

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Chair Exercise (AR) 1 11:00 Men's Devotion (CH) 11:00 Chair Zumba (AR) 1:30 Technology Help (AR) 3:00 Activity Meeting (AR) 4:00 Parlor Games! (A) 6:00 Bible Studyw/Linda(FP) 6:00 Calm Coloring (AR)	9:00 Walmart 2 10:00 Exercise with Apex (AR) 1:00 Open Shuttle- Walmart, Banks, Pharmacy, Nail & Hair 1:30 Jeopardy (AR) 4:00 Happy Hour (A)	10:00 Women's Devotion 3 (CH) 11:00 Senior Stretching(AR) 1:30 "The Chosen" (TV) 1:30 Scrabble (AR) 3:00 Bingo (AR) 4:00 Resident Town Hall(A) 6:00 Learn Bridge (AR)	10:00 Movement 4 Improvement Exercise (AR) 11:00 Puckett's & The Chattanooga Exerperience Museum 2:00 Discovery Series (TV) 4:00 Cornhole! (A) 6:30 Movie Night (TV)	11:00 Chair Exercise (AR) 5 1:30 Bridge (AR) 2:00 Trivia(A) 3:00 Bingo (AR) 4:00 Sue Tingle's 90 th Birthday Party! (A) 6:30 Movie Night (TV)
6 9:00 Coffee & Donuts (C) 9:30 Contemporary Livestream Church (AR) 9:30 Sunday School (CH) 10:30 Chapel Church (CH) 3:00 Crafts w/Colleen (A) 6:00 Beo Hymn Singing (CH)	Labor Day 7 10:00 Exercise with Apex (AR) 10:45 Labor Day Cookout 1:30 Lawn Games (A) 2:00 AA Meeting (PDR) 3:00 Bingo (AR) 4:00 Name That Tune (A)	10:00 Chair Exercise (AR) 8 11:00 Men's Devotional (CH) 11:00 Chair Zumba (AR) 11:00 Park Place & Hamrick's 1:30 Karaoke! (AR) 3:00 Beo Backstories (A) 6:00 Magician Tommy! (A) 6:00 Calm Coloring (AR)	9:00 Walmart 9 10:00 Exercise with Apex(AR) 1:00 Open Shuttle-Walmart, Banks, Pharmacy, Nails & Hair 1:30 "Give Back" meaningful crafts for others (AR) 4:00 Happy Hour (A)	10:00 Womens Devotions 10 11:00 Senior Stretching(AR) 1:30 "The Chosen" (TV) 1:30 Giant Jenga (AR) 3:00 Bingo (AR) 6:00 Deb Stinson Music & Storytelling (A) 6:00 Learn Bridge (AR)	10:00 Memorial Mile (A) 11 11:00 9/11 Documentary (AR) 11:00 Texas Roadhouse & Linda's Produce 3:00 Dr. Sanford Zenson "Growing Old & Finishing Strong" (A) 6:30 Movie Night (TV)	11:00 Chair Exercise (AR) 12 1:30 Ben Kerher Piano(A) 1:30 Bridge (AR) 3:00 Bingo (AR) 4:00 Grandparents Day Activity (A) 6:30 Movie Night (TV)
Grandparents Day 13 9:00 Coffee & Donuts (C) 9:30 Contemporary Livestream Church (AR) 9:30 Sunday School (CH) 10:30 Chapel Church (CH) 3:00 Crafts w/Colleen (A) 6:00 Beo Hymn Singing (CH)	9:30 Flu Shot Clinic (A) 14 10:30 Memoir Writing (AR) 11:00 Cardio Drumming(AR) 2:00 Live Music Wesley Crider (A) 3:00 Bingo (AR) 4:00 Basket Bonanza (A) 6:00 Wes & Janice Moore's 60 th Anniversary Party (A)	10:00 Chair Exercise (AR) 15 11:00 Men's Devotion (CH) 11:00 Chair Zumba (AR) 1:30 Technology Help (AR) 3:00 Artificial Intelligence Video and Discussion (AR) 6:00 Bible Study w/Linda (FP) 6:00 Calm Coloring (AR)	9:00 Walmart 16 10:00 Exercise