

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 Tai Chi w/Jayni-(C) ¹ 1:30 Bracelet Craft-(AR) <u>3:30 Social hour w/Music w/The Johnston's-(L).</u> 6:15 Movie: Cocoon -(C)	9:30 Sit and Be Fit-(C) ² 10:30 Water Aerobics-(P) 11:00 Walking Club-(FL) 1:30 Rummikub-(A) 2:30 BINGO-(L) 3:30 Social Hour-(L)	10:30 Tai Chi w/Jayni-(C) ³ 1:30 Rummikub-(A) 2:00 Help w/Interest Assessment completion-(C) <u>3:30 Happy Hour w/Elmo & Lester-(L).</u>	9:30 Sit and Be Fit-(C) ⁴ 10:00 Outing: Belz Museum of Asian and Judaic Art 1:30 Activity Chat-(C) 3:30 Social Hour w/Spintopia-(L) 6:15 Movie-Sound of Music(C)	9:30 Sit and Be Fit-(C) ⁵ 10:30 Water Tai Chi-(P) 1:30 Bunco -(L) 2:30 Words are Hard-(L) <u>3:30 Happy Hour w/Cheryl and Debbie-(L).</u>	9:45 Daily Perk Pickup-(L) ⁶ 10:30 Knitting Club-(AR) 10:30 Sit and Be Fit-(C)
10:00 Worship Livestream-(C) ⁷ 9:45 Daily Perk Pickup-(L) 10:30 Sit & Fit-(C) 3:30 Puzzle Group-(GR)	10:30 Tai Chi w/Jayni-(C) ⁸ 1:30 Tenzi dice game-(L) 3:30 Social Hour w/Spintopia -(L) 6:00 Cards & Table Games-(GR)	9:30 Sit and Be Fit-(C) ⁹ 10:00 Outing to Kroger 1:30 Bananagrams 2:30 Dollar BINGO-(L) 3:30 Social hour w/Karaoke -(L) 6:15 Movie: Lincoln (C)	10:30 Tai Chi w/Jayni-(C) ¹⁰ 11:30 Scattogories-(L) 1:30 Resident Forum-(C) <u>3:30 Disco Happy Hour w/Music from Rob Haynes-(L).</u> 6:00 Evening Bingo w/First Light Home care	9:30 Sit and Be Fit-(C) ¹¹ 10:30 Water Aerobics-(P) 1:30 Triopoly game-(C) 3:30 Social Hour w/Trivia-(L) 6:15 Movie-On Golden Pond(C)	9:30 Sit and Be Fit ¹² 10:30 Water Tai Chi-(P) 1:30 Bingo-(L) <u>3:30 Happy Hour Piano w/Tim-(L).</u> 6:00 Table Games-(GR)	9:45 Daily Perk Pickup-(L) ¹³ 10:30 Sit & Fit-(C) 10:30 Knitting Club-(AR) 1:30 Matinee Movie:We bought a zoo -(C)
Flag Day ¹⁴ 10:00 Worship Livestream-(C) 9:45 Daily Perk Pickup-(L) 10:30 Sit & Fit-(C) 1:00 Legally Blonde at Theater Memphis 3:30 Puzzle Group-(GR)	10:30 Tai Chi w/Jayni-(C) ¹⁵ 1:30 Mexican Train Dominos-(L) 2:30 Summer Wreath craft 3:30 Mexican themed Social Hour w/margaritas(L) 6:00 Cards & Table Games-(GR 3 rd floor)	9:30 Sit and Be Fit-(C) ¹⁶ 10:00 Outing to Pancake and Waffle House 1:30 Words are Hard-(L) 2:30 BINGO-(L) <u>3:30 Social Hour-(L).</u>	10:30 Tai Chi w/Jayni-(C) ¹⁷ 1:30 Blurt game-(C) 2:30 Shut the Box game-(L) 3:30 Happy Hour-Executive Director Meet & Greet-(L) 6:15 Movie: West Side Story (C)	9:30 Sit and Be Fit-(C) ¹⁸ 10:00 Water Aerobics-(P) 11:00 Charades-(C) 1:30 Culinary Chat-(C) 2:30 Outing to Freddy's <u>3:30 Social Hour w/Music w/Wyndie OH-(L).</u>	Juneteenth ¹⁹ 9:30 Sit and Be Fit-(C) 10:30 Water Tai Chi-(P) 12:00 Father's Day buffet-(L) 1:30 Bunco game -(L) 3:30 Father's Day Happy Hour -(L) 6:00 Cards & Table Games-(GR 3 rd floor)	9:45 Daily Perk Pickup-(L) ²⁰ 10:00 Workout w/ Jalisa-(C) 10:30 Knitting Club-(AR)
