

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Life Enrichment Coordinators:</b> <b>Elizabeth Bradley &amp; Lynn Beckstrom</b> <b>Phone: 615-665-2693</b></p> <p>•Calendar Subject to Change</p>	<p><b><u>Don't miss out!</u></b></p> <p><b>Please remember to check the in-house mail room for the sign up book &amp; latest info.</b></p>	<p><i>Senior Seder Lunch</i> <i>Gordon Jewish Community Center</i> <i>April 6<sup>th</sup></i> <i>10:45</i></p>  <p><i>Seder Meal</i></p>	<p><i>Special Easter Service</i> <i>April 16<sup>th</sup></i> <i>4:00pm</i></p> 	<p><i>Ladies Tea</i></p>  <p><i>April 21</i></p>	<p><i>Join us for Blakeford's April Garden Soiree</i> <i>Saturday, April 29<sup>th</sup></i> <i>2:00-4:00pm</i></p> 	<p><b>1</b></p> <p>4:00pm The West Wing - MPR 6:45pm Movie: -MPR</p>
<p><b>2</b></p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4<sup>th</sup> floor lounge. <b>4:00pm Vespers Service - MPR</b> 6:45pm Sunday Movie – WR</p>	<p><b>3</b></p> <p>9:00am - Supervised Exercise – WC 9:30 Walking Club-LR 10:00am Bible Study w/ Dr. Sandra Randleman – MPR 10:30am Wii Bowling –WR 11:00am Spiritual Wellness: <b>Cancelled</b>– MPR 1:00pm Healthy Hearts MPR 1:30pm Seated Yoga –MPR <b>2:00pm Let's Play Bunco-GR</b> <b>3:30 Informational Session on New Exercise Classes MPR</b> 6:45pm Movie: -MPR</p> 	<p><b>4</b></p> <p>9:30am Cardio Sculpt– MPR <b>10:30am Audiology Associates MPR</b> 10:00 Learn Simple American Sign Language -MPR <b>10:30am Learn Wii Golf-WR</b> 1:00pm Canasta-GR <b>2:00pm-4:00pm Afternoon Delight: Lemonade &amp; Sweet Tea on the Patio</b> 1:30pm Bridge - WR 3:00pm Balanced Bodies– MPR 4:30pm No Social Hour Today <b>5:00pm Vanderbilt University Chamber Singers-LR</b></p>	<p><b>5</b></p> <p>9:00am - Supervised Exercise - WC 10:00am Open Communion - LR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 1:00 Ukulele Class - WR 1:00pm Healthy Hearts – MPR 1:30pm Seated Yoga –MPR <b>2:00pm Table Topics: Discussion Group-LR</b> 2:15pm Roman Catholic Com. HC <b>3:00 Blakeford University: Elementary Concepts in Investments - MPR</b> 4:00pm Afternoon Matinee – MPR 6:45pm Classic Movie – MPR</p> <p><b>3:00-7:30 the Masters Golf Tournament on ESPN</b></p>	<p><b>6</b></p> <p>9:30am Cardio Sculpt <b>Canceled</b> – WR <b>10:45am Outing: Senior Seder - Gordon Jewish Community Ctr. Please Sign Up-RSVP is a Must</b> 1:00pm Dominoes-GR 3:00pm Needlecrafters - LR 3:00pm Balanced Bodies <b>Canceled</b> – MPR 4:00pm TED Talk - MPR</p> <p><b>3:00-7:30 the Masters Golf Tournament on ESPN</b></p>	<p><b>7</b></p> <p>9:00am - Supervised Exercise <b>Canceled</b> – WC <b>10:00 Crafts with Lynn-Easter Cards GR</b> 10:30am Wii Bowling – WR 1:00pm Sequence – GR <b>2:00 “We Appreciate You Elizabeth” Party-LR</b> <b>3:30 Glamour Gals-MPR</b> 7:00pm Bingo-MPR</p> <p><b>3:00-7:30 the Masters Golf Tournament on ESPN</b></p>	<p><b>8</b></p> <p>4:00pm The West Wing MPR 6:45pm Movie: -MPR</p> <p>3:00-7:30 the Masters Golf Tournament on CBS</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right"><b>9</b></p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4<sup>th</sup> floor