

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>MARCH 2025</h1> <p>Calendar Legend: Green = Off-Campus Outing Blue = Food & Beverage Event Red = Committee Meeting AR = Art Studio C = Clinic</p> <p>CR = Conference Room GR = Game Room GX = Group Exercise Studio FG = Fireside Grille HLC = Healthy Life Center</p> <p>IR = Iris Room P = Parlor PH = Poplar Hall STL = Steeplechase Lounge</p>						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	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 10:00-12:00 Window Cleaning Sign-Up: Villas—PH 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 Awaken Creativity with Amy—AR 11:00-1:00 Resident IT Sessions—STL 1:00 Music for Seniors Mardi Gras Community Concert—PH 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 10:30 Shopping at Kroger 10:30 Cardio & More—GX 11:00 Mat Yoga—GX 12:30 Mexican Train Dominoes—IR 1:00 Handcrafters—HLC 1:00 Environmental Services Town Hall—PH 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 10:00 Casual Putting—PG 11:00 Food & Beverage Committee—IR 12:00 Mahjong—P 1:00 Badminton—Outdoor Game Court 2:00 Water Walking—AQ 2:00 Ballroom Dance—GX 2:30 Poetry Circle—P 4:00 Bible Study—P	9:00 Morning Mix-up 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—AR 10:00 Free Little Art Gallery Session—AR 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 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 7:00 Movie: Quartet—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 Gourmet Getaway: Del Frisco's	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 10:00-12:00 Window Cleaning Sign-Up: Redbud—PH 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 10:00 Prayerful Conversations with Reverend Pamela Hawkins—P 10:45 Tai Chi Next Steps—GX 11:00 Awaken Creativity with Amy—AR 11:00-1:00 Resident IT Sessions—STL 1:00 Prayer Time with Father Joe—P 1:00 Line Dance—GX 2:00 Healthcare Presentation: Preventing Falls—PH 2:30 Awaken Creativity with Amy—AR 3:30 Wine & Nine with Ladies—PG 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 7:00 Movie: The Odd Life of Timothy Green—Ch. 920	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 1:00 Activity Committee 1:00 Badminton—Outdoor Game Court 2:00 Water Walking—AQ 3:00 Caregiver Support Group—CR 3:00 Rodeo & Juliet Happy Hour—PH 4:00 Bible Study—P	9:00 Morning Mix-up Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping 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: Drawing—AR 1:30 Wellness Committee 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 5:00 Happy Hour with Patsy & The Boys—PH 6:30 Protestant Church Service—P

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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: Del Frisco's	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 12:00-2:00 Window Cleaning Sign-Up: Magnolia Court—PH 12:30 The Heritage Tappers—GX 1:00 IT Class—CR 1:30-2:30 Shamrock Shake Pop Up—STL 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 9:30 Factory at Franklin Tour and Lunch 10:45 Tai Chi Next Steps—GX 11:00 Awaken Creativity with Amy—AR 11:00-1:00 Resident IT Sessions—STL 1:00 Resident Council 1:00 Line Dance—GX 2:15 Eye Care of Cool Springs—C 2:30 Awaken Creativity with Amy—AR 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 2:00 Pub Style Trivia—PH 2:30 Double Deck Canasta—IR 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 10:00 Cheekwood in Bloom 10:45 Tai Chi Next Steps—GX 12:00 Mahjong—P 1:00 Badminton—Outdoor Game Court 2:00 Water Walking—AQ 2:00 Ballroom Dance—GX 4:00 Bible Study—P	9:00 Morning Mix-up Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping Dollar Tree 10:00-12:00 Open Studio—AR 10:00 Free Little Art Gallery Session—AR 10:30 Balance & Stretch—GX 11:30-1:00 National Lobster Newberg Day—FG 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-3:00 Art Workshop: Acrylic—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 Clinton High School Orchestra—PH 1:15 The Play That Goes Wrong at Studio Tenn 1:30 Better Balance—Ch. 920
23	24	25	26	27	28	29
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 Water Workout—AQ 9:30 Bridge—P 10:00-12:00 Open Studio—AR 10:00-12:00 Window Cleaning Sign-Up: Dogwood Terrace—PH 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 6:30 BINGO—P 7:00 Vanderbilt Suzuki Program Violin Performance Group—PH	9:00 Stretch & Flex—GX 9:45 Tai Chi for Balance—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00-1:00 Resident IT Sessions—STL 1:00 Line Dance—GX 1:30 Finance Committee 2:30 Bocce—Outdoor Game Court 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 Pickleball Open Play—GX 2:30 Double Deck Canasta—IR	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 1:00 Badminton—Outdoor Game Court 2:00 Water Walking—AQ 2:00 Executive Director Resident Update Meeting—PH 4:00 Bible Study—P 5:45 Nashville Symphony: Classical	9:00 Morning Mix-up Circuit—GX 9:30 Water Workout—AQ 9:30 Bridge—P 10:00 Brentwood Library & Shopping Aldi 10:00 Marketing Advisory Board 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: Oil Pastels—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
30	31	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				
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 7:00 Movie: 42—Ch. 920	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 10:00-12:00 Window Cleaning Sign-Up—PH 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 6:30 BINGO—P					

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