

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 10:30 Outing : Michael's Art Supply Store FL 1:00 Sequence GR 1:00 Lunch at the Perch 3:00 BU:Introduction to Dreamwork MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
3	4	5	6	7	8	9
2:00 Scrabble 4FNT 4:00 Vespers MPR 7:00 Movie MPR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:30 BU: Profiling is a Super Power MPR 7:00 Book Signing Andrew Maraniss MPR	7:00-9:00 Shrove Pancake Breakfast WC 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 10:30 Audiology Associates MPR 1:00 Bridge LR 2:00 Mexican Train GR 3:00 All-in-One Exercise MPR 4:30 Madi Gras Social Hour with Bill Sleeter LR	Ash Wednesday 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 3:30 Ash Wednesday Service WR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	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 LR 4:00 TED Talks Van Gogh Lost Art Documentary MPR	9:00-11:00 Supervised Exercise WC 10:00 Outing: Frist Museum FL 10:30 Wii Bowling WR 1:00 Sequence GR 3:00 BU: Dreamwork MPR 4:15 Happy Hour Bistro 6:15 Birthday Concert at St. George's FL 7:00 Bingo MPR	2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
10	11	12	13	14	15	16
Daylight Savings: Move Clocks forward one hour 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	9:00-11:00 Supervised Exercise WC 9:15 Outing: BlueBird Café FL 10:30 Bible Study with Beth 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	9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mexican Train GR 3:00 All in One Exercise MPR 4:30 Social Hour with Bill Ferrari LR 7:00 BU: History of Coffee: Lee Sill MPR	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 4:00 Doc Martin MPR 7:00 Classic Movie MPR	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 :LR 4:00 No TED Talks MPR 4:00 Transcendental Meditation by Lilo Regen	9:00-11:00 Supervised Exercise WC 11:15 Wellness Center Orientation LR 10:30 Wii Bowling WR 1:00 Sequence GR 1:00 Blakeford Personal Collections Tour 2:00-3:00 Reception LR 3:00 BU: Dreamwork MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	2:00 Mexican Train GR 2:00 Ted Meeks Musical Performance 4:00 The West Wing MPR 7:00 Movie MPR



March 2019

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 with Beth 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:00 Cooking: Deviled Eggs GR 3:00 Green Hills Library Lobby Stop LR	19 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mex. Train GR 3:00 All-in-One Exercise MPR 4:30 Good to be Green (wear green) 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 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 3:00 All-in-One Exercise MPR 3:00 Needle crafters LR 3:30 Glamour Gals MPR 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 1:00 Thoroughly Modern Millie by Belmont FL 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	25 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Yoga MPR 2:30 BU: CBD What is it? MPR 3:30 Blakeford Book Club WR	26 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mex. Train GR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Mickey Langstaff LR 7:00 Shawn Knight performs as Cole Porter	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 2:30 March Birthday Party 3:00 All-in-One Exercise MPR 3:00 Needle crafters LR 3:00 Trivia LR 4:00 TED Talks MPR	29 9:00-11:00 Supervised Exercise WC 9:30 Tennessee State Museum FL 10:30 Wii Bowling WR 1:00 Sequence GR 1:00 March Madness Shootout WR 4:15 Happy Hour Bistro 7:00 Bingo	30 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
31 2:00 Scrabble 4FNT 4:00 Blakeford Service of Remembrance MPR 7:00 Movie 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 Front Lobby FL