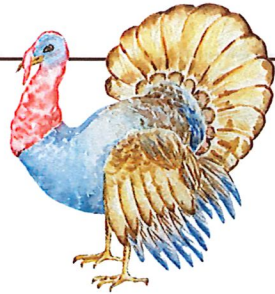


SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Art Studio C - Clinic CR - Conference Room FG - Fireside Grille GR - Game Room GX - Group Exercise Studio HLC - Healthy Life Center IR - Iris Room L - Library P - Parlor AQ - Pool PH - Poplar Hall PG - Putting Green STL - Steeplechase Lounge						9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920) 6:30 Protestant Church Service with Communion (P)
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) 6:30 Movie: Cinderella Man (Ch. 920)	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio in Art Studio (AR) 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells (GX) 1:00 Debbi & Friends Performance (PH) 1:00 IT Class (CR) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (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 Awaken Creativity with Amy (AR) 11:00 Resident IT Sessions (STL) 12:00 LifeTrail Workout (GX) 1:00 Line Dance (GX) 2:00 Ladies Book Club (P) 2:30 Awaken Creativity with Amy (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) 10:00 Shopping at Publix 10:15 The WannaBeatles: Music for Seniors Concert 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 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 Double Deck Canasta (GX) 2:30 Series: Artful Grief (AR) 3:15 Grief Support Group (CR) 6:30 Line Dance with Instructor (GX)	9:00 Balance & Mobility (GX) 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:30 Frist Art Museum & Lunch 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 2:00 Men's Book Club (L) 2:00 Water Walking (AQ) 2:30 Poetry Circle (P) 4:00 Bible Study (P) 5:45 Nashville Symphony: Classical Series	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 FLAG: Free Little Art Gallery Session (AR) 10:00 Landscape Committee 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 12:00 Zumba Gold (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Silk Scarves (AR) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) 5:45 Nashville Symphony: Classical Series	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920)
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: Stoney River Steakhouse	9:00 Morning Mixup (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio in Art Studio (AR) 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells (GX) 12:30 Library Committee 1:00 IT Class (CR) 2:00 Gentle Yoga (GX) 2:00 Library Open House (L) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (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 Veterans Day Ceremony (Flagpole) 11:00 Resident IT Sessions (STL) 12:00 LifeTrail Workout (GX) 1:00 Line Dance (GX) 1:00 Prayer Time with Father Joe (P) 5:30 Veterans Day Dinner (PH) *Reservations required 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 Shopping at Publix 10:30 Cardio & More (GX) 10:30 Shopping at Kroger 10:30 Nashville Rescue Mission Tour 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 Double Deck Canasta (GX) 2:30 Series: Artful Grief (AR)	9:00 Balance & Mobility (GX) 9:00 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 12:00 Mahjong (P) 1:00 Activity Committee 2:00 Water Walking (AQ) 2:00 Artist Reception: Ann Warden (AR) 3:00 Author Talk with J.T. Ellison (PH) 3:00 Caregiver Support Group (CR) 4:00 Bible Study (P) 6:45 Nashville Symphony: Pops Series	9:00 Morning Mixup Circuit (GX) 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Brentwood Library & Shopping at Walmart 10:00 Open Studio with Amy (AR) 10:30 Balance & Stretch (GX) 12:00 Zumba Gold (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Acrylic Painting (AR) 1:30 Wellness Committee 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) 6:45 Nashville Symphony: Pops Series	9:00 Wii Bowling Practice (P) 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920) 5:00 Happy Hour with Patsy & the Boys (PH) 6:30 Protestant Church Service with Communion (P)

