

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>October 2024</h1> <p>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</p>		1	2	3	4	5
		9:00 Stretch & Flex—GX 9:45 Tai Chi for Beginners—GX 9:30 Dyer Observatory 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—P 11:00-1:00 Resident IT Sessions—STL 1:00 New Resident Meet & Greet—PH 2:30 Ladies Book Club—P 6:30 Bridge—IR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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 3:15 Grief Support Group—CR	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Spanish Class for Beginners—PH 12:00 Mahjong—P 2:00 Water Walking—AQ 2:00 Campfire S'mores—Outdoor Dining 2:30 Poetry Circle—P 3:00 Square Dance—GX 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 Trader Joe's 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch—GX 10:30 Landscape Committee 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-2:30 Watercolor Series—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH	9:00 Wii Bowling Practice—P 6:30 Protestant Church Service with Communion—P
6	7	8	9	10	11	12
2:00 Hand & Foot—P 5:00 Gourmet Getaway: The Eastern Peak	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Healthcare Presentation: Medicare Open Enrollment—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 Beginners—GX 9:45 Walk at Shelby Bottoms 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—P 11:00-1:00 Resident IT Sessions—STL 2:00 Healthcare Presentation: The Aging Eye with Cool Springs Eyecare—PH 6:30 Bridge—IR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Spanish Class for Beginners—PH 11:00 Food & Beverage Committee 12:00 Mahjong—P 1:00 Activity Committee 2:00 Behind the Scenes: Electoral College 2:00 Water Walking—AQ 3:00 Ballroom Dance—GX 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 12:30 Walk at Deerwood Arboretum 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00-2:30 Watercolor Series—AR 1:30 Wellness Committee 2:00 Gentle Yoga—GX 3:00 Glee Club—PH	9:00 Wii Bowling Practice—P 5:00 Happy Hour with Patsy & The Boys—PH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
2:00 Hand & Foot—P	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Environmental Services Town Hall with Lee Clark—PH 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 9:00 Hearing Services of Franklin—C 9:45 Tai Chi for Beginners—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—P 11:00-1:00 Resident IT Sessions—STL 1:00 Resident Council 1:00—3:00 Cool Springs Eye Care—C 2:30 Sound Bath—GX 3:00 Storytellers—P 6:30 Bridge—IR 6:30 Rook—P 6:30 Moulin Rouge at TPAC	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping and Lunch in Downtown Franklin 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—3:00 National Cinnamon Roll Day—FG 2:30 Double Deck Canasta—IR	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Aqua Tai Chi—AQ 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Spanish Class for Beginners—P 12:00 Mahjong—P 1:00-3:00 Card Making—AR 2:00 Water Walking—AQ 2:30 Pub Style Trivia—PH 4:00 Bible Study—P 5:45 Nashville Symphony: Classical Series	9:00 Morning Mixup—GX 9:30 Bridge—P 10:00 Brentwood Library & Shopping at Dollar Tree 10:00 Walk to End Alzheimer's—Meet outside Clubhouse 10:00-12:00 Open Studio—AR 10:30 Marketing Advisory Board 1:00 Hand & Foot—P 1:00 Rummikub—P 2:00 Free Little Art Gallery Session—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH 5:45 Nashville Symphony: Classical Series	9:00 Wii Bowling Practice—P 6:30 Protestant Church Service with Communion—P
20	21	22	23	24	25	26
2:00 Hand & Foot—P 5:00 Gourmet Getaway: The Eastern Peak	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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—GX 1:00 IT Class—CR 2:00 Gentle Yoga—GX 2:00 Facilities Committee 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 Beginners—GX 9:45 Fishing Trip at Williamsport Lake 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—P 11:00-1:00 Resident IT Sessions—STL 2:30 Sip & Gogh—AR 6:30 Bridge—IR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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 5:30 Murder Mystery Dinner—PH *Reservations required	9:00 Balance & Mobility—GX 9:30 Flower Power Pals—AR 9:45 Tai Chi Shibashi—GX 9:45 Walk at Bowie Park 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Spanish Class for Beginners—PH 12:00 Mahjong—P 2:00 Water Walking—AQ 2:00 Executive Director Resident Update Meeting—PH 3:00 Ballroom Dance—GX 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 Fresh Market 10:00 Free Little Art Gallery Session—AR 10:00-12:00 Open Studio—AR 10:30 Balance & Stretch—GX 1:00 Hand & Foot—P 1:00 Rummikub—P 1:00 Healthcare Presentation: Dermatology with Dr. Binhlam—PH 1:00-2:30 Watercolor Series—AR 2:00 Gentle Yoga—GX 3:00 Glee Club—PH 6:45 Nashville Symphony: Pops Series	9:00 Wii Bowling Practice—P 4:45 Ray Stevens CabaRay Showroom
27	28	29	30	31	<h1>October 2024</h1> <p>Calendar Legend:</p> <p>Green = Off Campus Outing Blue = Food & Beverage Event Red = Committee Meeting</p> <p>AQ = Pool AR = Art Studio C = Clinic CR = Conference Room GR = Game Room</p> <p>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</p>	
9:45 International Worship Service at Nashville First Church of the Nazarene 2:00 Hand & Foot—P	9:00 Morning Mixup—GX 9:30 Bridge—P 9:30 Water Workout—AQ 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 Beginners—GX 10:00 Casual Putting—PG 10:45 Tai Chi Next Steps—GX 11:00 Modern Canasta—P 11:00 Sip & Gogh—AR 11:00-1:00 Resident IT Sessions—STL 1:30 Finance Committee 2:30 Sip & Gogh—AR 6:30 Bridge—IR 6:30 Rook—P	9:00 Morning Mixup—GX 9:30 Water Workout—AQ 9:30; 11:30; 1:30 Wii Bowling League—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 Widows, Weepers, & Wakes with Janet Hasson—PH	9:00 Balance & Mobility—GX 9:30 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 11:00 Spanish Class for Beginners—PH 12:00 Mahjong—P 2:00 Water Walking—AQ 2:30 Trunk or Treat—PH 4:00 Bible Study—P		