

BLAKEFORD SENIOR LIVING

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SEPTEMBER 2022



01
 09:30 Low Impact Aerobics MPR
 10:00 Men-in-Motion MPR
 01:30 Bingo MPR
 03:00 All-in-One MPR
 07:00 Movie Night: Best in Show MPR

02
 09:00 Supervised Exercise WLR
 10:00 Men's Group MPR
 10:00 Catholic Communion LK
 01:30 Doc Martin MPR
 02:30 Monthly Birthday Party MPR

03
 02:00 Mexican Train GR

Meeting Places
 MPR Multipurpose Room
 VN Vine
 WLR WellLife Room
 LK Luke's
 GR Game Room
 LBY Lobby
 WCC Woodcrest Conference Room
 TBA TBA

04
 04:00 Vespers Service MPR

Labor Day 05
 10:00 Documentary: The Real Right Stuff MPR
 02:00 Catholic Communion LK

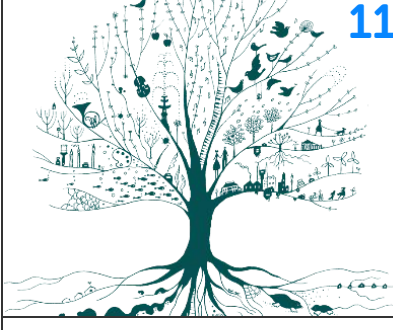
06
 09:30 Low Impact Aerobics MPR
 10:00 Seated Strength MPR
 01:00 Bridge MPR
 03:30 Happy Half Hour VN
 04:00 Entertainment with Dylan Altman VN
 07:00 Poker GR

07
 09:00 Supervised Exercise WLR
 11:00 Bible Study with Beth Newman MPR
 01:00 Better Balance MPR
 01:30 Seated Yoga MPR
 02:15 Caregiver Support Group LK
 02:30 Movie Matinee:TBA MPR

08
 09:00 Trip to Books-A-Million LBY
 09:30 Low Impact Aerobics MPR
 10:00 Men-in-Motion MPR
 01:30 Bingo MPR
 02:00 Writing Club WCC
 03:00 All-in-One MPR
 07:00 Movie Night TBD MPR

09
 09:00 Supervised Exercise WLR
 09:00 Floor Freedom MPR
 10:00 Men's Group MPR
 10:00 Catholic Communion LK
 01:30 Doc Martin MPR
 03:00 Lectio Divina MPR

10
 02:00 Mexican Train GR
 02:00 Music with Ed MPR



11
 09:00 Supervised Exercise WLR
 10:00 Documentary: Drain the Titanic MPR
 01:00 Better Balance MPR
 01:30 Seated Yoga MPR
 02:00 Catholic Communion LK
 03:00 All-in-One MPR
 04:00 Communion at Home TBA

12
 09:30 Low Impact Aerobics WLR
 10:00 Seated Strength MPR
 01:00 Bridge MPR
 03:30 Happy Half Hour VN
 04:00 Entertainment Joey Boone VN
 07:00 Poker GR

13
 09:00 Breakfast at Biscuit Love LBY
 09:00 Supervised Exercise WLR
 01:00 Better Balance MPR
 01:30 Seated Yoga MPR
 02:30 Movie Matinee:TBA MPR

14
 09:30 Low Impact Aerobics MPR
 10:30 Town Hall MPR
 01:30 Bingo MPR
 03:00 All-in-One MPR
 06:00 Nashville Symphony LBY

15
 09:00 Supervised Exercise WLR
 09:00 Floor Freedom MPR
 10:00 Men's Group MPR
 10:00 Catholic Communion LK
 01:30 Doc Martin MPR
 03:00 You Be The Judge MPR

16
 02:00 Mexican Train GR
 02:30 Dinner at High Point LBY

18
 04:00 Sacred Concert with Woodmont Christian Church MPR

19
 09:00 CareMerge Pre-Download LK
 09:00 Supervised Exercise WLR
 10:00 Documentary: End Game MPR
 01:00 Better Balance MPR
 02:00 Catholic Communion LK
 02:30 Resident Council MPR

20
 09:00 CareMerge Pre-Download LK
 09:30 Low Impact Aerobics WLR
 10:00 Seated Strength MPR
 01:00 Bridge MPR
 03:30 Happy Half Hour VN
 04:00 Entertainment with Frank and Diane VN
 07:00 Poker GR

21
 09:00 Supervised Exercise WLR
 09:00 CareMerge Session #1 MPR
 11:00 Bible Study with Beth Newman MPR
 01:00 CareMerge Session #2 MPR
 03:00 CareMerge Session #3 MPR
 04:00 CareMerge Q&A MPR

22
 09:00 CareMerge Session #4 MPR
 11:00 CareMerge Session #5 MPR
 01:30 CareMerge Q&A MPR
 05:00 Dinner at Brixx Pizza LBY
 07:00 Movie Night TBD MPR

23
 09:00 Supervised Exercise WLR
 09:00 Floor Freedom MPR
 10:00 Men's Group MPR
 10:00 Catholic Communion LK
 01:30 Doc Martin MPR
 03:00 Lectio Divina MPR

24
 02:00 Mexican Train GR
 02:00 Music with Ed MPR



25
Rosh Hashanah 26
 09:00 Supervised Exercise WLR
 10:00 Documentary: Found MPR
 01:00 Better Balance MPR
 01:30 Seated Yoga MPR
 02:00 Catholic Communion LK
 03:00 Book Club MPR
 04:00 Communion at Home TBA

Rosh Hashanah 27
 08:30 Audiology Associates MPR
 11:00 Seminar with Megan Sinecki MPR
 01:00 Bridge MPR
 03:30 Happy Half Hour VN
 04:00 Entertainment with the Ukedelics VN
 07:00 Poker GR

28
 09:00 Supervised Exercise WLR
 09:00 Womens Health and Fitness MPR
 Day Screenings LBY
 10:00 Tour the Tennessee State Museum & Lunch at the Farmers Market LBY
 01:00 Better Balance MPR
 01:30 Seated Yoga MPR
 02:15 Caregiver Support Group LK
 02:30 Movie Matinee:TBA MPR

29
 07:30 Radnor Lake Hike LBY
 09:30 Low Impact Aerobics MPR
 10:00 Men-in-Motion MPR
 01:30 Bingo MPR
 03:00 All-in-One MPR
 06:00 Nashville Symphony LBY

30
 09:00 Floor Freedom- Pelvic Floor Class MPR
 09:00 Supervised Exercise WLR
 10:00 Men's Group MPR
 10:00 Catholic Communion LK
 10:30 Trip Dollar Tree LBY
 01:30 Doc Martin MPR

Activities are subject to change due to unforeseen circumstances. For questions please email
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