

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Wear Red Day 1 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Sequence GR 1:30 February Birthday Party MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	2 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
3 2:00 Scrabble 4FNT 4:00 Vespers MPR 7:00 Cancelled Movie MPR 5:15 Super Bowl Party MPR	4 9:00-11:00 Supervised Exercise WC 10:30 Bible Study 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 3:00 Green Hills Library Lobby Stop LR 4:00 Nashville Symphony Season Tickets Informational Meeting with Misha MPR	5 9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:00 Bridge MPR 2:00 Mexican Train GR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Irenka LR	6 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC 2:30 Craft: Chocolate Candies with Lynn Beckstrom Bistro 4:00 Doc Martin MPR 7:00 Classic Movie MPR	7 9:30 Low-Impact Aerobics MPR 10:30 Craft: Painting GR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needle crafters 4FNT 3:30 Joshua House Presents Caption Phone Service(Phones are Free) 4:00 TED Talks MPR	8 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 10:30 Dollar Tree Outing 1:00 Sequence GR 4:15 Happy Hour Bistro 7:00 Bingo MPR	9 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
10 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	Healthy Hearts Week 11 9:00-11:00 Supervised Exercise WC 10:30 Bible Study 10:30 Wii Bowling WR 1:00 Better Balance WR 1:30 Seated Yoga WR 2:30 Resident Council MPR 7:00 Blair String Quartet LR	Healthy Hearts Week 12 9:30 Cardio Sculpt MPR 9:30 North Tower Doughnuts and Coffee with Jane Kelley, Blakeford at Home WR 10:00 Sign Language Class LR 1:00 Bridge MPR 2:00 Mexican Train GR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Yankee Girl as Marilyn Monroe LR	Move with Heart Day 13 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:00 Good Grief WR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	Healthy Hearts Week 14 9:30 Low-Impact Aerobics MPR 10:30 Craft: Painting GR 10:40 Outing: Clean Eat Restaurant in Green Hills 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needle crafters 4FNT 3:00 Trivia LR 3:30 Glamour Gals WL 4:00 TED Talks with Laura Anne Grayson MPR 6:30 Valentine Game Night MPR	Healthy Hearts Week 15 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 11:00 Registration for Blakeford University 1:00 Sequence GR 1:30 Davidson County Puppet Truck Presents "Ellingtown" MPR 4:00 John Johns Concert LR 4:15 Happy Hour Bistro 7:00 Bingo MPR	16 2:00 Mexican Train GR 2:00 Jump Rope Exhibition by Cara Moyers 4:00 The West Wing MPR 7:00 Movie MPR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	18 9:00-11:00 Supervised Exercise WC 10:30 Bible Study 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR	19 9:30 Cardio Sculpt MPR 9:30 South Tower Doughnuts and Coffee with Jane Kelley, Blakeford at Home WR 10:00 Sign Language Class LR 1:00 Bridge MPR 2:00 Mex. Train GR 3:00 All-in-One Exercise MPR 4:30 "Wear Red" Heart Health Month Social Hour with Brian Hanson LR	20 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC 2:00 Cooking: Nestle Cookies GR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	21 9:30 Low-Impact Aerobics MPR 10:30 Craft: Painting GR 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters 4FNT 4:00 TED Talks MPR 5:00 Nashville Symphony FL	22 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Sequence GR 3:00 BU: DreamWorks MPR 4:15 Happy Hour Bistro 7:00 Bingo	23 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
24 2:00 Belmont Singers LR 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	25 9:00-11:00 Supervised Exercise WC 10:30 Bible Study 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Yoga MPR 3:00 Blakeford Book Club WR 3:00 Green Hills Library Lobby Stop FL	26 9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:00 Bridge MPR 2:00 Mex. Train GR 2:30 All-in-One Exercise MPR 4:30 Social Hour with Mickey Langstaff LR	27 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 1:00 Better Balance MPR 1:30 Yoga MPR 1:30 All Faith Communion-BC SF 2:15 Catholic Communion WC 4:00 Doc Martin MPR 7:00 Classic Movie MPR	28 9:30 Low-Impact Aerobics MPR 10:30 Craft: Painting GR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needle crafters 4FNT 4:00 TED Talks MPR		

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 4FNT-4th Floor North Tower Lounge