

Independent Living

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15am Sunday Service (CHPL) 11:15am Chair Exercise (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Watercolor with Bria (AR) 2:00pm Rummikub (GR) 3:15pm Uno (GR)					9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Golden Memories Game (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)
10:15am Sunday Service (CHPL) 11:15am Chair Exercise (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Learn about Artificial Intelligence Technology with Movine Care (AR) 1:30pm Movie & Popcorn (CHPL) 2:00pm Rummikub (GR) 3:15pm Uno (GR)	9:00am Croquet (FP) 9:30am Tai Chi Program - Week 4 (AR) 10:30am Chair Exercise (AR) 11:00am Spintopia (AR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Bill Sleeter Music (AT)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 10:45am Bus Outing: Chick-Fil-A (AR) 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Wine Down Wednesday with Dean Patrick Music (AT) 6:15pm Movie Night (CHPL)	9:30am Tai Chi Program (AR) 10:00am Bible Study (CHPL) 11:00am Preventatives Wellness Chat (DR) 2:00pm Walmart Bus Trip 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch	9:30am Rise & Shine Stretch (AR) 10:30am Natural Neuropathy Relief with Wellness Center of Franklin (AR) 2:00pm Happy Hour w/ Live Music from Robert May (AT) 3:15pm Uno (AR) 6:00pm Ted Talk (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Golden Memories Game (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Meditation (AR)
10:15am Sunday Service (CHPL) 11:15am Chair Exercise (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Watercolor with Bria (AR) 2:00pm Rummikub (GR) 3:15pm Uno (GR)	9:00am Croquet (FP) 9:30am Tai Chi Program - Week 5 (AR) 11:00am Sit & Get Fit! (AR) 1:30pm Golden Memories Game (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Bus Outing: Mckays Bookstore + Brewhouse Pub 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Wine Down Wednesday (AT) 6:15pm Movie Night (CHPL)	9:30am Tai Chi Program (AR) 10:00am Bible Study (CHPL) 11:00am Zumba (AR) 1:30pm Bowling (AT) 2:00pm Target Bus Trip 2:00pm Culinary Showcase (AR) 3:00pm Uno (AR) 6:00pm Billy Buchanan Music (AT)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Spintopia (AR) 2:00pm Happy Hour w/ Live Music from Prad (AT) 3:15pm Uno (AR) 6:00pm Ted Talk (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Would You Rather? (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm National Geographic Video (AR)
10:15am Sunday Service (CHPL) 11:15am Chair Exercise (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:00pm Let’s Watch “The Amazing Race” (CHPL) 2:00pm Mike Kanski Music (AR) 3:15pm Uno (AR)	9:00am Croquet (FP) 9:30am Tai Chi Program - Week 6 (AR) 11:00am Spintopia (AR) 1:30pm Groovy Tie Dye Hang (AR) 3:15pm Uno (AR) 6:00pm Ted Talk (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 10:45am Bus Outing: The Loveless Cafe 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Wine Down Wednesday (AT) 6:15pm Movie Night (CHPL)	9:30am Tai Chi Program (AR) 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit! (AR) 1:30pm Golden Memories Game (AT) 2:00pm Walmart Bus Trip 2:00pm Rummikub (AR) 2:30pm Bowling (AT) 3:15pm Uno (AR) 6:00pm Billy Buchanan Music (AT)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Spintopia (AR) 2:00pm Walgreens Vaccine Clinic (AR) 3:30pm Sock Hop Ice Cream Social + Grill Out (AT) 6:00pm Ted Talk Video: “Jacob Collier & VSO School of Music Orchestra” (AR)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Left Right Center (AR) 2:00pm Mac Ganoe Music (AT) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)
10:15am Sunday Service (CHPL) 11:15am Chair Exercise (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	Journey to Japan 9:00am Japan's 3-Minute Longevity Routine (AR) 9:15am Japanese 3x3 Walking Exercise (AR) 10:00am Koi Fish Craft Competition (GR) 11:00am Learn about Artificial Intelligence Technology Pt. 2 with Movine Care (AR) 2:00pm Amazing Race Chopstick Challenge (GR) 3:30pm Zen Social Tea Time (AR) 6:00pm “Shall We Dance?” Movie Night (CHPL)	Journey to Italy 9:00am Croquet (FP) 9:30am Tai Chi Program - Week 7 (AR) 11:00am Italian Gelato Sampling and Blindfolded Flavor Guessing Challenge (GR) 2:00pm Amazing Race Tower of Pisa Cup Stack Challenge + Virtual Tour of the Leaning Tower (AR) 3:30pm Door to Door Italian Cafe Cart + Italian Wine in the Atrium 6:00pm “Under the Tuscan Sun” Movie Night (CHPL)	Journey to Greece 9:00am Rise & Shine Stretch (AR) 10:00am Sit & Get Fit! (AR) 10:30am Toga Transformation Competition (AT) 1:30pm Bus Outing: Tour the Nashville Parthenon 2:00pm Storytelling Hour - Travel Theme (AR) 3:30pm Amazing Race Ancient Greek Archaeologist Dig Finder Challenge (AR) 6:00pm “Mamma Mia” Movie Night w/ Baklava Sampling (CHPL)	Journey to Mexico 9:30am Tai Chi Program (AR) 10:00am Bible Study (CHPL) 11:00am Painting Wooden Maracas (AR) 1:15pm Taco Assembly Relay (AR) 2:00pm Target Bus Trip 2:00pm Amazing Race Bean Bag Burrito Toss Challenge (AR) 3:30pm Margarita & Chips & Salsa Bar (AT) 6:00pm “Coco” Movie Night (CHPL)	Journey to Ireland 9:00am Luck of the Irish Stretch Sesh (AR) 10:00am Shamrock Watercolor Competition (GR) 11:00am Zumba (AR) 1:30pm Amazing Race Finale Puzzle Challenge (AR) 3:00pm Closing Ceremony - Irish Pub Party Grill Out with Bill Sleeter Music (AT) 6:00pm “Waking Ned Devine” Movie Night (CHPL)	9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 1:30pm Golden Memories Game (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm National Geographic Video (AR)

DR - Dining Room
GR – Game Room
LIB –Library
CY – Courtyard

BY STORYPOINT GROUP