



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="text-align: center; color: red;">FEBRUARY 2025</h1>			Calendar Legend: Green = Off-Campus Outing Blue = Food & Beverage Event Red = Committee Meeting 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 PH = Poplar Hall STL = Steeplechase Lounge	1
						9:00 Wii Bowling Practice—P 9:30 Tai Chi—Ch. 920 10:15 Seated Core Crunch—Ch. 920 1:30 Better Balance—Ch. 920 6:30 Protestant Church Service—P
2	3	4	5	6	7	8
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P 5:00 Gourmet Getaway: Amerigo	8:30 Monday Meditation—GX 9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00—12:00 Open Studio in Art 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 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—1:00 Resident IT Sessions—STL 1:00 Line Dance—GX 12:45 Brentwood Police Station Tour 2:00 Ladies Book Club—P 3:00 Sip & Gogh—AR 6:00 19 Miles to Music Row 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 11:00 Sip & Gogh—AR 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 2:30 Double Deck Canasta—IR 3:00 Sip & Gogh—AR 3:30 Grief Support Group—CR 6:30 Line Dance with Instructor—GX	9:00 Balance & Mobility—GX 9:00 Flower Power Pals—AR 9:15 National Museum of African American Music 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 Poetry Circle—P 4:00 Bible Study—P 5:45 Nashville Symphony: Classical	Wear Red Day for Heart Health Heart Health Scavenger Hunt—FC 9:00 Morning Mixup Circuit—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 in Art Studio—AR 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Art Workshop: Watercolor Mixed Media Series—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH 5:45 Nashville Symphony: Classical	9:00 Wii Bowling Practice—P 9:30 Tai Chi—Ch. 920 10:15 Seated Core Crunch—Ch. 920 1:30 Better Balance—Ch. 920
9	10	11	12	13	14	15
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P 5:00 Super Bowl Party—PH	8:30 Monday Meditation—GX 9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00—12:00 Open Studio in Art Studio—AR 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Smartbells—GX 12:30 The Heritage Tappers—GX 1:00 Library Committee 1:00 IT Class—CR 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—1:00 Resident IT Sessions—STL 1:00 Line Dance—GX 2:00 Healthcare Presentation: Heart Health—PH 4:00 Cardio Drumming—PH 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 1:00– 1:30 Wicked Snack Pick Up—STL 2:00 Movie: Wicked—Ch. 920 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 Resident Garden Meeting—P 10:00 Facilities Tour: Unit Turnover—Dogwood Elevator 10:45 Tai Chi Next Steps—GX 11:00-3:00 Salon Skincare Event—The Heritage Salon 11:00 Food & Beverage Committee 12:00 Mahjong—P 1:00 Activity Committee 2:00 Water Walking—AQ 3:00 Caregivers Support Group—CR 3:00 Galentines Happy Hour—PH 4:00 Bible Study—P 6:45 Nashville Symphony: Pops	9:00 Morning Mixup Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Walmart 10:00—12:00 Open Studio in Art Studio—AR 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Art Workshop: Acrylic—AR 1:30 Wellness Committee 2:00 Gentle Yoga—GX 5:30 Valentine's Day Dinner & Dance—PH *Reservations Required 6:45 Nashville Symphony: Pops	8:30 Tennessee Wine Tasting Valentines Excursion Train 9:00 Wii Bowling Practice—P 9:30 Tai Chi—Ch. 920 10:15 Seated Core Crunch—Ch. 920 1:30 Better Balance—Ch. 920 6:30 Protestant Church Service—P

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16	17	18	19	20	21	22
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P 5:00 Gourmet Getaway: Amerigo	8:30 Monday Meditation—GX 9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00—12:00 Open Studio in Art 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—GX 1:00 IT Class—CR 2:00 Facility Services Committee 2:00 Gentle Yoga—GX 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 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—GR 11:00—1:00 Resident IT Sessions—STL 11:30 Pizza Tasting—PH 1:00 Resident Council 1:00 Line Dance—GX 2:15 Eye Care of Cool Springs—C 3:00 Storytellers—P 6:30 Bridge—GR 6:30 Rook—P 6:45 Itzhak Perlman with the Nashville Symphony *Must have your own ticket	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 11:00 Lecture: Fight for the 19th Amendment—PH 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 9:00 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 10:00 Welcoming Committee 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 2:00-4:00 New Resident Meet & Greet—PH 4:00 Bible Study—P	9:00 Morning Mixup Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00—12:00 Open Studio in Art Studio—AR 10:30 Mall Walking & Lunch 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Art Workshop: Watercolor Mixed Media Series—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH	9:00 Wii Bowling Practice—P 9:30 Tai Chi—Ch. 920 10:15 Seated Core Crunch—Ch. 920 1:30 Better Balance—Ch. 920 5:00 Happy Hour with Patsy & The Boys—PH
23	24	25	26	27	28	Calendar Legend:
9:30 Strong & Fit—Ch. 920 10:00 Better Balance—Ch. 920 1:30 Chair Yoga with Colleen—Ch. 920 2:00 Hand & Foot—P	8:30 Monday Meditation—GX 9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 10:00—12:00 Open Studio in Art 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 10:30 Lunch & Monthaven Arts and Cultural Center 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 1:30 Finance Committee 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 2:00-3:00 National Carrot Cake Day —FG 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 10:00 Facilities Tour: Unit Turnover—Dogwood Elevator 10:45 Tai Chi Next Steps—GX 12:00 Mahjong—P 2:00 Executive Director Resident Update Meeting—PH 2:00 Water Walking—AQ 4:00 Bible Study—P	9:00 Morning Mixup Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Aldi 10:00—12:00 Open Studio in Art Studio—AR 10:00 Play Readers Performance—PH 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Art Workshop: Watercolor Mixed Media Series—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH 6:45 Nashville Symphony: Classical	Green = Off-Campus Outing Blue = Food & Beverage Event Red = Committee Meeting 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 PH = Poplar Hall



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