

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>MARCH</div> <div>2024</div>					1	2
					9:00 Morning Mixup—GX 9:30 Bridge—P 10:00 Brentwood Library & Shopping Trader Joe’s 10:00 Landscape Committee 10:00 Lane Motor Museum 10:00 Play Readers—PH 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—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 11:00-5:00 Model Railroad Exhibit—PH 1:30 Better Balance—Ch. 920
3	4	5	6	7	8	9
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 11:00-4:00 Model Railroad Exhibit—PH 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P 3:30 The Lady and the Empress: The Life and Music of Bessie Smith at Williamson County Performing Arts Center	9:00 Morning Mixup—GX 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 11:00-1:00 Resident IT Sessions—STL 11:00 Awaken Creativity with Amy—AR 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 2:00 Drama Group—3rd Floor Redbud 2:00 Ladies Book Club—P 2:00 Healthcare Presentation: Supportive Health Services—PH 2:30 Awaken Creativity with Amy—AR 6:30 Bridge—GR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30; 11:30; 1:30 Wii Bowling—P 10:00 Beauty & the Beast: Football and a Love Story—PH 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 2:00 Executive Director Resident Update Meeting—PH 2:30 Double Deck Canasta—IR 3:15 Grief Support Group—CR 4:00 Music with Joe Turley—PH	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 12:00 Mahjong—P 2:00 Ballroom Dance—GX 2:30 Poetry Circle—P 2:30 Author Talk with Hope Gibbs—PH 4:00 Bible Study—P 5:45 Symphony: Classical Series	9:00 Morning Mixup—GX 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Walmart 10:00 Play Readers—PH 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:30 Wellness Committee 2:00 Gentle Yoga—GX 2:00 Free Little Art Gallery Session—AR 3:00 Glee Club—PH 5:45 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
10	11	12	13	14	15	16
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 10:00 Fabulous Fifties Show in Fayetteville 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P	9:00 Morning Mixup—GX 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 1:00 Environmental Services Town Hall: Dogwood—PH 2:00 Gentle Yoga—GX 3:00 Corn Hole—GX 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 11:00-1:00 Resident IT Sessions—STL 11:00 Awaken Creativity with Amy—AR 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 1:00 Prayer Time with Father Joe—IR 2:00 Drama Group—3rd Floor Redbud 2:30 Awaken Creativity with Amy—AR 6:30 Bridge—GR 6:30 Rook—P	9:00 Morning Mixup—GX 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	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 11:00 Food & Beverage Committee 1:00 Activity Committee 1:00—3:00 Art Workshop: Still Life Drawing—AR 2:00 Behind the Scenes: Cacuses & Primaries—PH 3:00 Caregiver Support Group—CR 3:00 Square Dance—GX 4:00 Bible Study—P 7:00 Music with Judson Jazz Group—PH	9:00 Morning Mixup—GX 9:00—1:00 Drug Take Back Day—STL 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00 Play Readers—PH 10:00 Marketing Advisory Board—CR 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—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 1:30 Better Balance—Ch. 920 5:00 Happy Hour with Patsy & The Boys—PH