with Apex(AR) 1:00 Open Shuttle- Walmart, Banks, Pharmacy, Nails & Hair 2:00 Nature Center Animal Show (A) 4:00 Happy Hour (A)	10:00 Womens Devotions 17 (CH) 11:00 Senior Stretching (AR) 1:30 "The Chosen" (TV) 1:30 Trivial Pursuit (AR) 3:00 Bingo (AR) 4:00 Trivia (AR) 6:00 Learn Bridge (AR)	10:00 Movement 18 Improvement Exercise (AR) 10:00 Monteagle Day Trip- All Saints Chapel, Lunch & Werner Military Museum 2:00 Discovery Series (TV) 4:00 Chair Volleyball (A) 6:30 Movie Night (TV)	Octoberfest 19 11:00 Exercise (AR) 1:30 Bridge (AR) 2:00 Oktober Fest Party! 3:00 Bingo (AR) 4:00 Atrium Games! (A) 6:30 Movie Night (TV)
9:00 Coffee & Donuts (C) 20 9:30 Contemporary Livestream Church (AR) 9:30 Sunday School (CH) 10:30 Chapel Church (CH) 3:00 Crafts w/Colleen (A) 6:00 Beo Hymn Singing (CH)	10:00 Exercise with Apex 21 10:30 Memoir Writing (AR) 11:00 Cardio Drumming(AR) 2:00 AA Meeting (PDR) 3:00 Bingo (AR) 4:00 Name That Tune (A) 6:00 Barkey Bryant Piano (A) 6:00 Photography Class (AR)	10:00 Exercise (AR) 22 11:00 Mens Devotions (CH) 11:00 Chair Zumba (AR) 1:00 Butch Reeves Music (A) 1:30 Technology Help (AR) 2:00 Book Club (FP) 4:00 Parlor Games (A) 6:00 Bible Study w/Linda (FP)	9:00 Walmart 23 10:00 Exercise with Apex (AR) 1:00 Open Shuttle- Walmart, Banks, Pharmacy, Nails & Hair 1:30 Paint & Sip (AR) 4:00 Happy Hour (A)	10:00 Womens Devotions 24 11:00 Senior Stretching (AR) 1:30 "The Chosen" (TV) 2:00 Penny Auction (AR) 3:00 Bingo (AR) 4:00 Karaoke! (AR) 6:00 Learn Bridge (AR)	Dolly Parton Day! 25 10:00 Movement Improvement Exercise (AR) 11:00 Cookie Jar Cafe and Scenic Overlook 2:00 Discovery Series (TV) 4:00 Cornhole! (A) 6:30 Movie Night (TV)	11:00 Chair Exercise (AR) 26 1:30 Bridge (AR) 2:00 Ice Cream Social (A) 3:00 Ice Cream Delivery 3:00 Bingo (AR) 4:00 Atrium Games! (A) 6:30 Movie Night (TV)
9:00 Coffee & Donuts (C) 27 9:30 Contemporary Livestream Church (AR) 9:30 Sunday School (CH) 10:30 Chapel Church (CH) 3:00 Crafts w/Colleen (A) 6:00 Beo Hymn Singing (CH)	10:05 Exercise with Apex 28 10:30 Memoir Writing (AR) 11:00 Cardio Drumming(AR) 2:00 September Birthday's & Welcome New Residents Party 3:00 Bingo (AR) 4:00 Basket Bonanza (A) 6:00 Photography Class (AR)	10:00 Exercise (AR) 29 11:00 Mens Devotions (CH) 11:00 Chair Zumba (AR) 1:30 The Senior Bounce Back Seminar & Ice Cream (A) 6:00 Bible Study w/Linda (FP) 6:00 Calm Coloring (AR)	9:00 Walmart 30 10:00 Exercise with Apex (AR) 1:00 Open Shuttle- Walmart, Banks, Pharmacy, Nails & Hair 1:30 Trivia (A) 4:00 Happy Hour (A)	.	.	.

Calendar Key:

A – Atrium

C – Café

CH- Chapel

AR- Activity Room

GZ- Gazebo

PR- Pool Table Room

FP- Fire Place

TV- TV Room

FY- Front Yard

PDR- Private Dinning Room

