

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
<b>2</b> <b>Goodwill Slightly Used Items Donations GR</b> 2:00 Scrabble 4FNT <b>1:30 Calvary United Methodist Youth Choir and Bells Concert MPR</b> <b>4:00 Vespers MPR</b> 7:00 Movie MPR	<b>3</b> <b>Goodwill Slightly Used Items Donations GR</b> 9:00-11:00 Supervised Exercise WC <b>10:30 Bible Study with Beth Newman MPR</b> 1:00 Better Balance MPR 1:30 Seated Yoga MPR	<b>4</b> <b>Goodwill Slightly Used Items Donations GR</b> 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP <b>10:30 Audiology Associates MPR</b> 1:30 Bridge LR 2:00 Mexican Train GR 2:30 All-in-One Exercise WR <b>4:30 Social Hour with Keith Sargent LR</b>	<b>5</b> <b>Goodwill Slightly Used Items Donations GR</b> 9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR <b>11:00 All Faith Communion MPR</b> 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	<b>6</b> 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 <b>3:00 Trivia LR</b> <b>4:00 TED Talk MPR</b>	<b>7</b> 9:00-11:00 Supervised Exercise WC <b>10:00 Frist Museum Transportation for Independent Tour Frida Kahlo Exhibit FL</b> 1:00 Sequence GR <b>4:15 Happy Hour Bistro</b> <b>7:00 Bingo MPR</b>	<b>8</b> 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
<b>9</b> 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	<b>MEN'S HEALTH WEEK 10</b> 9:00-10:30 Supervised Exercise WC <b>10:30 Bible Study with Chaplain Nancy MPR</b> <b>10:30-11:30 Men's Open Gym WC</b> 1:00 Better Balance WR 1:30 Seated Yoga WR <b>2:30 Resident Council MPR</b> <b>3:15 (after the Resident Council Meeting) Vanderbilt OnCall Health Services(House call service) MPR</b> <b>3:00 Green Hills Library Lobby Stop LR</b>	<b>MEN'S HEALTH WEEK 11</b> 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 2:00 Mexican Train GR <b>2:00 Spivey Hall Children's Choir (Following with a Reception)</b> <b>2:00-3:00 Men's Open Gym</b> <b>3:00 All-in-One Exercise WR</b> <b>4:30 Social Hour with Richard Griffin LR</b>	<b>MEN'S HEALTH WEEK 12</b> 9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR <b>11:00 All Faith Communion MPR</b> 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC <b>2:30 Men's Group Strength Trainging WR</b> 4:00 Doc Martin MPR 7:00 Classic Movie MPR	<b>MEN'S HEALTH WEEK 13</b> 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 <b>4:00 NO TED Talk</b> <b>4:45 Dinner Outing to Carrabba's Resturant FL</b>	<b>MEN'S HEALTH WEEK 14</b> <b>Wear Blue Day</b> <del>9:00-11:00 Supervised Exercise WC</del> <b>9:30 Men's Health Week Seminar and Breakfast MPR</b> 1:00 Sequence GR <b>10:30 Dollar Tree Outing FL</b> <b>4:15 Happy Hour Bistro</b> <b>7:00 Bingo MPR</b>	<b>15</b> 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR

# WellLife June 2019

AT BLAKEFORD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> <b>Father's Day</b> <b>11:00-12:00 Father's Day Photos LR</b> 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	<b>17</b> 9:00-11:00 Supervised Exercise WC <b>10:30 Bible Study with Beth Newman MPR</b> <del>1:00 Better Balance MPR</del> <del>1:30 Seated Yoga MPR</del>	<b>18</b> <del>9:30 Cardio Sculpt MPR</del> 10:00 Sign Language Class FP 1:30 Bridge LR 2:00 Mexican Train GR <del>2:30 All-in-One Exercise WR</del> <b>4:30 Social Hour with Brian Hanson LR</b>	<b>19</b> 9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 11:00 All Faith Communion MPR <del>1:00 Better Balance MPR</del> <del>1:30 Seated Yoga MPR</del> 2:15 Catholic Communion WC 4:00 Doc Martin MPR <b>5:45 Symphony Patron Concert FL</b> 7:00 Classic Movie MPR	<b>20</b> <del>9:30 Low-Impact Aerobics MPR</del> 10:30 Craft: Painting GR 1:00 Dominoes GR <del>2:30 All-in-One Exercise MPR</del> 3:00 Needle crafters LR <b>3:00 Trivia LR</b> <b>4:00 TED Talk MPR</b>	<b>21</b> 9:00-11:00 Supervised Exercise WC 1:00 Sequence GR <b>3:00 May Birthday Party sponsored by Blakeford at Home MPR</b> <b>4:15 Happy Hour Bistro</b> <b>7:00 Bingo MPR</b>	<b>22</b> <b>1:30 Maya Johnson's Piano Senior Recital LR</b> 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
<b>23</b> 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	<b>24</b> 9:00-11:00 Supervised Exercise WC <b>10:30 Bible Study with Beth Newman MPR</b> 1:00 Better Balance MPR 1:30 Yoga MPR <b>3:00 Blakeford Book Club WR</b>	<b>25</b> 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 2:00 Mexican Train GR 2:30 All-in-One Exercise WR <b>4:30 Social Hour with Mickey Langstaff LR</b>	<b>26</b> 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 <b>4:00 Doc Martin MPR</b> <b>7:00 Classic Movie MPR</b>	<b>27</b> 9:30 Low-Impact Aerobics MPR <b>10:00 Coffee and Doughnuts by Blakeford at Home</b> 10:30 Craft: Painting GR 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR <b>4:00 TED Talk MPR</b>	<b>28</b> 9:00-11:00 Supervised Exercise WC 1:00 Sequence GR <b>4:15 Happy Hour Bistro</b> <b>7:00 Bingo</b>	<b>29</b>
<b>30</b> 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR						

**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-4<sup>th</sup> Floor North Tower Lounge Front Lobby FL