lounge. <i>6:45pm Sunday Movie - MPR</i></p> <p><b>3:00-7:30 the Masters Golf Tournament on CBS</b></p>	<p>9:00am-Supervised Exercise –WC <b>10</b> 9:30 Walking Club-LR 10:00am Bible Study– MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Rhythm &amp; Moves-MPR 1:00pm 1:30pm Seated Yoga –MPR <b>2:30pm – Resident Council-MPR</b> <i>6:45pm Movie: -MPR</i></p>	<p align="right"><b>11</b></p> <p><b>9:00 Outing: Breakfast at Monell’s Café</b> 9:30am Cardio Drum Group MPR 10:00 Learn Simple American Sign Language –MPR <b>10:30am Learn Wii Golf-WR</b> <b>1:00 Crafts w/Lynn: Make Chocolate Candy in Mini Easter Baskets GR</b> 1:00pm Canasta-GR 1:30pm Bridge-WR 2:00pm Seated strength – MPR 4:30pm Social Hour with John Jonethis- LR</p>	<p>9:00am - Supervised Exercise – WC<b>12</b> 9:30am – Strength Training – MPR 10:00am Open Communion - LR 10:30am Bible Study – MPR 10:30am Wii Bowling-WR 1:00pm Ukulele Class - WR 1:00pm Rhythm &amp; Moves –MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com .HC <b>3:00 Blakeford University: Elementary Concepts in Investments- MPR</b> <i>4:00pm Afternoon Matinee – MPR</i> <i>6:45pm Classic Movie – MPR</i></p>	<p align="right"><b>13</b></p> <p>9:30am Balance &amp; Coordination –MPR 1:00pm Dominoes-GR <b>1:30pm Outing: Shopping Nashville West At Home and Dollar Tree</b> 2:00pm Better Balance-MPR 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Group 2 – MPR 4:00pm TED Talk – MPR</p>	<p align="right"><b>14</b></p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - MPR <b>10:00am-2:00pm Stations of the Cross MPR</b> <b>2:00pm- Good Friday Service &amp; Communion WR</b> 10:30am <b>No Wii Bowling Today</b> 1:00pm Sequence – GR 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p> 	<p align="right"><b>15</b></p> <p>4:00pm The West Wing - MPR <i>6:45pm Movie: -MPR</i></p>
<p align="right"><b>16</b></p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4<sup>th</sup> floor lounge. <b>4:00pm Easter Service-MPR</b> <i>6:45pm Sunday Movie - MPR</i></p> 	<p align="right"><b>17</b></p> <p><b>9:00am Men’s Club Breakfast out: J. Christopher’s Restaurant</b> 9:00am - Supervised Exercise – WC 9:30 Walking Club-LR 10:00am Bible Study - MPR 10:30am Wii Bowling-WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Rhythm &amp; Moves- MPR 1:30pm Seated Yoga –MPR <b>2:00pm Let’s Play Bunco-GR</b> <i>6:45pm Movie – MPR</i></p> 	<p align="right"><b>18</b></p> <p>9:30am Cardio Drum Grp.2– WR <b>9:30 Outing: Carr Ranch &amp; Lunch at Thomas Soda Fount.</b> 10:00 Sign Language -MPR <b>10:30am Learn Wii Golf- WR</b> 1:00pm Canasta-GR <b>1:00pm-3:00pm Afternoon Delight: Lemonade &amp; Sweet Tea on the Patio</b> 1:30pm Bridge-WR 2:00pm Seated strength – MPR 4:30pm Social Hour: Roy Shelton</p>	<p align="right"><b>19</b></p> <p>9:00am-Supervised Exercise –WC 9:30am – Strength Training - MPR 10:00am Open Communion - LR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 1:00pm Rhythm &amp; Moves – MPR 1:30pm Seated Yoga –MPR <b>2:00pm Table Topics: Discussion