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SUN	MON	TUE	WED	THUR	FRI	SAT
9:30 Strong & Fit (Ch. 920) 16 10:00 Better Balance (Ch. 920) 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 5:30 <i>Beauty and the Beast at TPAC</i>	9:00 Morning Mixup (GX) 17 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio in Art Studio (AR) 10:00 <i>Shopping at Publix</i> 10:30 Catholic Communion (PH) 10:30 <i>Shopping at Kroger</i> 10:30 Smartbells (GX) 1:00 IT Class (CR) 2:00 Facility Services Committee (CR) 2:00 Gentle Yoga (GX) 3:00 Cornhole (GX) 4:00 Ladies Bible Study (PH) 7:00 Bingo (PH)	8:30 Hearing Services of Franklin (C) 18 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 Resident IT Sessions (STL) 12:00 LifeTrail Workout (GX) 1:00 Line Dance (GX) 1:00 Resident Council (CR) 2:30 Awaken Creativity with Amy (AR) 3:00 Storytellers (P) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 19 9:00 Drug Take Back Day (STL) 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 <i>Shopping at Publix</i> 10:30 Cardio & More (GX) 10:30 <i>Shopping at Kroger</i> 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 Double Deck Canasta (GX) 2:30 Series: Artful Grief (AR) 6:30 Line Dance with Instructor (GX)	9:00 Balance & Mobility (GX) 20 9:00 Flower Power Pals (AR) 9:45 Tai Chi Shibashi (GX) 10:00 Casual Putting (PG) 10:00 <i>Welcoming Committee</i> 10:30 <i>The Cookery</i> 10:45 Tai Chi Next Steps (GX) 12:00 Mahjong (P) 2:00 Water Walking (AQ) 2:30 Ladies Gratitude Tea (PH) 4:00 Bible Study (P) 5:45 <i>Nashville Symphony: Classical Series</i>	9:00 Morning Mixup Circuit (GX) 21 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 <i>Brentwood Library & Shopping at Dollar Tree</i> 10:00 Open Studio with Amy (AR) 10:00 Marketing Advisory Board (CR) 10:30 Balance & Stretch (GX) 11:30 - 1:00 <i>National Fried Chicken Sandwich Day (FG)</i> 12:00 Zumba Gold (GX) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 1:00 Art Workshop: Home for the Holidays (AR) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH) 5:45 <i>Nashville Symphony: Classical Series</i>	9:00 Wii Bowling Practice (P) 22 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920)
9:30 Strong & Fit (Ch. 920) 23 10:00 Better Balance (Ch. 920) 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 5:00 <i>Gourmet Getaway: Stoney River Steakhouse</i> 6:30 Movie: Sully (Ch. 920)	9:00 Morning Mixup (GX) 24 9:30 Water Workout (AQ) 9:30 Bridge (P) 10:00 Open Studio in Art Studio (AR) 10:00 <i>Shopping at Publix</i> 10:30 <i>Shopping at Kroger</i> 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 Ladies Bible Study (PH) 7:00 Bingo (PH)	9:00 Stretch & Flex (GX) 25 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 Resident IT Sessions (STL) 12:00 LifeTrail Workout (GX) 1:00 Line Dance (GX) 1:30 <i>Finance Committee</i> 2:30 Awaken Creativity with Amy (AR) 6:30 Bridge (GR) 6:30 Rook (P)	9:00 Cardio Sculpt (GX) 26 9:30 Water Workout (AQ) 9:30 Wii Bowling League (P) 10:00 <i>Shopping at Publix</i> 10:30 Cardio & More (GX) 10:30 <i>Shopping at Kroger</i> 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 Double Deck Canasta (GX)	9:00 Flower Power Pals (AR) 27 10:00 Casual Putting (PG) 11:00 & 1:00 <i>Thanksgiving Lunch (PH) * Reservations required</i> 12:00 Mahjong (P) 4:00 Bible Study (P)	9:30 Bridge (P) 28 10:00 <i>Brentwood Library & Shopping at Aldi</i> 10:00 Open Studio with Amy (AR) 1:00 Hand and Foot (P) 1:00 Rummikub (P) 2:00 Gentle Yoga (GX) 3:00 Glee Club (PH)	9:00 Wii Bowling Practice (P) 29 9:30 Tai Chi (Ch. 920) 10:00 Beginner Knitting Group (AR) 10:15 Seated Core Crunch (Ch. 920) 1:30 Better Balance (Ch. 920)
9:30 Strong & Fit (Ch. 920) 30 10:00 Better Balance (Ch. 920) 1:30 Chair Yoga with Colleen (Ch. 920) 2:00 Hand and Foot (P) 6:30 Movie: The Sound of Music (Ch. 920)	LOCATION KEY AR - Art Studio C - Clinic CR - Conference Room FG - Fireside Grille GR - Game Room GX - Group Exercise Studio HLC - Healthy Life Center IR - Iris Room L - Library P - Parlor AQ - Pool PH - Poplar Hall PG - Putting Green STL - Steeplechase Lounge					

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