

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:45 The Perk Reading 10:00 Morning Movement 1:30 Water Color 3:30 Performance w/ The Johnsons 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Weights 10:30 Parachute Fun 1:30 Pool Sensory 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:30 Ball Conversation 11:00 Music w/Joseph 2:30 Bucket Ball 5:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:30 Morning Bingo 1:30 Cheese Tasting 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	9:45 Perk Puzzle 10:00 Morning Movement 2:30 Movie and Popcorn 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Hands in Motion 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 11:00 Puzzle Hour 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement 10:30 Conversation Cards 1:30 Sip Lemanade and Paint 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Weights 10:30 Hymns with Lillian 1:30 Charades Fun 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:30 Early morning warm up 11:00 Music with Joseph 1:30 Indoor Volleyball 5:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Youtube Yoga 1:30 Jerry's Sno Cone Outing 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning weights 1:30 Crafting with Janet 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Hand in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement 11:00 Jig Jaw Puzzles 2:30 Moc Frozen Ritas 3:00 Easy Stretching 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement w/weights 1:30 Resident Council Meeting 3:00 Music w/Tim Minshew 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:35 Father's Day Movie Showing 3:00 Hand Massages 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Feeding the Ducks at Shelby Farms 3:30 Afternoon Stretching 6:00 Evening Wind Down w/ Wellness	Juneteenth!!!! 10:00 Perk Pick Up 10:30 Early Morning Warm up 11:00 Father's Day Photoshoot 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 11:30 Father's Day BBQ 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement 10:30 Manicure Mondays 1:15 Youtube Yoga 2:30 Hand Massages 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Bingo 1:30 Make Kool-Aid pie 3:30 Soft Music & aroma therapy 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 11:00 Music with Joseph 2:30 Afternoon Stretching 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 Perk Chat 10:00 Beatle Mania Triva 1:30 Name that Tune 3:00 Afternoon massages 6:00 Evening Wind Down w/ Wellness	9:45 Perk Puzzle 10:00 Morning Movement 11:30 Pet Therapy 2:30 Flower Arrangement Class 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Watercoloring 6:00 Evening Wind Down w/ Wellness
9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Short Stories 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 1:30 Gentle Stetching 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	9:45 The Perk 10:00 Morning Movement 10:30 Sing Fit 70's 1:30 Disco Party 3:30 Aroma Therapy 6:00 Evening Wind Down				

Connection Points
Neighborhood

Life Enrichment Director:
Janet Hall

Connection Points Director-
Jessica Balfour

Address: 1600 Appling Rd,
Cordova, TN 38016

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