

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Scrabble 4FNT 4:00 Vespers MPR 7:00 Movie MPR	2 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	3 9:30 Box & Sculpt MPR 10:30 Audiology Associates MPR 10:00 Sign Language Class FP 1:30 Bridge LR 2:30 All-in-One Exercise WR 4:30 Social Hour LR	4 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 2:30 Writing Group WR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	5 9:30 Cardio Drum MPR 10:00 Blakeford Friends WR 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR 3:00 Trivia 4:00 TED Talk	6 9:00-11:00 Supervised Exercise WC 10:00 Amish Tour FL 1:30 Sequence GR 4:15 Happy Hour Bistro 7:00 Bingo MPR	7 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
8 2:00 Scrabble 4FNT 7:00 Movie MPR	9 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 Resident Council MPR 3:15 Blue Sky House Calls Presentation 3:15 Green Hills Library Lobby Stop LR	10 9:30 Box & Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 2:30 All-in-One Exercise WR 4:30 Tailgate Party at the Social Hour with Bill Sleeter LR	11 9:00-11:00 Supervised Exercise WC 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	12 9:30 Cardio Drum MPR 10:30 Voting for Davidson County Election FL 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR 5:00 Symphony Transportation FL	13 9:00-11:00 Supervised Exercise WC 11:30 Flu Shot Registration FL 1:30 Sequence GR 4:15 Happy Hour Bistro 7:00 Bingo MPR	14 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
15 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	16 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance WR 1:30 Seated Yoga WR 3:30 Vanderbilt Library Presents VU Bridge Collection MPR	17 9:30 Box & Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 2:30 All-in-One Exercise WR 4:30 Social Hour LR 4:30 Social Hour with Brian Hanson LR	18 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 2:30 Writing Group WR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	19 9:30 Cardio Drum MPR 10:00 Coffee and Doughnuts with Amy King WL 10:30 Craft: Painting GR 1:00 Dominoes GR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR	20 9:00 Flu Shots WL 9:30-11:00 Supervised Exercise WC 1:30 Sequence GR 4:15 Happy Hour Bistro 7:00 Bingo MPR	21 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	Women's Health and Fitness Week! 23 9:00-11:00 Supervised Exercise WC 10:00 Fall Prevention Day Seminar 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 3:30 Music City Center Presentation MR	Women's Health and Fitness Week! 24 9:30 Box & Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 1:00 Walking Group LR 2:30 All-in-One Exercise WR 4:30 Social Hour Richard Griffin LR All Day: Exercise Stations in WellLife Room	Women's Health and Fitness Week! 25 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 3:00 Open Enrollment for Medicare Information, Changes and Facts Presentation LR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	Women's Health and Fitness Week! 26 9:30 Cardio Drum MPR 10:30 Craft: Painting GR 1:00 Dominoes GR 1:00 Walking Group LR 2:30 All-in-One Exercise MPR 3:00 Needle crafters LR 3:00 Trivia 4:00 TED Talk All Day: Exercise Stations in WellLife Room	Women's Health and Fitness Week! 27 9:30-10:30 Supervised Exercise WC 10:30 Dollar Tree Outing FL 11:00 Women's Health and Fitness Celebration 1:30 Sequence GR 3:00 September Birthday Party MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	28 11:00-2:00 Fall Festival LR, MPR, WL 2:00 Mexican Train GR 4:00 The West Wing MPR 7:00 Movie MPR
29 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	30 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance MPR 1:30 Yoga MPR 3:00 Blakeford Book Club WR					

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 University
4FNT-4th Floor North Tower Lounge FL Front Lobby