




# WellLife **September**

AT BLAKEFORD

okSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Life Enrichment Coordinator:</b> <b>Lynn Beckstrom</b> <b>Phone: 615-665-2693</b></p> <p>*Calendar Subject to Change</p> <p><b>* Asterisk: Must Sign Up for Activity/Trip *</b></p>	<p><b>Check Out Channel 6 for Information &amp; Channel 7 for In-house Movies</b></p> 	<p><i>Ladies Tea</i> <i>Thursday, Sept. 21<sup>st</sup></i> <i>11:30am</i></p> 	<p><b>Don't Miss Out!</b> <b>Please remember to check the in-house mail room for the sign up book &amp; latest info.</b></p>	<p><b>Senior Fitness Testing</b></p> <p>Sept. 25<sup>th</sup> 1:00-3:00pm Sept. 26<sup>th</sup> 10:30-12:30</p> 	<p><b>1</b></p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class – WR <b>10:00am Outing: Navy Ship USS LST 325-STour *</b> 10:30am Wii Bowling-WR 1:00pm Sequence – GR <b>3:00-5:00pm Blakeford University Registration-LR</b> 7:00pm Bingo-MPR</p>	<p><b>2</b></p> <p>4:00pm The West Wing - MPR 7:00pm Movie: -MPR</p>
<p><b>3</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> 7:00pm <i>Sunday Movie – WR</i></p>	<p><b>4</b></p> <p>9:00am-Supervised Exercise –WC 10:00am Blakeford Friends – MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:30pm Seated Yoga –MPR <b>2:00pm Learn to play Mexican Train Dominos -GR</b> 7:00pm <i>Movie: -MPR</i></p> 	<p><b>5</b></p> <p>9:30am Cardio Sculpt- MPR <b>10:00am Basic American Sign Language Class-WR</b> <b>10:30-11:30 Audiology Associates MPR</b> 1:00pm Canasta-GR <b>1:30pm Outing: Shopping Nashville West At Home and Dollar Tree*</b> 2:30pm Strength Training – MPR 4:30pm Social Hour with Brian Hanson-LR</p>	<p><b>6</b></p> <p>9:00am - Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study –MPR 10:30am Wii Bowling-WR <b>11:30-1:00 Cook Out on Patio</b> <b>1:00pm Ukulele Class with Lindy WR</b> 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR <b>2:00pm Table Topics: Discussion Group-LR</b> 2:15pm Roman Catholic Com .HC 4:00pm <i>Afternoon Matinee – M</i> 7:00pm <i>Classic Movie – MPR</i></p>	<p><b>7</b></p> <p>9:30am Cardio Sculpt.–MPR <b>10:30am Name That Tune with Mickey on the Piano-MPR</b> 1:00pm Dominoes-GR <b>2:00pm Learn to Play Mexican Train Dominos -GR</b> 2:30pm Better Balance-WR 3:00pm Needlecrafters - LR 4:00pm TED Talk - MPR</p>	<p><b>8</b></p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR <b>11:00am Blakeford University: “The Evolution of Popular Music 1940-1959” with Bill Ferrari-MPR</b> 1:00pm Sequence – GR <b>2:00pm Crafts with Lynn: Make Table Decorations for Ladies Tea-GR *</b> <b>3:00pm Free Manicures by Glamour Gals-MPR</b> 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p>	<p><b>9</b></p> <p>4:00pm The West Wing WR 7:00pm <i>Movie: -WR</i></p>

