

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 11:00-1:00 - <b>Labor Day Lunch!</b> 1:00-BINGO-M 2:30-Music w/ <b>Cody Campbell</b> – P  <b>Enjoy your Labor Day holiday!</b>  Labor Day	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>NEW! Health Talk with Therapy Team</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Standing Exercise + Weights -2nd Fl 2:00- <b>Cocktail Hour!</b> - M 2:00- Mahjong Game- M 3:00- Travel Club – MCR 4:00- Comedy Club - MCR	10:00-Exercise w/ Ashley-2nd Fl 10:30- <b>NEW! Equipment Demonstration w/ Therapy Team</b> -FR 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	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	10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville -2nd Floor Balcony 1:00-Read + Discuss - MCR 2:00-BINGO – DR 3:30 <b>Trader Joe's Taste Test with Ken</b> – M 6:00- Movie & Popcorn-MCR	9:00-Morning Movement - FR 9:30-Bridge Game-M 10:00- <b>Share Your Stories</b> – 2nd Floor Balcony 1:00- <b>Game Stations!</b> - M 2:00- <b>Watermelon Refreshers!</b> - M 3:00-Drop in Rummikub - M 3:30 <b>Hymn Songs on Piano with Resident Betty Miller</b> - P 6:00-Movie & Popcorn- MCR
9:30-Morning Movement-2nd Fl 10:00- <b>NEW! Sunday Coffee Social</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00-Music Therapy with <b>Gracie Andreen</b> – 2nd Fl Balcony 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Harp Music w/ <b>Alice Cramer</b> -P 6:00-Baseball + Beers! – M 6:30 Sunday Evening Movie-MCR Grandparents Day	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-Target Outing!	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>NEW! Health Talk with Therapy Team</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Standing Exercise + Weights - 2nd Fl 2:00-Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club – 2nd Fl Balcony 3:45-Drama Interest Group - MCR	10:00-Exercise w/ Ashley-2nd Fl 10:30- <b>NEW! Equipment Demonstration w/ Therapy Team</b> -FR 1:00-Hope Chorus Practice – P 2:00-Knitting Club! - M (resident led) 2:30- <b>Blind Taste Test</b> - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Half Priced Books Outing! 2:00-Mahjong Game – M 3:00-Stage Outing Committee- MCR 4:00- Wine + Cheese - 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-Ice Cream Social – M 6:20-Shabbat Service – 2nd Fl 7:00- Movie & Popcorn-MCR	9:00-Courtyard Stroll (resident led) 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-Music by Montgomery Bell Academy + Harpeth Hall Students! - P 2:00-Art Class with Philo – 2nd Floor Dining 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR
10:00- <b>NEW! Chair Yoga w/ Volunteer Courtney</b> – FR 10:30-Morning Mimosas - M 11:00-Westminster Presbyterian Livestream-MCR 1:00-Hymn Songs on Piano with <b>Resident Betty Miller</b> - P 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Piano Music w/ <b>Martin Brady</b> -P 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR	9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditaion & Reflection with Heidi - MCR 1:30-Writing Class with <b>Amy Lyles!</b> – 2nd Floor Dining 2:00-BINGO-DR 3:15-Tech Help w/ Ken - MCR 4:00-Monday Concert Series with <b>Pianist Brett Bryant</b> - P	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>NEW! Health Talk with Therapy Team</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-McCabe Indoor Walk Outing! 2:00- Mahjong Game- M 3:00-Travel Club – MCR 4:00-Before Dinner Bubbly! - DR	10:00-Exercise w/ Ashley-2nd Fl 10:30- <b>NEW! Equipment Demonstration w/ Therapy Team</b> -FR 1:00-Hope Chorus Practice - P 2:00-Knitting Club! - M (resident led) 2:30- <b>NEW! Wreath Making</b> - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	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-Recycling Committee -MCR 3:15-Town Hall - P 4:00- Wine + Cheese - P	10:00- Exercise – 2nd Floor 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Songwriting Workshop with <b>Gracie + Jackie</b> - MCR 2:00- BINGO- DR 3:30-Live Music with <b>Stevenson Everett!</b> - P 6:00- Movie & Popcorn-MCR	9:00-Morning Movement - FR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-Game Stations! - M 2:00- <b>Watermelon Refreshers!</b> - M 2:30-BINGO with <b>Belmont Students!</b> (For Candy Prizes!) - M 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR Oktoberfest Begins
9:30-Morning Movement-2nd Fl 10:00- <b>NEW! Sunday Coffee Social</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00-Read + Discuss w/ <b>Volunteer Ben</b> - 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	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-You Be The Judge - MCR 5:00-Birthday Dinner - 2nd Fl Dining  Rosh Hashanah Begins Autumn Begins	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>NEW! Health Talk with Therapy Team</b> – M 10:00-Exercise-2nd Floor 10:30-Construction Update w/ <b>Chris</b> - 2nd Floor Balcony 1:00-Standing Exercise + Weights - 2nd Fl 2:00-Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club – 2nd Fl Balcony 4:00- Culinary Committee - MCR	10:00-Exercise w/ Ashley-2nd Fl 10:30- <b>NEW! Equipment Demonstration w/ Therapy Team</b> -FR 1:30-Hope Chorus Farewell to Summer Concert-P 2:00-Knitting Club! - M (resident led) 2:00-Music Therapy – MCR 2:30- <b>NEW! Wreath Making</b> – M 3:00-Blowing of the Shofar - P 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P 6:00-Drama Demonstration! - P	9:00-Vaccine Clinic Day! - MCR 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-Trader Joe's Taste Test with <b>Ken</b> - M 3:00-Brain Games - MCR 4:00- Wine + Cheese - 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- <b>Oktoberfest Beer Tasting!</b> -M 6:00- Movie & Popcorn-MCR	9:00-Courtyard Stroll (resident led) 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00- <b>NEW! History Presentation w/ Tom Wickstrom</b> – 2nd Fl Balcony 2:00-Painting Class w/ <b>Philo</b> – 2nd Floor Dining 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR
10:00- <b>NEW! Chair Yoga w/ Volunteer Courtney</b> – FR 10:30-Morning Mimosas - M 11:00-Westminster Presbyterian Livestream-MCR 1:00 Council Chat with <b>Mina</b> - M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- BINGO with <b>Belmont Students!</b> (For Candy Prizes!) - M 6:00-Sunday Night Baseball - M 6:30 Sunday Evening Movie-MCR	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 1:30-Writing Workshop with <b>Amy Lyles!</b> – 2nd Floor Dining 2:00-BINGO-DR 3:15-You Be The Judge - MCR 4:00-Monday Concert Series with <b>Pianist Brett Bryant</b> - P	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>NEW! Health Talk with Therapy Team</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Standing Exercise + Weights – 2nd Fl 2:00-Cocktail Hour! - M 2:00- Mahjong Game- M 3:00-Travel Club – MCR 3:30-Sip + Paint with <b>Katrina</b> - M	<div>  <h1>September 2025</h1> <p>Independent + Assisted Living Engagement Calendar</p> </div>			

Activities are subject to change. Please see the daily sheet for the most up-to-date itinerary.