

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: #FFD700; font-family: cursive;">April 2026</h1> <p>Independent + Assisted Living Life Engagement Calendar</p>			9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Hope Chorus Practice - P 2:30-Music Therapy - MCR 3:00-Final Four Preview w/ Ken-MCR 4:00-Happy Hour– P 4:30- Jokes and Laughter with Ginny's Girls! - M <small>All Fools' Day Passover Begins</small>	9:00-Dance Club with Judy-2nd FI 9:30-Flower Arranging Committee-M 9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2nd FI 2:00-Mahjong Game-M 2:00- Flower Mart Outing! 4:00- Wine + Cheese – P	9:45-Exercise – CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00- Primary Election Preview with Ken-MCR 2:00-BINGO – DR 3:30- Cocktails + Mocktails w/ Ken-M 6:30- Movie & Popcorn-MCR	9:30-Chair Yoga w/ Courtney-2 nd FI 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 11:00- Resident Led Passover Reading + Reflection - M 1:30- Music with Colin Frier - P 2:00- Art Class with Philo – 2 nd FI 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Resident Led Easter Reading + Reflection-M 6:00-Sunday Evening Movie-MCR Happy Easter! <small>Easter Sunday</small>	9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Stage Outing Committee - MCR 2:00-BINGO-DR 3:15-Tech Help with Ken – M 4:00- Monday Concert Series with Brett Bryant - P	9:45-Exercise-CR 10:30-Good Morning Nashville - 2nd Floor Balcony 1:00-Balance & Coordination - CR 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club: Berlin, Germany-MCR 4:00- National Beer Day: German Beer Tasting with Ken -2 nd FI Terrace	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Hope Chorus Practice – P 2:30-Music Therapy - MCR 3:15-Israeli Dance- 2 nd Floor 4:00- Happy Hour – 2 nd FI Terrace	9:00-Dance Club with Judy-2nd FI 9:30-Flower Arranging Committee-M 9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2 nd FI 2:00-Mahjong Game – M 2:30-Active Games with Ken: Basketball - CR 4:00- Wine + Cheese - P	9:45-Exercise-CR 10:30-Good Morning Nashville - 2 nd FI Balcony 10:30-Communion w/ Episcopal Church – 2nd Floor Balcony 12:30- Davidson County Primary Voting-MCR 1:00-BINGO - M 2:00-4:00- Alzheimer's Walk Kickoff Event – Front Entrance 6:00-Shabbat Service – Club Room	9:00-Morning Movement – 2 nd FI 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Taste of Germany! – M 2:00- Loteria: Spanish BINGO - M 3:00- Music w/ Dennis Rader! - M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie - CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Sunday Buffet with Mimosas and Bloody Mary's - DR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Music w/ Cody Campbell - P 6:00-Sunday Evening Movie-MCR	9:45-Exercise-CR 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Meditation & Reflection w/ Heidi-MCR 1:30- Author + Arts Series: Local Author Jane Lorenzini - CR 2:00-BINGO-DR 3:00-Activity Interest Committee-MCR 4:00- Before Dinner Bubbly- DR	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Balance and Coordination-CR 2:00- Mahjong Game- M 2:00- Exploring American Roots: Music + the Blues with Ken - MCR 3:15-Travel Club: Stuttgart, Germany-MCR	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Hope Chorus Practice – P 1:45- Blair School of Music Outing! 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:00-Podiatry Clinic – M 9:00- Dance Club with Judy-2nd FI 9:30-Flower Arranging Committee-M 9:45-Exercise – CR 1:00-Tai Chi with Dr. Cindy – 2 nd Floor 2:00-Mahjong Game – M 2:30- Speaker Series: All About Nature - CR 3:15-Town Hall – CR 4:00-Wine + Cheese – CR	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Brain Games-MCR 2:00-BINGO – CR 3:00- Ice Cream Social – 2 nd FI Terrace 4:00- Music with Bill Sleeter! - P 6:30- Movie & Popcorn-MCR	9:00-Morning Movement – 2 nd FI 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:30- Fruit Punch Spritz! - M 2:00- Art Class w/ Philo -2 nd FI DR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Live Music w/ David + Karlie - P 6:30 Sunday Evening Movie-MCR	9:45-Exercise – CR 10:30-Good Morning Nashville - 2 nd FI Balcony 1:00-Culinary Committee - MCR 2:00-BINGO – CR 3:00- Nature Exploration with Ken: Extreme Weather Edition-MCR	9:45-Exercise - CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination -2nd FI 2:00- Team Trivia – CR 2:00- Mahjong Game- M 3:00-Travel Club: Munich, Germany-MCR 5:30- After Dinner Drink+ Dessert! – 2 nd FI Terrace	9:45-Exercise - CR 10:30-Good Morning Nashville-2 nd FI Balcony 1:00-Blind Taste Test – M 1:00-Seated Exercise - CR 2:00-Music Therapy-MCR 3:15-Israeli Dance – CR 4:00-Happy Hour – 2 nd FI Terrace <small>Earth Day Administrative Professionals Day</small>	9:00-Dance Club with Judy-2nd FI 9:30-Flower Arranging Committee-M 9:45-Exercise – CR 10:30- Good Morning Nashville – 2 nd FI Balcony 1:30-Active Games with Ken: Chair Volleyball-CR 2:00-Mahjong Game – M 2:30-Abe's Garden Players Club -3 rd Floor CG Room 4:00- Wine + Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 10:30-Communion with Episcopal Church-2 nd Floor Balcony 1:00-Trader Joe's Tasting-M 2:00-BINGO – DR 3:00- Spring Tea Party! - CR 6:30- Movie & Popcorn-MCR <small>Arbor Day</small>	9:30-Chair Yoga w/ Courtney-FR 10:00- Share Your Stories – 2nd Floor Balcony 1:30- Margarita Mixer! - M 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 3:00-Sweet Treat Social-M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Sunday Buffet with Mimosas and Bloody Mary's - DR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Outdoor Walking Club (Resident Led)– MS Courtyard 6:30 Sunday Evening Movie-MCR	9:45-Exercise - CR 10:30-Good Morning Nashville - 2 nd FI Balcony 1:00- Meditation & Reflection with Heidi – MCR 1:30- Author + Art Series- CR 2:00-BINGO – CR 3:15- Brain Games - CR 4:00- Monday Concert Series with Brett Bryant – P 5:00-Birthday Dinner-2 nd FI Terrace	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination – CR 2:00-Price is Right Game - MCR 2:00- Mahjong Game- M 3:00-Travel Club: Dusseldorf, Germany-MCR 4:00- Before Dinner Bubbly-DR	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Hope Chorus Practice – P 1:00-Seated Exercise – CR 2:30-Music Therapy - MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:00-Dance Club with Judy-2nd FI 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – 2nd Floor 2:00-Mahjong Game – M 2:30- Speaker Series: Ashley Hart Discussion About Bees! - CR 4:00- Wine + Cheese - P	New Locations: CR = Community Room (2nd Floor) 	

All activities are subject to change. Please see the daily sheets for the most up to date itinerary.