—IR 3:00 Travel Club Meeting—CR 4:00 Music with Joe Turley—PH	9:00 Balance & Mobility—GX 9:45 Tai Chi Shibashi—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Food & Beverage Committee 11:30 Bold Moves—GX 12:00 Mahjong—P 1:00 Activity Committee 2:00 Water Walking—AQ 2:00 Ballroom Dance—GX 3:00 Caregiver Support Group—CR 4:00 Bible Study—P 5:30 Breakfast for Dinner while watching Breakfast at Tiffany’s—PH *Reservations required 6:45 Nashville Symphony: Pops Series	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Walmart 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00 Food & Beverage Town Hall with Mark Black—PH 1:00-3:00 Watercolor Series—AR 1:30 Wellness Committee 2:00 Gentle Yoga—GX 6:45 Nashville Symphony: Pops Series	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
14	15	16	17	18	19	20
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P 5:00 Gourmet Getaway: P.F. Changs	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells—GX 10:30 Catholic Communion—IR 12:30 The Heritage Tappers—GX 1:00 IT Class—CR 2:00 Gentle Yoga—GX 2:00 Facilities Committee 2:30 Free Little Art Gallery Session—AR 3:00 Corn Hole—GX 4:00 Ladies Bible Study—PH 6:30 BINGO—P	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 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance Class—GX 1:00 Resident Council 2:00 Bold Moves Flex—GX 2:00 Drama Group—3rd Floor Redbud 2:00 Healthcare Presentation: Dry Eye Syndrome—PH 2:30 Awaken Creativity with Amy—AR 3:00 Storytellers—P 6:30 Bridge—1st Floor Redbud 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 10:30 Art Workshop: Posh Pottery 11:00 Yoga Stretch—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 2:30 Blue Planet Docuseries—PH	9:00 Balance & Mobility—GX 9:30 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 11:30 Bold Moves—GX 12:00 Mahjong—P 1:00-3:00 Card Making—AR 2:00 Water Walking—AQ 2:00 Ballroom Dance—GX 2:30 Pub Style Trivia—PH 4:00 Bible Study—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00 Marketing Advisory Board 10:30 Balance & Stretch—GX 11:30-1:00 National Hot Pastrami Day—FG 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Watercolor Series—AR 2:00 Gentle Yoga—GX 7:00 The Cher Show at TPAC	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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells—GX 12:30 The Heritage Tappers—GX 1:00 IT Class—CR 2:00 Gentle Yoga—GX 3:00 Corn Hole—GX 4:00 Ladies Bible Study—PH 6:30 BINGO—P	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 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance Class—GX 2:00 Bold Moves Flex—GX 2:00 Drama Group—3rd Floor Redbud 2:30 Awaken Creativity with Amy—AR 6:30 Bridge—1st Floor Redbud 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 11:00 Mat Yoga—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 2:30 Blue Planet Docuseries—PH	9:00 Balance & Mobility—GX 9:45 Tai Chi Shibashi—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Lunch at Bavarian Bierhaus 11:30 Bold Moves—GX 12:00 Mahjong—P 2:00 Water Walking—AQ 2:00 Executive Director Resident Update Meeting—PH 4:00 Bible Study—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Technology Presentation: Voyager—PH 10:00 Brentwood Library & Shopping at Aldi 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Watercolor Series—AR 2:00 Gentle Yoga—GX 5:30 Family Style Italian Dinner—PH *Reservations required	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 Happy Hour with Patsy & The Boys—PH
28	29	30	31	<div>January 2024</div> <div> <div>Calendar Legend:</div> <div> <div>Green = Off Campus Outing</div> <div>Blue = Food & Beverage Event</div> <div>Red = Committee Meeting</div> <div>AR = Art Studio</div> <div>C = Clinic</div> <div>CR = Conference Room</div> <div>GR = Game Room</div> <div>GX = Group Exercise Studio</div> <div>FG = Fireside Grille</div> <div>HLC = Healthy Life Center</div> <div>IR = Iris Room</div> <div>P = Parlor</div> <div>PH = Poplar Hall</div> <div>STL = Steeplechase Lounge</div> </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 & Foot—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells—GX 12:30 The Heritage Tappers—GX 1:00 IT Class—CR 2:00 Gentle Yoga—GX 2:00 Birthday Bash—PH 3:00 Corn Hole—GX 4:00 Ladies Bible Study—PH 6:30 BINGO—P	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 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance Class—GX 1:30 Finance Committee 2:00 Bold Moves Flex—GX 2:00 Drama Group—3rd Floor Redbud 2:30 New Resident Meet & Greet—PH 6:30 Bridge—1st Floor Redbud 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 11:00 Yoga Stretch—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 2:30 Blue Planet Docuseries—PH			

