

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Independent + Assisted Living Life Engagement Calendar

						
<p>10:00-Morning Movement with Baxie-2<sup>nd</sup> Floor <b>1</b>          11:00-Westminster Presbyterian Livestream-MCR          1:30-Movie &amp; Popcorn- MCR          1:30-Hymn Sing w/ Alana Griffith!-M          2:30-Bridge Game-M          3:00-Music with David Zhang - M          6:30 Sunday Evening Movie-MCR</p> <p>Tu B'Shevat Begins</p>	<p>9:00-Exercise-2nd Floor <b>2</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville-2nd Floor Balcony          1:00-Meditation &amp; Reflection w/ Heidi-MCR          1:30-Writing Workshop w/ Amy Lyles- 2<sup>nd</sup> Fl          2:00-BINGO-DR          3:15-Tech Help with Ken – M          4:00-Before Dinner Bubbly - DR</p> <p>Groundhog Day</p>	<p>9:00-Exercise w/ Judy-2nd Floor <b>3</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville - 2nd Floor Balcony          1:00-Balance &amp; Coordination -2nd Fl          1:30-Health Checks w/ SunCrest -FR          2:00- Team Trivia - M          2:00- Mahjong Game- M          3:00- Travel Club – MCR          3:30-Target &amp; Trader Joe's Store Outing!</p>	<p>10:00-Exercise-2nd Floor <b>4</b>          10:30-Good Morning Nashville – 2nd Fl Balcony          1:00-Hope Chorus Practice - P          2:00-Super Bowl Preview! - 2<sup>nd</sup> Fl          2:30-Music Therapy - MCR          3:15-Israeli Dance-2nd Floor          4:00-Happy Hour – P</p>	<p>9:00-Dance Club with Judy-2nd Fl <b>5</b>          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 – 2<sup>nd</sup> Fl          2:00-Mahjong Game-M          2:30-Abe's Garden Players Club-3<sup>rd</sup> Fl          3:00-Stage Outing Committee-MCR          4:00- Wine + Cheese – P          6:30-Music w/ Stephen Miahky + Friends - P</p>	<p>10:00-Exercise – 2nd Floor <b>6</b>          10:30-Good Morning Nashville- 2nd Floor Balcony          1:00-Brain Games-MCR          2:00-BINGO – DR          3:15-Music with Bill Sleeter! - P          6:30- Movie &amp; Popcorn-MCR</p>	<p>9:30-Chair Yoga w/ Courtney-FR <b>7</b>          9:30-Bridge Game-M          10:00-Share Your Stories – 2nd Floor Balcony          1:00-Our Town Music Singers from MBA + Harpeth Hall Students – Club Room          2:00-Art Class with Philo – 2<sup>nd</sup> Fl          3:00-Drop in Rummikub – M          6:00-Movie &amp; Popcorn- MCR</p>
<p>10:00-Morning Movement with Baxie 2<sup>nd</sup> Floor <b>8</b>          11:00-Westminster Presbyterian Livestream-MCR          11:00-1:00-Abe's Brunch with Mimosas and Bloody Mary's - DR          1:30-Movie &amp; Popcorn- MCR          2:30-Bridge Game-M          3:00-Harmonies Music Group - P          5:30-Super Bowl Sunday Party! - M          6:30 Sunday Evening Movie-MCR</p>	<p>9:00-Exercise-2nd Floor <b>9</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville-2nd Floor Balcony          1:00-Culinary Committee-MCR          2:00-BINGO-DR          3:00-Activity Interest Committee-MCR          4:00-Monday Concert Series-P</p>	<p>10:00-Exercise-2nd Floor <b>10</b>          10:30-Good Morning Nashville – 2nd Floor Balcony          1:00-NEW! Bingo For Books with Green Hills Library! - M          2:00- Trader Joe's Tasting-M          2:00- Mahjong Game- M          3:00- Travel Club – MCR          5:00-Sweethearts Dinner! - Club Room</p>	<p>10:00-Exercise-2nd Floor <b>11</b>          10:30-Good Morning Nashville – 2nd Fl Balcony          1:00-Hope Chorus Practice – P          1:00-Seated Exercise-2<sup>nd</sup> Floor          2:00-Car Enthusiast Club-MCR          3:15-Israeli Dance- 2<sup>nd</sup> Floor          4:00- Happy Hour - P</p>	<p>9:00-Dance Club with Judy-2nd Fl <b>12</b>          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          2:00-Line Dancing w/ Judy and Angela-2<sup>nd</sup> Floor          2:30-Speaker Series: Heart Health - P          4:00- Wine + Cheese with Music by Exit 196 &amp; Friends-P</p>	<p>10:00-Exercise – 2nd Floor <b>13</b>          10:30-Good Morning Nashville-2<sup>nd</sup> Floor Balcony          10:30-Communion w/ Episcopal Church – MCR          1:15-Composer Spotlight with Gracie-MCR          2:00-BINGO – DR          3:15-Saxophone Music with Kamryn Clay-P          6:00-Shabbat Service – Club Room</p>	<p>9:30-Chair Yoga w/ Courtney-FR<b>14</b>          9:30-Bridge Game-M          10:00-Share Your Stories – 2nd Floor Balcony          1:30-Valentine's Party with Ginny's Girls-M          4:30-Love Songs with Cody Campbell! - P          6:00-Movie &amp; Popcorn- MCR</p> <p>Valentine's Day</p>
