

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="text-align: center;">January 2025</h1> <p>Calendar Legend: Green = Off campus outing Blue = Food & Beverage Event Red = Committee Meeting AQ = Pool AR = Art Studio C = Clinic</p>			1	2	3	4
			12:30 Mexican Train Dominoes – IR 1:00 Handcrafters – HLC	9:00 Balance & Mobility – GX 9:0 Flower Power Pals – AR 9:45 Tai Chi Shibashi– GX 10:00 Casual Putting - PG 10:45 Tai Chi Next Steps – GX 12:00 Mahjong – P 1:00-3:00 Art Workshop: Reflections and Intentions—AR 2:00 Water Walking – AQ 2:30 Poetry Circle—P	9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Trader Joe's 10:00 Landscape Committee 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch - GX 1:00 Hand & Foot – P 1:00 Rummikub – P 2:00 Gentle Yoga - GX 2:00 Free Little Art Gallery Session—AR	9:00 Wii Bowling Practice – P 6:30 Protestant Church Service—P
5	6	7	8	9	10	11
2:00 Hand & Foot - P 3:00 Music with Yale Out of the Blue—PH	8:30 Monday Meditation—GX 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00-12:00 Open Studio—AR 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells – GX 12:30 The Heritage Tappers – GX 1:00 IT Class - CR 1:00 Acapella Workshop with Yale Out of the Blue—PH 2:00 Gentle Yoga –GX 3:00 Corn Hole—GX 4:00 Ladies Bible Study – PH 6:30 BINGO—P	9:00 Stretch & Flex - GX 9:45 Tai Chi for Balance – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 11:00 Modern Canasta—GR 11:00 Awaken Creativity with Amy – AR 11:00-1:00 Resident IT Sessions – STL 1:00 Line Dance—GX 2:00 Ladies Book Club—P 2:30 Awaken Creativity with Amy – AR 6:30 Bridge – GR 6:30 Rook—P	9:00 Cardio Sculpt—GX 9:30 Water Workout - AQ 9:30, 11:30, 1:30 - Wii Bowling – P 10:00 Shopping at Publix 10:00—12:00 Wheelchair Repair Clinic with Mobility Plus—PH 10:30 Shopping at Kroger 10:30 Cardio & More - GX 11:00 Mat Yoga – GX 12:30 Mexican Train Dominoes – IR 1:00 Handcrafters – HLC 2:30 Double Deck Canasta – IR 3:30 Grief Support Group—CR 6:30 Line Dance with Instructor—GX	9:00 Balance & Mobility – GX 9:0 Flower Power Pals – AR 9:45 Tai Chi Shibashi– GX 10:00 Casual Putting - PG 10:45 Tai Chi Next Steps – GX 11:00 Food & Beverage Committee 12:00 Mahjong – P 1:00 Activity Committee 2:00 Water Walking – AQ 2:00 Ballroom Dance—GX 2:00 Food & Beverage Town Hall with Mark Black—PH 3:00 Caregivers Support Group—CR 4:00 Bible Study – P 5:45 Nashville Symphony: Classical Series	9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Walmart 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch - GX 1:00 Hand & Foot – P 1:00 Rummikub – P 1:00-3:00 Art Workshop: Zentangle—AR 1:30 Wellness Committee 2:00 Gentle Yoga - GX 5:45 Nashville Symphony: Classical Series	9:00 Wii Bowling Practice – P
12	13	14	15	16	17	18
2:00 Hand & Foot - P 5:00 Gourmet Getaway: Blue Sushi	8:30 Monday Meditation—GX 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00-12:00 Open Studio—AR 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells – GX 12:30 The Heritage Tappers – GX 1:00 IT Class - CR 1:00 Library Committee 2:00 Gentle Yoga –GX 3:00 Corn Hole—GX 4:00 Ladies Bible Study – PH 6:30 BINGO—P	9:00 Stretch & Flex - GX 9:45 Tai Chi for Balance – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 11:00 Modern Canasta—GR 11:00 Awaken Creativity with Amy – AR 11:00-1:00 Resident IT Sessions – STL 1:00 Line Dance—GX 1:00 Prayer Time with Father Joe—P 2:00 Healthcare Presentation—PH *See insert 2:30 Awaken Creativity with Amy – AR 6:30 Bridge – GR 6:30 Rook—P	9:00 Cardio Sculpt—GX 9:30 Water Workout - AQ 9:30, 11:30, 1:30 - Wii Bowling – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More - GX 11:00 Yoga Stretch – GX 12:30 Mexican Train Dominoes – IR 1:00 Handcrafters – HLC 2:30 Double Deck Canasta – IR 3:30 Grief Support Group—CR 5:30 PJs and Pancakes—PH *Reservations required	9:00 Balance & Mobility – GX 9:0 Flower Power Pals – AR 9:45 Tai Chi Shibashi– GX 10:00 Casual Putting - PG 10:00 Welcoming Committee 10:45 Tai Chi Next Steps – GX 12:00 Mahjong – P 2:00 Water Walking – AQ 4:00 Bible Study – P 6:45 Nashville Symphony: Pops Series	9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch - GX 1:00 Hand & Foot – P 1:00 Rummikub – P 2:00 Gentle Yoga - GX 2:00 Free Little Art Gallery Session—AR 6:45 Nashville Symphony: Pops Series	9:00 Wii Bowling Practice – P 6:30 Protestant Church Service—P

