

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Scrabble 4FNT 3:45 Nashville Philharmonic Orchestra Concert at Nashville Tech FL 4:00 Vespers with Rev. Wesley Arning from St. James the Less Episcopal Church 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 2:00 Dollar General Outing FL 2:30 Mexcian Train Dominoes GR	3 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 10:00 Centering Prayer 10:35 Walgreens Senior Discount Day Outing FL 10:30 Audiology Associates and Hearing Aids Today 1:00 Wellness Center Orientation LR 1:30 Bridge LR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Bill Ferrari LR	4 9:00-11:00 Supervised Exercise WC 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC 2:00 Wellness Center Orientation LR 4:00 Doc Martin MPR 7:00 Classic Movie MPR	5 9:30 Cardio Drum MPR 10:00 Blakeford Friends WL 1:00 Dominoes GR 1:00 Wellness Center Orientation LR 2:30 Nashville Art Guild Presentation by Peggy O'Neil FL 2:30 All-in-One Exercise MPR 4:00 TED Talk	6 9:00 Mat Class MPR 9:45-11:00 Supervised Exercise WC 11:00 Bill Ferrari's Class 10:30 Needle Crafters LR 1:00 Netflix: Salt, Fat, Acid, Heat Veiwng WR 1:30 Sequence GR 2:00 Introdouction to Ancestry.Com by Camille Volkert 4:15 Happy Hour Bistro 7:00 Bingo MPR	7 2:00 Mexican Train GR 4:00 West Wing 7:00 Movie MPR
8 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	9 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 2:30 Resident Council MPR 4:00 Margaret Renkl's Book Signing MPR	10 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 10:45 CPA Choral Performance LR 1:00 Wellness Center Orientation LR 1:30 Bridge LR 2:30 All-in-One Exercise MPR 4:30 Social Hour with Keith Sargent 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 2:30 Writing Club FP 4:00 Doc Martin MPR 7:00 Classic Movie MPR	12 9:30 Cardio Drum MPR 1:00 Dominoes GR 1:30 Nutrition Month Seminar with Jennifer Brindley WR 3:00 All-in-One Exercise MPR 2:00 Mynd VR(Virutal Reality Experience) LR 4:00 No TED Talk	13 9:00 Mat Class MPR 9:45-11:00 Supervised Exercise WC 11:00 Netflix: Salt Fat Acid Heat Veiwng WR 10:30 Needle Crafters LR 1:00 TSU Scanathon LR 1:30 Sequence GR 2:00 Introdouction to Ancestry.Com 4:15 Happy Hour Bistro 7:00 Bingo MPR	14 2:00 Mexican Train GR 4:00 West Wing 7:00 Movie MPR
15 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	16 10:00 Outting to Big Breakfast Resturant FL 9:00-11:00 Supervised Exercise WC 10:30 Bible Study with Beth Newman MPR 1:00 Better Balance MPR 1:00 Balloon Volleyball LR 1:30 Seated Yoga MPR 2:30 Mexcian Train Dominoes GR	17 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 10:00 Centering Prayer 1:30 Bridge LR 2:00 Line Dance Class MPR 3:00 Brain and Body WR 3:00 All-in-One Exercise MPR 4:30 St. Patrick's Day Party with Team Members/Social Hour with Brian Hanson LR	18 9:00-11:00 Supervised Exercise WC 10:30 Bible Study MPR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 1:30 Open House 2:30 Open House Reception 2:15 Catholic Communion WC 4:00 Doc Martin MPR 7:00 Classic Movie MPR	19 9:30 Cardio Drum WR 1:00 Dominoes GR 3:00 Hymn Sing MPR 4:00 No TED Talk 5:00 Symphony Transportation	20 9:00 Mat Class MPR 9:45-11:30 Supervised Exercise WC 10:30 Needle Crafters LR 11:00 Netflix: Salt Fat Acid Heat Veiwng WR 1:30 Sequence GR 2:30 March Birthday Party MPR 4:15 Happy Hour Bistro 7:00 Bingo MPR	21 2:00 Mexican Train GR 4:00 West Wing 7:00 Movie MPR



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 2:00 Scrabble 4FNT 4:00 Service of Remembrance MPR 3:30 Vespers BC 5:30 Chateau West Resturant FL 7:00 Movie MPR	23 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 Mexcian Train Dominoes GR	24 9:30 Cardio Sculpt MPR 10:00 Centering Prayer WR 10:00 Sign Language Class FP 1:30 Bridge LR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Richard Griffin LR	25 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 2:30 Writing Club FP 4:00 Doc Martin MPR 7:00 Classic Movie MPR	26 Grand Piano in the Living Room is reserved all day for servicing. 9:30 Cardio Drum MPR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 2:30 Virutal Reality Session LR 4:00 No TED Talk	27 9:00 Mat Class MPR 9:45-11:30 Supervised Exercise WC 10:30 Needle Crafters LR 11:00 Salt. Fat, Acid. Heat Viewing WR 1:30 Sequence GR 2:00 Introdication to Ancestry.Com by Camille Volkert 4:15 Happy Hour Bistro 7:00 Bingo MPR	28 1:00 Belmont Musical Theater: Pajama Party FL 2:00 Mexican Train GR 7:00 Movie MPR
29 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	31 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 3:00 Blakeford Book Club WR 2:30 Mexcian Train Dominoes GR	31 9:30 Cardio Sculpt MPR 10:00 Sign Language Class FP 1:30 Bridge LR 3:00 All-in-One Exercise MPR 4:30 Social Hour Joey Boone 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 University
4FNT-4th Floor North Tower Lounge FL Front Lobby