<p>10:00-Morning Movement with Baxie-2<sup>nd</sup> Floor <b>15</b>          11:00-Westminster Presbyterian Livestream-MCR          11:00-1:00-Abe's Brunch with Mimosas and Bloody Mary's          1:30-Movie &amp; Popcorn- MCR          2:30-Bridge Game-M          3:00-Music with David + Karlie! - P          6:30 Sunday Evening Movie-MCR</p>	<p>9:00-Exercise-2nd Floor <b>16</b>          10:00-Exercise-2<sup>nd</sup>          10:30-Good Morning Nashville – 2<sup>nd</sup> Fl Balcony          1:00-Meditation &amp; Reflection with Heidi-MCR          1:00- Seated Exercise-2<sup>nd</sup> Fl          2:00-BINGO-DR          3:30-Mardi Gras Party with Music by Music City Dixieland Band! - P</p> <p>Presidents' Day (U.S.)</p>	<p>9:00-Exercise w/ Judy-2nd Floor <b>17</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville – 2nd Floor Balcony          1:00-Balance &amp; Coordination -2nd Fl          1:30-Health Checks w/ SunCrest -FR          2:00- Team Trivia - M          2:00- Mahjong Game- M          3:00- Travel Club – MCR          4:00- Comedy Club - MCR</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>10:00-Exercise-2nd Floor <b>18</b>          10:30-Good Morning Nashville – 2nd Fl Balcony          1:00-Hope Chorus Practice – P          1:00-Seated Exercise-2<sup>nd</sup> Fl          2:30-Music Therapy - MCR          3:15-Israeli Dance-2nd Floor          4:00-Winter Formal with Music by Stevenson Everett - P</p>	<p>9:00-Dance Club with Judy - 2<sup>nd</sup> Fl <b>19</b>          9:30-Flower Arranging Committee-M          10:00-Exercise with Ken-2<sup>nd</sup> Fl          10:30-Good Morning Nashville On The Road: New Construction Tour!          1:00-Tai Chi with Dr. Cindy – 2<sup>nd</sup> Floor          2:00-Mahjong Game – M          2:30-Active Games - 2<sup>nd</sup> Floor          3:15-Town Hall – P          4:00-Wine + Cheese - P</p>	<p>10:00-Exercise – 2nd Floor <b>20</b>          10:30-Good Morning Nashville – 2nd Floor Balcony          1:00-Garden Committee-MCR          2:00-BINGO – DR          3:15-Cocktail Hour-M          6:30- Movie &amp; Popcorn-MCR</p>	<p>9:00-Morning Movement-2<sup>nd</sup> Fl <b>21</b>          9:30-Bridge Game-M          10:00-Share Your Stories – 2nd Floor Balcony          1:00-Cookies and Treats!-M          2:00-Art Class w/ Philo-2<sup>nd</sup> Fl          2:00-Harmonies Music Group -P          3:00-Drop in Rummikub – M          6:00-Movie &amp; Popcorn- MCR</p>
<p>10:00-Morning Movement with Baxie-2<sup>nd</sup> Floor <b>22</b>          11:00-Westminster Presbyterian Livestream-MCR          1:30-Movie &amp; Popcorn- MCR          2:30-Bridge Game-M          3:30-Piano Music w/ Martin Brady- P          6:30 Sunday Evening Movie-MCR</p>	<p>9:00-Exercise-2nd Floor <b>23</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville-2nd Floor Balcony          1:00- Meditation &amp; Reflection with Heidi – MCR          2:00-BINGO-DR          3:15- Brain Games-MCR          4:00-Monday Concert Series!          5:00-Birthday Dinner – 2<sup>nd</sup> Fl Dining Rm</p>	<p>9:00-Exercise w/ Judy-2nd Floor <b>24</b>          10:00-Exercise-2nd Floor          10:30-Good Morning Nashville – 2nd Floor Balcony          1:00-Balance &amp; Coordination -2nd Fl          2:00-Price is Right Game-MCR          2:00- Mahjong Game- M          3:00- Travel Club – MCR          4:00-Before Dinner Bubbly – Dining Room Entrance</p>	<p>10:00-Exercise-2nd Floor <b>25</b>          10:30-Good Morning Nashville – 2nd Fl Balcony          1:00-Blind Taste Test – M          1:00-Seated Exercise-2<sup>nd</sup> Fl          2:00-Music Therapy-MCR          3:15-Isreali Dance – 2<sup>nd</sup> Floor          4:00-Happy Hour - P</p>	<p>9:00-Dance Club with Judy-2nd Fl <b>26</b>          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-Abe's Garden Players Club-3<sup>rd</sup> Floor          3:00-Speaker Series: Heart Health - P          4:00- Wine + Cheese - P</p>	<p>10:00-Exercise – 2nd Floor <b>27</b>          10:30-Good Morning Nashville – 2nd Floor Balcony          10:30-Communion w/ Episcopal Church – 2<sup>nd</sup> Floor Balcony          1:15-Musical Spotlight with Gracie-MCR          2:00-BINGO – DR          3:15-Drum Exercise with Ken-2<sup>nd</sup> Fl          6:30- Movie &amp; Popcorn-MCR</p>	<p>9:30-Chair Yoga w/ Courtney-FR<b>28</b>          10:00-Share Your Stories – 2nd Floor Balcony          1:00-Spiced Apple Cider - M          2:00- Puzzle Table Time!          3:00-Drop in Rummikub – M          3:00-Piano Music with Resident Kristin Boyce - P          6:00-Movie &amp; Popcorn- MCR</p>

All activities are subject to change. Up to date schedules are displayed for the most current itinerary.