Father's Day ²¹ 9:00 Worship Livestream-(C) 9:45 Daily Perk Pickup-(L) 10:30 Sit & Fit-(C) 3:30 Puzzle Group-(GR)	10:30 Tai Chi w/Jayni-(C) ²² 1:30 Rummikub-(A) 1:30 Book Club-(LB) 3:30 Social hour w/Tim Minshew-(L) 6:00 Cards & Table Games-(GR 3 rd floor)	9:30 Outing to Dixon Gardens and lunch at McEwens 9:30 Sit and Be Fit-(C) 1:30 Grab the Mic game-(L) 2:30 BINGO-(L) 3:30 Social hour w/trivia-(L)	10:30 Tai Chi w/Jayni-(C) ²⁴ 1:30 Culinary Showcase-(C) <u>3:30 June Birthday's Happy Hour: Music w/Gary Abbott-(L).</u> 6:15 Movie: Thelma(C)	9:30 Sit and Be Fit-(C) ²⁵ 10:00 Water Aerobics-(P) 2:30 Triopoly game of 3's-(C) <u>3:30 Social hour Music w/Driving Sideways-(L).</u>	9:30 Sit and Be Fit-(C) ²⁶ 10:30 Water Tai Chi-(P) 1:30 Bingo-(L) 2:30 Craft hour <u>3:30 Happy Hour w/music from Strings w/Donna-(L).</u>	9:45 Daily Perk Pickup-(L) ²⁷ 10:00 Morning Workout-(C) 10:30 Knitting Club-(AR) 2:30 Matinee Movie-Six Days Seven Nights -(C)
9:15 Worship Livestream-(C) ²⁸ 9:45 Daily Perk Pickup-(L) 10:30 Sit & Fit-(C) 3:30 Puzzle Group-(GR)	10:30 Tai Chi w/Jayni-(C) ²⁹ 2:00 Painting w/Kim-(AR) 3:30 Patriotic themed Social hour -(L) 6:00 Cards & Table Games-(GR 3 rd floor)	9:30 Sit and Be Fit-(C) ³⁰ 10:00 Water Aerobics 11:00-Walking Club-(L) 1:30 Outing: Riverboat Cruise 2:30 BINGO-(L) 3:30 Disco Social hour-(L)	10:30 Tai Chi w/Jayni-(C) ¹ 1:30 Rummikub-(A) 1:30 Get to know your neighbor game <u>3:30 Happy Hour w/Elmo and Lester-(L).</u>	9:30 Sit and Be Fit-(C) ² 10:00 Outing to Kroger 1:30 Activity Chat-(C) 2:30 Patriotic Sing a long 3:30 Social Hour w/Trivia-(L) 6:15 Movie-Remarkably Bright Creatures(C)	10:00 Sit and Be Fit-(C) ³ 10:30 Water Tai Chi-(P) Noon 4 th of July picnic 1:30 Cornhole -(L) 2:30 Spintopia-(L) <u>3:30 Happy Hour w/Beverly Brothers-(L).</u>	9:45 Daily Perk Pickup-(L) ⁴ 10:00 Morning Workout-(C) 10:30 Knitting Club-(AR) 2:30 Matinee Movie- -(C)

Calendar Key:
FL – Front Lobby
B – Bistro
L – Lounge

C – Chapel
ILD – IL Dining Room
ALD – AL Dining Room
FC - Fitness Center

GR – Game Room (3rd Floor)
LB – Library
AR - Art Room (2nd Floor)
P- Pool Room

ILPDR- IL Private Dining Room
ALPDR- AL Private Dining Room

A - Activity Room
CPN- Connection Points Neighborhood
C - Courtyard

Address: 1600 Appling Rd,
Cordova, TN 38016
Phone: 901-586-8557