

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Chaplain Nancy Holmes MPR 11:00 Outing to Nashville CBD Oil Store FL 1:00 Better Balance MPR 1:30 Seated Yoga MPR	9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 10:00 Blakeford at Home Presentation and Doughnuts WR 10:30 Audiology Associates MPR 1:00 Bridge LR 2:00 Mexican Train GR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Keith Sargent LR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 11:00 All Faith Communion 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	9:30 Low-Impact Aerobics MPR 10:00 Blakeford Friends WR 10:30 Craft: Painting GR 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR 3:00 Trivia 4:00 TED Talks MPR	9:00-11:00 Supervised Exercise WC 10:30 Outing: Dollar Tree 1:00 Sequence GR 3:00 BU: Looking at Gods and Heroes in Art by Maria Hilmarsdottir 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
7	8	9	10	11	12	13
1:00 Steel Magnolias Play in Franklin for Ticket Holders 2:00 Scrabble 4FNT 3:00 Vespers with Rev. Amanda Diamond from East End United Methodist MPR 4:30 Blair School of Music Student Recital 7:00 Movie MPR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Chaplain Nancy Holmes MPR 1:00 Better Balance WR 1:30 Seated Yoga WR 2:30 Resident Council MPR 3:00 Green Hills Library Lobby Stop LR	9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mexican Train GR 3:00 Senior Fitness Testing MPR 4:30 Social Hour with The Mechems LR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 11:00 All Faith Communion 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	9:30 Low-Impact Aerobics MPR 10:30 Craft: Painting GR 1:00 Dominoes GR 3:00 Senior Fitness Testing MPR 3:00 Needle crafters LR 3:30 Nail Painting by Glamour Gals WR 4:00 TED Talks MPR 5:00 Symphony Night	9:00-11:00 Supervised Exercise WC 1:00 Sequence GR 3:00 BU: Looking at Gods and Heroes in Art by Maria Hilmarsdottir MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	1:00-2:00 Ice Cream Social LR 2:00-3:00 GTO Barber Quartet MPR 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
14	15	16	17	18	19	20
2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Chaplain Nancy Holmes MPR 10:45 Outing: Stay Golden Coffee Shop for Lunch FL 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:00 Dye Easter Eggs GR 2:30 BU: The Artist's Revenge by Amanda Tremmel WR	9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mexican Train GR 2:30 All-in-One Exercise WR 4:30 Social Hour with Brian Hanson LR	9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 11:00 All Faith Communion 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	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 NO TED Talks MPR	9:00-11:00 Supervised Exercise WC 1:00 Sequence GR 2:00 Good Friday Service 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



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Easter Sunday 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	22 STEP IT UP! 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:30 BU: The Artist's Revenge by Amanda Tremmel WR	23 STEP IT UP! 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 4:30 Social Hour with Roy Shelton LR	24 STEP IT UP! 9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 11:00 All Faith Communion 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	25 STEP IT UP! 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 3:00 Trivia LR 4:00 TED Talks MPR	26 STEP IT UP! 9:00-11:00 Supervised Exercise WC 1:00 Sequence GR 1:00 Town Hall with Brian Barnes MPR 2:00 April Birthday Party and Jimmy Stewart Impersonator WL 3:00 BU: Looking at Gods and Heroes in Art by Maria Hilmarsdottir MPR 3:30 Step It Up Awards Ceremony! 4:15 Happy Hour Bistro 7:00 Bingo	27 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
28 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	29 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance MPR 1:30 Yoga MPR 2:30 BU: The Artist's Revenge by Amanda Tremmel 3:30 Blakeford Book Club WR	30 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:00 Bridge LR 2:00 Mexican Train GR 2:30 All-in-One Exercise WR 4:30 Social Hour with Mickey Langstaff LR				

Location Key: GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-Well Life Room BC-Burton Court HC- Woodcrest Health Center BU- Blakeford 4FNT-4th Floor North Tower Lounge Front Lobby FL