

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August 2025</h1> <p>Independent & Assisted Living Engagement Calendar</p>						<p>10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville -2nd Floor Balcony 1:00- International Beer Day! – Beer Tasting - M 2:00-BINGO – DR 3:15-Music with Bill Sleeter! - P 6:00- Movie & Popcorn-MCR</p> <p>1</p>
<p>11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30 Watermelon Bash! (resident led)-M 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR</p> <p>3</p>	<p>9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Hope Chorus Practice! – P (instead of Wednesday) 2:00-BINGO-DR 3:15-You Be The Judge - MCR 4:00-Monday Concert Series w/ Tommy Oechshi - P</p> <p>4</p>	<p>9:00-Exercise w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Technology Education with Beth! - M 1:00-Standing Exercise + Weights - 2nd Fl 2:00-Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club: Bloomington, MN-MCR 3:30-Devotional Group with Sue – 2nd Floor Balcony</p> <p>5</p>	<p>10:00-Exercise w/ Ashley -2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Mid-Week Movie Feature: Going In Style (2017 Film) - MCR 2:00-Knitting Club! - M 2:30-NEW! Trader Joe's Taste Test with Ken- M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P</p> <p>6</p>	<p>9:00- NEW! Pickleball Demonstration – Front Entrance 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2nd Floor 2:00-Mahjong Game – M 2:30- Brain Games - MCR 4:00- Wine + Cheese - P</p> <p>7</p>	<p>10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-MCR 10:30-Communion w/ Episcopal Church – 2nd Floor Balcony 1:00-Read + Discuss – MCR 2:00-BINGO – DR 3:30-Cocktail Hour - M 6:20-Shabbat Service – 2nd Fl 7:00- Movie & Popcorn-MCR</p> <p>8</p>	<p>9:00-Exercise Video - MCR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-NEW! Game Stations - M 2:00-Art Class w/ Philo – 2nd Fl Dining Room 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p> <p>9</p>
<p>9:30-Morning Movement - FR 11:00-Westminster Presbyterian Livestream-MCR 11:30-Morning Mimosas! - DR 1:00-Drop in Rummikub-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Pina Coladas! - M 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR</p> <p>10</p>	<p>9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation + Reflection with Heidi – MCR 2:00-BINGO-DR 3:30-Tech Help w/ Ken - M</p> <p>11</p>	<p>9:00-Exercise w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Technology Education with Beth! – M 1:00-Standing Exercise + Weights - 2nd Fl 2:00- Mahjong Game- M 3:00- Travel Club: Minneapolis, MN-MCR 3:30-Devotional Group with Sue – 2nd Floor Balcony 4:00-Before Dinner Bubbly - DR</p> <p>12</p>	<p>7:30-Breakfast Social w/ City of Metro Nashville Police - DR 10:00-Exercise w/ Ashley -2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Hope Chorus Practice – P 2:00-Knitting Club! - M 2:30-NEW! Blind Taste Test! - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P</p> <p>13</p>	<p>9:00-Salsa Dance Class-2nd Fl 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30-Good Morning Nashville-MCR 1:00-Tai Chi w/ Dr. Cindy-2nd Floor 2:00-Mahjong Game - M 2:30-Recycling Committee – MCR 3:15-Volunteer Committee - M 4:00-Wine & Cheese – P</p> <p>14</p>	<p>10:00- Exercise – 2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Read + Discuss - MCR 2:00- BINGO- DR 3:00-Summer Tea Party! - P 6:00- Movie & Popcorn-MCR</p> <p>15</p>	<p>9:00-Morning Movement - FR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-Puzzle Table Time! 2:00-Watermelon Refreshers! - M 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p> <p>16</p>
<p>9:30-Morning Movement - FR 11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Hymn Sing with Alana Griffith - P 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR</p> <p>17</p>	<p>9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Writing Workshop with Amy Lyles – 2nd Fl Dining Room 2:00-BINGO-DR 3:15-Stage Outing Committee-MCR 4:00-Monday Concert Series - P</p> <p>18</p>	<p>9:00-Exercise w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-McCabe Indoor Walking Outing! 2:00- Mahjong Game- M 3:00- Travel Club: Rochester, MN – MCR 3:30-Devotional Group with Sue – 2nd Floor Balcony 4:00-Comedy Club – MCR</p> <p>19</p>	<p>10:00-Exercise w/ Val -2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Dolly: A True Original Production Outing! 2:00-Knitting Club! - M (resident led) 2:30- NEW! Trader Joe's Taste Test with Ken- M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P</p> <p>20</p>	<p>9:00-Salsa Dance Class-2nd Fl 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30-Good Morning Nashville-MCR 1:00-Tai Chi w/ Dr. Cindy – 2nd Floor 2:00-Mahjong Game – M 2:00-Team Trivia - M 3:00-6:00-10th Anniversary Celebration w/ Wine + Cheese – Club Room + Courtyard</p> <p>21</p>	<p>10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 10:30-Communion w/ Episcopal Church – 2nd Floor Balcony 1:00-You Be The Judge - MCR 2:00- BINGO- DR 3:15-Piano Music w/ Martin Brady-P 6:00- Movie & Popcorn-MCR</p> <p>22</p>	<p>9:00-Morning Movement - FR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 12:30-2:30-Jane's 80th Birthday Celebration w/ Music by Kash Mellons - P 3:00-Painting Class w/ Philo – 2nd Fl Dining Room 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p> <p>23</p>
<p>9:30-Morning Movement - FR 11:00-Westminster Presbyterian Livestream-MCR 12:30-2:00-US Open Watch Party w/ Ginny's Girls! (Snacks + Tennis) - M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Music with Cole Landry - P 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR</p> <p>24</p>	<p>9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation + Reflection with Heidi – MCR 2:00-BINGO-DR 3:15-Tech Help with Ken - M 5:00-Birthday Dinner – 2nd Fl Dining</p> <p>25</p>	<p>9:00-Exercise w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Construction Update w/ Chris 2nd Floor Balcony 1:00-Standing Exercise + Weights- 2nd Fl 2:00- Mahjong Game- M 2:30-Travel Club: Duluth, MN – MCR 3:00-Wine Tasting w/ Courtney – 2nd Fl Dining 3:30-Devotional Group with Sue – 2nd Floor Balcony</p> <p>26</p>	<p>10:00-Exercise w/ Ashley-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Hope Chorus Practice – P 2:00-Knitting Club! - M (resident led) 2:30-Music Therapy - MCR 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P</p> <p>27</p>	<p>9:00-Salsa Dance Class-2nd Fl 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30-Good Morning Nashville-MCR 1:00-Tai Chi w/ Dr. Cindy – 2nd Floor 2:00-Mahjong Game - M 2:00-NEW! Drama Interest Group-MCR 3:00-Town Hall – DR 3:45-Modern Dance Demonstration-DR 4:00-Wine & Cheese – P</p> <p>28</p>	<p>10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Songwriting Workshop with Jackie + Gracie - MCR 2:00- BINGO- DR 3:30-Ice Cream Social - M 6:00- Movie & Popcorn-MCR</p> <p>29</p>	<p>9:00-Courtyard Stroll (resident led) 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 11:30-Morning Mimosas! - DR 1:00-Puzzle Table Time! 1:00-NEW! Game Stations! - M 2:00-Music w/ Dennis Rader! - P 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p> <p>30</p>
<p>9:30-Morning Movement - FR 11:00-Westminster Presbyterian Livestream-MCR 11:45-Ragtime: The Musical Outing! 1:00-Drop in Rummikub-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Music with The Meadowlarks! - P 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR</p> <p>31</p>						

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