

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:45 The Perk 10:00 Morning Ball Circle 10:30 Tuesday Bingo 1:30 Fall Magazine Scavenger Hunt 6:00 Evening Wind Down w/ Wellness	2 9:45 The Perk 10:30 Early morning warm up 11:00 Music With Joseph 2:30 Chair yoga 5:00 Evening Wind Down w/ Wellness	3 9:45 The Perk 10:30 Morning Weights 1:30 Guess in 5 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	4 9:45 The Perk 10:30 Parachute Fun 11:00 Morning Bingo 1:30 Noodle Ball 2:30 Jazz Records 6:00 Evening Wind Down w/ Wellness	5 10:00 The Perk 10:30 Morning Movement 1:00 Hands in Motion 2:00 Cheese Pizza Party 6:00 Evening Wind Down w/ Wellness
6 9:15 Bellevue Church Stream 11:00 Puzzle Hour 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	7 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 11:00 Music with Joseph 1:30 Watercolor Painting 3:30 The Johnstons 6:00 Evening Wind Down w/ Wellness	8 9:45 The Perk 10:00 Morning Ball Circle 10:30 Tuesday Bingo 1:30 Bowling 6:00 Evening Wind Down w/ Wellness	9 9:45 The Perk 10:30 Early morning warm up 11:00Senior Badminton 2:30 A game of Uno 3:30 70's themed Music Hour w/Rob 5:00 Evening Wind Down w/ Wellness	10 9:45 The Perk 10:30 Morning Weights 11:00 Block Stacking 1:30 Scenic drive w/ice cream 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	11 9:45 The Perk 10:00 September 11 th moment of silence 11:00 Patriotic Songs w/ Singfit 1:30 Afternoon Bingo 2:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	12 10:00 The Perk 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
13 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 12:00 Grandparents Day Celebration 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	14 9:45 The Perk 10:00 Seated Dodgeball 10:30 Coloring Table 1:30 Words are Hard 3:00 Afternoon Discussion 6:00 Evening Wind Down w/ Wellness	15 9:45 The Perk 10:00 Ball Circle 10:30 Bingo Fun 1:30 Decorating Ribbons 3:00 Afternoon Discussion 6:00 Evening Wind Down w/ Wellness	16 10:00 The Perk 10:30 Morning Warmup 11:00 Senior Drum Circle 2:30 Let's make Guacamole 3:00 Music w/Tim Minshew 6:00 Evening Wind Down w/ Wellness	17 9:45 The Perk 10:30 Parachute Ball Toss 11:30 Waldos Chicken 1:30 Sunflower Box 3:30 Afternoon Snack 6:00 Evening Wind Down w/ Wellness	18 9:00 Perk Pick Up 9:30 Early Morning Warm up 11:00 Morning Bingo 1:30 Fastfood Trivia 2:30 Sliders Tasting 6:00 Evening Wind Down w/ Wellness	19 10:00 The Perk 10:30 Bowling 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
20 9:15 Bellevue Church Stream 1:30 Hands in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	21 9:45 The Perk 10:00 Alzheimer's Day Balloon Release 10:15 Purple Ribbon Walk 1:30 Soft Music 2:30 The Purple Game 6:00 Evening Wind Down w/ Wellness	22 9:45 The Perk 10:00 Morning Workout 10:30 Bingo 1:30 Memory Lane Game 2:30 Hand Jive Exercise 6:00 Evening Wind Down	23 10:00 The Perk 10:30 A Cowboy Workout 11:00 Nerf Gun Game 2:30 Watching Classic Westerns 3:00 Guess The Western 6:00 Evening Wind Down w/ Wellness	24 9:45 Perk Chat 10:00 Throwback Singfit 10:30 Guess the Baby Picture 1:30 Purple Ribbon Paint and Sip 3:15 Jazz Music 6:00 EveningWind Down w/ Wellness	25 9:45 Perk Puzzle 10:00 Chair Yoga 11:00 Friday Bingo 12:00Purple Party 6:00 Evening Wind Down w/ Wellness	26 10:00 The Perk 10:30 Morning Movement 2:00 Water coloring 6:00 Evening Wind Down w/ Wellness
27 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	28 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 1:30 Bubble Fun 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	29 9:45 The Perk 10:00 Morning Movement 10:30 Balloons and Noodles 2:30 Fall Trivia 3:30 Tim the Piano Man 6:00 Evening Wind Down	30 10:00 The Perk 10:30 Morning Movement 11:00 Music with Joseph 2:30 Newspaper Race 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness			

Connection Points
Neighborhood

Life Enrichment Director:
Janet Hall

Connection Points Director-
TBD

Address: 1600 Appling Rd,
Cordova, TN 38016



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