

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Environmental Services Town Hall—PH 2:00 Gentle Yoga—GX 3:00 Bocce & Corn Hole—Outdoor Game Court 4:00 The Chosen: Season 1—PH 6:30 BINGO—P	9:00 Stretch & Flex—GX 9:30 Lunch & Beehive at Cumberland County Playhouse 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 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 2:00 Drama Group—3rd Floor Redbud 2:00 Ladies Book Club—P 6:30 Bridge—GR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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 1:30 Nature Walk at Bowie Park 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 12:00 Mahjong—P 2:00 Square Dance—GX 2:00 Water Walking—AQ 2:30 Poetry Circle—P 4:00 Bible Study—P 5:30 Around the World Dinner: Spain—PH *Reservations required	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00 Brentwood Library & Shopping at Trader Joe's 10:00 Play Readers—PH 10:00 Landscape Committee 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 2:00 Gentle Yoga—GX 2:00 Free Little Art Gallery Session—AR 3:00 Glee Club—PH 5:45 Nashville Symphony: Classical	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 7:00 Movie: In America—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 Bridge—P 9:30 Water Workout—AQ 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 1:45 Solar Eclipse Party—Outdoor Dining Area 2:00 Gentle Yoga—GX 3:00 Bocce & Corn Hole—Outdoor Game Court 4:00 The Chosen: Season 1—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 Sip & Gogh—AR 11:00—1:00 Resident IT Sessions—STL 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 1:00 Library Databases Presentation from Brentwood Library—P 1:00—3:00 Library Week Open House 2:00 Drama Group—3rd Floor Redbud 2:00 Healthcare Presentation: Traffic & Driving—PH 6:30 Bridge—GR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More—GX 10:45 General Jackson Showboat Lunch Cruise 11:00 Yoga Stretch—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 3:00 Dance Party Happy Hour—PH 3:15 Grief Support Group—CR	8:00—4:30 Pump It for Parkinson's—Fitness Center 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 12:00 Mahjong—P 1:00 Activity Committee 1:00—3:00 Library Week Open House 2:00 Ballroom Dance—GX 2:00 Water Walking—AQ 2:00 Behind the Scenes: "Why is he talking into his sleeve?" - PH 3:00 Caregiver Support Group—CR 4:00 Bible Study—P 5:30 Around the World Dinner: Caribbean—PH *Reservations required	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 3:00 Glee Club—PH 5:45 Nashville Symphony: Classical	9:00 Wii Bowling Practice—P 9:30 Tai Chi – Ch. 920 10:15 Seated Core Crunch – Ch. 920 11:30 Spring Gala at Nashville First Baptist Church: Cinderella 1:30 Better Balance – Ch. 920

Calendar Legend:

Green = Off-Campus Outing

Red = Committee Meeting

C = Clinic

GR = Game Room

FG = Fireside Grille

IR = Iris Room

PH = Poplar Hall

Blue = Food & Beverage Event

AR = Art Studio

CR = Conference Room

GX = Group Exercise Studio


HLC = Healthy Life Center

P = Parlor

P = Parlor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 2:30 Music with Forest Hills Baptist Church—PH	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 1:00-3:00 Art Workshop: Alcohol Ink—AR 2:00 Gentle Yoga—GX 2:00 Facilities Committee 3:00 Bocce & Corn Hole—Outdoor Game Court 4:00 The Chosen: Season 1—PH 6:30 BINGO—P	9:00 Stretch & Flex—GX 9:00 Hearing Services of Franklin—C 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 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 1:00 Resident Council 2:00 Drama Group—3rd Floor Redbud 2:30 Sip & Gogh—AR 3:00 Storytellers—P 6:30 Bridge—GR 6:30 Rook—P	9:00 Podiatrist—C 9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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 2:00 Play Readers Performance: <i>The Case of the Really, Really Big Dog of the Baskervilles</i> —PH 2:30 Double Deck Canasta—IR 7:00 Movie: The Theory of Everything—Ch. 920	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 12:00 Mahjong—P 1:00—3:00 Card Making—AR 2:00 Ballroom Dance—GX 2:00 Water Walking—AQ 4:00 Bible Study—P	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00 Brentwood Library & Shopping at Dollar Tree 10:00 Marketing Advisory Board 10:30 Balance & Stretch—GX 12:15 The Life and Music of George Gershwin at Nashville Jazz Workshop 1:00 Hand & Foot—P 1:00 Rummikub—P 2:00 Gentle Yoga—GX 2:00 Free Little Art Gallery Session—AR 2:00-3:00 National Peach Cobbler Day—FG 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
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 5:00 Gourmet Getaway: Bestia Mare	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Bocce & Corn Hole—Outdoor Game Court 4:00 The Chosen: Season 1—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 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 2:00 Drama Group—3rd Floor Redbud 2:30 Sip & Gogh—AR 6:30 Bridge—GR 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 4:30 Piano Informance with Dr. Tom Andrews—PH	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 10:00 Executive Director Resident Update Meeting—PH 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 12:00 Mahjong—P 2:00 Square Dance—GX 2:00 Water Walking—AQ 2:30 Spring Par-Tee—PG 4:00 Bible Study—P	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00 Brentwood Library & Shopping at Aldi 10:00 Technology Presentation: Education Impacts from AI—PH 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00—3:00 Art Workshop: Acrylic Nest Painting—AR 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 7:00 Movie: Boyhood—Ch. 920

SUNDAY	MONDAY	TUESDAY
28	29	30
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 3:00 Music with Nashville Flute Choir—PH	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Bocce & Corn Hole—Outdoor Game Court 4:00 The Chosen: Season 1—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 12:30 Modern Canasta—GR 1:00 Line Dance Class—GX 1:30 Finance Committee 2:00 Drama Group—3rd Floor Redbud 3:00 New Resident Meet & Greet—PH 6:30 Bridge—GR 6:30 Rook—P



April

2024

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