

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00am Croquet (FP) 1 9:30am Tai Chi Program (AR) 10:30am “Total Wellness” Open House & Fitness Equipment Training (Fitness Room) 1:00pm Guided Watercoloring (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	9:30am Rise & Shine Stretch (AR) 2 10:30am Sit & Get Fit (AR) 11:00am Bus Outing: Lunch at 51 st Deli & a Guided Tour of the Nashville Parthenon 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Wine Down Wednesday (AT) 6:15pm Movie Night (CHPL)	9:30am Rise & Shine Stretch (AR) 3 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	9:30am Rise & Shine Stretch (AR) 4 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit (AR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Annie Meadows Concert (AT)	9:30am Rise & Shine Stretch 5 (AR) 10:30am Sit & Get Fit (AR) 11:00am Trivia with Chuck (AR) 2:00pm Canasta (GR) 2:00pm Mac Ganoë Music (AT) 3:15pm Uno (AR)
6 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	Labor Day 7 9:30am Rise & Shine Stretch (AR) 10:30am Technology Lesson with Movine Care (AR) 12:00pm Labor Day Grill-Out (DR) 1:00pm Labor Day Trivia with Phylicia (AR) 2:00pm Rummikub (GR) 3:30pm Kate Rogers Harp Concert (AT)	8 9:00am Croquet (FP) 9:30am Tai Chi Program (AR) 11:00am Fall Prevention with Griswold Care (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9 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) 3:30pm Wine Down Wednesday (AT)	10 9:30am Rise & Shine Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Target Bus Trip 2:00pm Chef Chat (DR) 2:00pm Canasta (GR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	Remembering 9/11 11 9:30am Rise & Shine Stretch (AR) 11:00am Chair Zumba (AR) 1:00pm Spintopia (AR) 2:00pm Rummikub (AR) 3:00pm Happy Hour with Nancy Liker (AT)	12 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
Grandparents Day 13 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	14 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 1:00pm Spintopia (AR) 2:00pm Celebrate Grandparents Day with Pam Westin Music (AT) 3:15pm Uno (GR)	15 9:00am Croquet (FP) 9:30am Sit & Get Fit (AR) 10:30am “Everyday Self-Care” Class and UTI Prevention with Synergy HomeCare (AR) 1:30pm Veterans Group with Right At Home (AR) 2:00pm Canasta (GR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	16 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 11:00am Bus Outing: Pizza Ranch 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Wine Down Wednesday (AT) 6:15pm Movie Night (CHPL)	17 9:30am Rise & Shine Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit (AR) 2:00pm 7 Pillars of Great Health - Talk with Dr. Alison (AR) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Ted Talk & Discussion (AT)	18 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Spintopia (AR) 1:30pm Mosaic Tiles Craft (GR) 2:00pm Rummikub (AR) 3:00pm Happy Hour with Billy Buchanan Music (AT) 6:00pm Relaxing Stretch (AR)	19 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Trivia (AR) 1:30pm Golden Memories with Carla (AT) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm National Geographic Video (AR)
20 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	21 9:30am Rise & Shine Stretch (AR) 10:30am Technology Lesson with Movine Care (AR) 1:30pm Fall Prevention with Wilco Health Dept. (AR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:45pm Tim the Piano Man Music (AT)	First Day of Autumn 22 9:00am Croquet (FP) 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 1:00pm Making Autumn Door Wreaths (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Relaxing Stretch (AR)	23 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Bus Outing: The Franklin Factory 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Wine Down Wednesday with Cody Campbell (AT) 6:15pm Movie Night (CHPL)	24 9:30am Rise & Shine Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Chef Chat (AR) 2:00pm Target Bus Trip 2:00pm Canasta (GR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	Beo Store 10am-11pm 25 9:30am Rise & Shine Stretch (AR) 10:00am Beo Buck Store Opens - Come Anytime from 10am-11am (AT) 11:00am Chair Zumba (AR) 1:00pm Spintopia (AR) 2:00pm Happy Hour with Mike Kanski Music (AT) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	26 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit! (AR) 11:00am Trivia (AR) 1:30pm Golden Memories with Carla (AT) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)
27 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	28 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 1:30pm Matinee Movie & Popcorn (AR) 2:00pm Rummikub (GR) 3:15pm Uno (GR)	29 9:00am Croquet (FP) 9:30am Rise & Shine Stretch (AR) 10:30am Sit & Get Fit (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Swap Party Neighborhood Yard Sale (AT) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	30 9:30am Rise & Shine Stretch (AR) 10:45am Lunch Concert with Bill Sleeter (DR) 11:00am Bus Outing: Dickey’s BBQ Pit 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Wine Down Wednesday (AT) 6:15pm Movie Night (CHPL)			

Calender Key:

AT – Atrium

AR – Activity Room

CHPL – Chapel

DR - Dining Room

GR – Game Room

LIB –Library

CY – Courtyard