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
2:00 Hand & Foot - P	8:30 Monday Meditation—GX 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00-12:00 Open Studio—AR 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells – GX 10:30 Catholic Communion—PH 12:30 The Heritage Tappers – PH 1:00 IT Class - CR 2:00 Gentle Yoga –G 2:00 Facilities Committee 3:00 Corn Hole—GX 4:00 Ladies Bible Study – PH 6:30 BINGO—P	9:00 Hearing Clinic of Franklin—C 9:00 Stretch & Flex - GX 9:45 Tai Chi for Balance – GX 10:00 Casual Putting – PG 10:30 Hatch Show Print 10:45 Tai Chi Next Steps – GX 11:00 Modern Canasta—GR 11:00-1:00 Resident IT Sessions – STL 1:00 Line Dance—GX 1:00 Resident Council 2:15 Eye Care of Cool Springs—C 3:00 Storytellers—P 6:30 Bridge – GR 6:30 Rook—P	9:00 Cardio Sculpt—GX 9:30 Water Workout - AQ 9:30, 11:30, 1:30 - Wii Bowling – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More - GX 11:00 Mat Yoga – GX 12:30 Mexican Train Dominoes – IR 1:00 Handcrafters – HLC 2:30 Double Deck Canasta – IR 3:30 Grief Support Group—CR 4:00 Candlelight Concert—PH 6:30 Line Dance with Instructor—GX	9:00 Balance & Mobility – GX 9:00 Flower Power Pals – AR 9:45 Tai Chi Shibashi– GX 10:00 Casual Putting - PG 10:45 Tai Chi Next Steps – GX 12:00 Mahjong – P 2:00 Water Walking – AQ 2:00 Ballroom Dance—GX 2:30 Ladies Tea Time—PH 4:00 Bible Study – P	9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Walmart 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch - GX 11:30-1:00 National Hot Pastrami Day—FG 1:00 Hand & Foot – P 1:00 Rummikub – P 1:00 Bus Safety—GX 2:00 Gentle Yoga - GX 3:00 Glee Club Meet & Greet—PH 5:45 Nashville Symphony: Classical Series	9:00 Wii Bowling Practice – P 5:00 Happy Hour with Patsy & The Boys—PH
26	27	28	29	30	31	Calendar Legend: Green = Off campus outing Blue = Food & Beverage Event Red = Committee Meeting AQ = Pool AR = Art Studio C = Clinic CR = Conference Room GR = Game Room GX = Group Exercise Studio FG = Fireside Grille HLC = Healthy Life Center IR = Iris Room P = Parlor PG = Putting Green PH = Poplar Hall STL = Steeplechase Lounge
2:00 Hand & Foot - P 5:00 Gourmet Getaway: Blue Sushi	8:30 Monday Meditation—GX 9:00 Morning Mixup - GX 9:30 Water Workout – AQ 9:30 Bridge – P 10:00-12:00 Open Studio—AR 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells – GX 12:30 The Heritage Tappers – GX 1:00 IT Class - CR 2:00 Gentle Yoga –GX 2:00 Birthday Bash—PH 3:00 Corn Hole—GX 4:00 Ladies Bible Study – PH 6:30 BINGO—P	9:00 Stretch & Flex - GX 9:45 Tai Chi for Balance – GX 10:00 Casual Putting – PG 10:45 Tai Chi Next Steps – GX 11:00 Modern Canasta—GR 11:00 Awaken Creativity with Amy – AR 11:00-1:00 Resident IT Sessions – STL 1:00 Line Dance—GX 1:30 Finance Committee 2:00 Healthcare Presentation: Therapy Services—PH 2:30 Awaken Creativity with Amy – AR 3:30 Storytellers Performance—PH 6:30 Bridge – GR 6:30 Rook—P	8:30 Podiatrist—C 9:00 Cardio Sculpt—GX 9:30 Water Workout - AQ 9:30, 11:30, 1:30 - Wii Bowling – P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Cardio & More - GX 11:00 Yoga Stretch – GX 12:30 Mexican Train Dominoes – IR 1:00 Handcrafters – HLC 2:00 Chinese New Year Pop Up—STL 2:30 Double Deck Canasta – IR 3:30 Grief Support Group—CR	9:00 Balance & Mobility – GX 9:00 Flower Power Pals – AR 9:45 Tai Chi Shibashi– GX 10:00 Casual Putting - PG 10:00 Marketing Advisory Board 10:45 Tai Chi Next Steps – GX 12:00 Mahjong – P 2:00 Water Walking – AQ 2:00 Executive Director Resident Update Meeting—PH 4:00 Bible Study – P 6:30 Chicago at TPAC	9:00 Morning Mixup – GX 9:30 Water Workout - AQ 9:30 Bridge – P 10:00 Brentwood Library & Shopping at Aldi 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch - GX 1:00 Hand & Foot – P 1:00 Rummikub – P 2:00 Gentle Yoga - GX 2:00 Widows, Weepers, and Wakes with Janet Hasson—PH	

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