**Location Key:** GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-WellLife Room BC-Burton Court HC- Woodcrest Health Center BU- BLAKEFORD UNIVERSITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10</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. 3:30pm Vespers-BC 7:00pm Sunday Movie - MPR</p>	<p>9:00am-Supervised Exercise –WC <b>11</b></p> <p>10:00am Bible Study w/Dr. Sandra Randleman-MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:30pm Seated Yoga –MPR <b>2:30pm – Resident Council-MPR</b> <b>3:30pm New Resident Meet &amp; Greet Following Council Mtg. All Residents are Invited-LR</b> 7:00pm Movie: -MPR </p>	<p><b>12</b></p> <p>9:30am Cardio Sculpt- MPR <b>10:30am Outing: Shop Stein Mart, TJ Maxx &amp; Nordstrom Rack *</b> 1:00pm Canasta-GR 1:30pm Bridge-MPR <b>1:00-2:00pm Italian Ice &amp; Music on the Patio</b> 2:30pm Strength Training – MPR <b>4:30pm “College Football” Social Hour with Mickey on the Piano- LR</b></p>	<p><b>13</b></p> <p>9:00am Supervised Exercise– MPR 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study– MPR 10:30am Wii Bowling-WR <b>11:30-1:00 Cook Out on the Patio</b> <b>1:00pm Ukulele Class w/LindyWR</b> 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com .HC 4:00pm Afternoon Matinee – MPR 7:00pm Classic Movie – MPR</p>	<p>9:30am Cardio Sculpt MPR <b>14</b></p> <p><b>11:00am Lunch Out: Five Guys (Burgers &amp; Fries)</b> 1:00pm Dominoes-GR <b>2:00pm Learn Mexican Train Dominos -GR</b> 2:30pm Better Balance-WR 3:00pm Needlecrafters -LR 4:00pm TED Talk – MPR <b>5:00pm Nashville Symphony Transportation for Ticket Holders*</b></p> 	<p><b>15</b></p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR <b>11:00am Blakeford University: “The Evolution of Popular Music 1940-1959” with Bill Ferrari-MPR *</b> 1:00pm Sequence – GR <b>1:00pm Crafts with Lynn &amp; Chaplain Sherry: Faux Stained Glass-Make One,Take One *</b> <b>3:00 September Birthday Party! MPR</b> 7:00pm Bingo-MPR </p>	<p><b>16</b></p> <p>4:00pm The West Wing - MPR 7:00pm Movie: -MPR</p>
<p><b>17</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. 3:30pm Vespers-BC 7:00pm Sunday Movie - MPR</p>	<p><b>18</b></p> <p>9:00am - Supervised Exercise – WC 10:00am Bible Study w/Dr. Sandra Randleman-MPR 10:30am Wii Bowling-WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR <b>11:00am Lunch Out: Bier Haus at Opryland *</b> 1:00pm Cardio Drum- MPR 1:30pm Seated Yoga –MPR <b>2:00pm Mex. Train Dominos GR</b> 7:00pm Movie – MPR</p>	<p><b>19</b></p> <p>9:30am Cardio Sculpt– WR <b>9:30 Men’s Club Breakfast Out: Cracker Barrel *</b> 1:00pm Canasta-GR <b>1:00pm-2:00pm Italian Ice &amp; Music on the Patio</b> 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with John Jonethis-LR <b>5:00-6:30pm Italian Night Buffet</b> </p>	<p>9:00am-Supervised Exercise –WC <b>20</b></p> <p>9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR <b>11:30-1:00 Cook Out on the Patio</b> <b>1:00pm Ukulele Class Lindy-WR</b> 1:00pm Cardio Drum – MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC <b>3:00 Get to know your neighbor: Vera Burriss-MPR</b> 4:00pm Afternoon Matinee – MPR 7:00pm Classic Movie – MPR</p>	<p>9:30am Cardio Sculpt –MPR <b>21</b></p> <p><b>11:30am Ladies Tea* MPR</b> 1:00pm Dominoes-GR <b>2:00pm Learn Mexican Train Dominos -GR</b> 2:30pm Better Balance-WR 3:00pm Needlecrafters –LR 4:00pm TED Talk – MPR <b>6:30pm Blakeford University: “Our Muslim Neighbor”-MPR*</b></p> 	<p><b>22</b></p> <p>9:00am-Supervised Exercise –WC 10:30am Wii Bowling-WR <b>11:00am Blakeford University: The Evolution of Popular Music 1940-1959 with Bill Ferrari-MPR *</b> 1:00pm Sequence – GR <b>1:30pm Tennessee Craft Fair at The Parthenon Grounds *</b> 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p>	<p><b>23</b></p> <p><b>12:30pm Nashville Ballet “Sleeping Beauty” \$40 *</b> 4:00pm The West Wing - MPR 7:00pm Movie: -MPR</p>
<p><b>24</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. 3:30pm Vespers-BC 7:00pm Sunday Movie – MPR</p>	<p>9:00am - Supervised Exercise–WC<b>25</b></p> <p>10:00am Bible Study w/ Dr. Sandra Randleman-MPR 10:30am Wii Bowling-WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR <b>1:00-3:30pm Senior Fitness Testing-WR</b> 1:00pm Cardio Drum- MPR 1:30pm Seated Yoga – MPR <b>2:00pm Mex. Train Dominos -GR</b> <b>3:00pmBlakeford Book Club-MPR</b> 7:00pm Movie:MPR </p>	<p><b>26</b></p> <p>9:30am Cardio Sculpt- MPR <b>10:30-12:30pm Senior Fitness Testing-MPR</b> <b>11:00 Outing: Lunch with Live Music &amp; shopping at Plaza Mariachi *</b> 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm“Where is Your Home?” Social Hour with Mickey on the Piano-LR</p>	<p>9:00am-Supervised Exercise –WC <b>27</b></p> <p>9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30 Bible Study - MPR 10:30am Wii Bowling-WR <b>11:30-1:00 Cook Out on the Patio</b> <b>1:00-4:00pm Well Life Expo</b> <b>1:00 Sing-A-Long w/ Lindy LR</b> 2:15pm Roman Catholic Com. HC 4:00pm Afternoon Matinee – MPR 7:00pm Classic Movie – MPR</p> 	<p><b>28</b></p> <p>9:30am Cardio Sculpt.–MPR <b>10:00am Outing: Hike at Radnor Lake &amp; Picnic Lunch *</b> 1:00pm Dominoes-GR <b>2:00pm Learn Mexican Train Dominos -GR</b> 2:30pm Better Balance-WR 3:00pm Needlecrafters –LR 4:00pm TED Talk – MPR <b>7:00pm Campfire Songs &amp; S’mores-Patio</b></p> 	<p><b>29</b></p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR <b>11:00am Blakeford University: “The Evolution of Popular Music 1940-1959” with Bill Ferrari-MPR *</b> 1:00pm Sequence – GR <b>1:00pm Crafts with Lynn: Freshen Up Your Fall Wreath – GR *</b> <b>3:00pm Keith Sargent in Concert MPR</b> 7:00pm Bingo-MPR</p>	<p><b>30</b></p> <p>4:00pm The West Wing - MPR 7:00pm Movie: -MPR</p>

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