Group LR</b> 2:15pm Roman Catholic Com. HC <b>3:00 Blakeford U. Elementary Concepts in Investments- MPR</b> <i>4:00pm Afternoon Matinee – MPR</i> <i>6:45pm Classic Movie – MPR</i></p>	<p align="right"><b>20</b></p> <p>9:30am Balance &amp; Coordination –MPR <b>10:00 Outing: Belle Meade Mansion Tour &amp; Lunch</b> 1:00pm Dominoes-GR <b>1:30 Sing-A-Long with Drew LR</b> 2:00pm Better Balance-WR 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Grp 2 –WR <b>No TED Talk Today</b></p>	<p align="right"><b>21</b></p> <p>9:00am-Supervised Exercise –WC 9:30am – Tai Chi Class – MPR <b>11:30 Ladies Tea MPR</b> 10:30am Wii Bowling-WR 1:00pm Sequence – GR <b>2:00pm Cranium Crunches –MPR</b> <b>3:00 April Birthday Party! MPR</b> 7:00pm Bingo-MPR</p> 	<p align="right"><b>22</b></p> <p>4:00pm The West Wing - MPR <i>6:45pm Movie: -MPR</i></p>
<p align="right"><b>23</b></p> <p><b>11:30am Outing: “River Dance” at Tennessee Performing Arts Center</b> 1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4<sup>th</sup> floor lounge. <b><i>6:45pm Sunday Movie – MPR</i></b> 1:30pm Skip Bo-GR/WR <b>30</b> 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4<sup>th</sup> floor lounge.</p>	<p>9:00am - Supervised Exercise–WC<b>24</b> 9:30 Walking Club-LR 10:00am Bible Study – Moved to Parlor <b>10:30am Audiology Associates Educational Seminar-MPR</b> 10:30am Wii Bowling-WR 1:00pm Rhythm &amp; Moves- MPR 1:30pm Seated Yoga – MPR <b>2:00pm Let’s Play Bunco-GR</b> <b>3:00pmBlakeford Book Club- - MPR</b> <i>6:45pm Movie:MPR</i></p> 	<p align="right"><b>25</b></p> <p>9:30am Cardio Drum Grp.1 MPR 10:00 Learn Simple American Sign Language –MPR <b>10:30am Learn Wii Golf-WR</b> <b>10:30am Crafts: Fascinator Hats for Garden Party-GR</b> <b>1:00pm Outing: Percy Warner Nature Center &amp; Park</b> 1:30pm Bridge-WR 2:00pm Seated Strength – MPR <b>3:00 Men’s Club: Putting WR</b> 4:30pm Social Hour with Bill Ferrari-LR</p>	<p align="right"><b>26</b></p> <p>9:00am-Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - LR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 1:00pm Rhythm &amp; Moves – MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC <b>3:00 Blakeford University: Elementary Concepts in Investments - MPR</b> <i>4:00pm Afternoon Matinee – MPR</i> <i>6:45pm Classic Movie – MPR</i></p>	<p align="right"><b>27</b></p> <p>9:30am Balance &amp; Coord.–WR <b>10:00am Get to know your neighbor: Nancy &amp; Henry Crais- MPR</b> 1:00pm Dominoes-GR <b>1:00 Keith Sargent in Concert MPR</b> 2:00pm Better Balance-MPR 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Grp 2 MPR 4:00pm TED Talk – MPR <b>5:00pm Symphony Transportation</b></p>	<p align="right"><b>28</b></p> <p>9:00am-Supervised Exercise –WC 9:30am Tai Chi Class – MPR 10:30am Wii Bowling-WR 1:00pm Sequence – GR <b>2:00 Fashion Seminar: 20 Ways to Wear a Scarf (bring a scarf with you to practice) MPR</b> 7:00pm Bingo-MPR 7:00pm Shabbat Service - BC</p>	<p align="right"><b>29</b></p> <p><b>2:00-4:00pm Event: Garden Soiree</b> 4:00pm The West Wing - MPR <i>6:45pm Movie: -MPR</i></p>