

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2024

Independent & Assisted Living Life Engagement Calendar



<p>11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:00-Bridge Game- M 1:30-Movie & Popcorn- MCR 3:30- Hymn Sing- MCR (residents led)</p>	<p>10:00-Zoom Exercise w/ Bruce-B 10:30-Good Morning Nashville – B 1:00- Relaxation + Reflection w/ Heidi - MCR 2:00-BINGO- B 3:15- Activity Interest Committee: Art Production Outing Edition-MCR 4:00- Monday Concert Series-B 6:00-Devotion Group-MCR</p>	<p>10:00-Exercise- B 10:30-Good Morning Nashville - B 1:00-Read & Discuss: Figures of Black History - 2nd Floor 2:00- Team Trivia – B 2:00- Mahjong Game- M 3:15-Travel Club-MCR 4:00-Comedy Club - MCR</p>	<p>10:00-Exercise w/ Ashley- B 10:30-Good Morning Nashville– B 11:15-Restaurant Outing: Belle Meade Meat & Three** 1:00-Hope Chorus Practice – B 2:00-History of Love Songs-2nd Floor 3:15-Israeli Dance-B 4:00-Fireside Happy Hour – P</p>	<p>10:00-Exercise- B 10:30-Good Morning Nashville - B 9-10:30-Flower Arranging Committee- M 1:00-Tai Chi w/ Dr. Cindy-Club 2:00- Artist Birthday Series: John Williams – MCR 2:00- Mahjong Game- M 3:15- Health Talk w/ Betsy: Talking about Walking - MCR 4:00-Wine + Cheese - P</p>	<p>10:00-Zoom Exercise w/ Bruce-B 10:30-Good Morning Nashville – B 1:00- Read & Discuss: Groundhog Day – 2nd Floor 2:00- BINGO- B 3:30- Coffee House - P 6:00- Movie & Popcorn-MCR</p> <p style="text-align: center;">Groundhog Day</p>	<p>10:30- NEW! Indoor Walking Club (resident led) – Meet in Lobby 1:00-Word Puzzles-M 2:00-Art Club w/ Philo-2nd Floor 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p>
<p>11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:00-Evita Production Outing** 1:30-Movie & Popcorn- MCR 3:30- Love Songs w/ Dena! – P 5:00- Super Bowl Bash! - M</p>	<p>10:00-Exercise-B 10:30-Good Morning Nashville – B 2:00-BINGO- B 3:15-Movie Committee-MCR 4:00-Galentine's Day Social -P (Where are my girls at?) 6:00-Devotion Group-MCR</p>	<p>10:00-Exercise- B 10:30-Good Morning Nashville-B 1:00- Culinary Committee-MCR 2:00- Mardi Gras Cocktails - M 3:15-Travel Club-MCR 4:00- Corks & Canvas: Valentine's Edition** - B</p> <p style="text-align: center;">Mardi Gras</p>	<p>10:00-Exercise w/ Ashley- B 10:30-Good Morning Nashville– B 1:00-Hope Chorus Concert – P 2:00-Valentine's Day Party with Live Music by the LeCroys! - P 3:15-Israeli Dance-B 4:00-Fireside Happy Hour – P</p> <p style="text-align: center;">Happy Valentine's Day!</p> <p style="text-align: center;">Valentine's Day</p>	<p>10:00-Exercise -B 10:30-Good Morning Nashville-B 9-10:30-Flower Arranging Committee-M 1:00-Tai Chi w/ Dr. Cindy-Club 2:00-Artist Birthday Series: Carole King – MCR 2:00- Mahjong Game- M 3:15- Town Hall – B 4:00-Wine + Cheese - P</p>	<p>10:00-Zoom Exercise w/ Bruce-B 10:30-Good Morning Nashville – B 1:00- Read & Discuss: Figures of Black History - 2nd Floor 2:00- BINGO- B 3:30- Coffee House w/ Guitar Stylings by Kevin Vosbein - P</p>	<p>10:30- NEW! Indoor Walking Club (resident led) – Meet in Lobby 1:00-Word Puzzles-M 2:00-Watercolor Painting w/ Juli – M 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p> <p style="text-align: center;">Chinese New Year (Year of the Dragon)</p>
<p>11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:00 Bridge Game - M 1:30-Movie & Popcorn- MCR 3:30- Hymn Sing w/ Alana Griffith - P</p>	<p>10:00-Exercise-B 10:30-Good Morning Nashville – B 1:00- Ted Talk - MCR 2:00-BINGO- B 3:15- NEW! Clay Class-M 4:00- Monday Concert Series-B 6:00-Devotion Group-MCR</p> <p style="text-align: center;">Presidents' Day (US)</p>	<p>10:00-Exercise- B 10:30-Good Morning Nashville - B 1:00-Poetry Expression w/ Courtney - MCR 2:00- Team Trivia – B 2:00- Mahjong Game- M 3:15-Travel Club-MCR 4:00 Comedy Club - MCR</p>	<p>10:00-Exercise w/ Ashley- B 10:30-Good Morning Nashville– B 1:00-Mid-Week Movie Feature: Mandela: Long Walk to Freedom - MCR 2:00- Music Therapy- 2nd Floor 3:15-Israeli Dance-B 4:00-Fireside Happy Hour - P</p>	<p>10:00-Exercise -B 10:30-Good Morning Nashville-B 9-10:30 - Flower Arranging Committee-M 1:00-Tai Chi w/ Dr. Cindy-Club 2:00-Artist Birthday Series: Nina Simone – MCR 2:00- Mahjong Game- M 3:00-Gene Autry Hour - MCR 4:00-Wine + Cheese - P</p>	<p>10:00-Zoom Exercise w/ Bruce- B 10:00-Good Morning Nashville-B 10:30-Communion - MCR 1:00-Color By Song! - M 2:00- BINGO- B 3:30- NHA Dog of the Week- P 6:00- Movie & Popcorn-MCR</p>	<p>10:30- NEW! Indoor Walking Club (resident led) – Meet in Lobby 1:00-Word Puzzles-M 2:00-Music with Gracie - P 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR</p>
<p>11:00-Westminster Presbyterian Livestream-MCR 1:00-Drop in Rummikub-M 1:00-Bridge Game - M 1:30-Movie & Popcorn- MCR 3:30- Live Music with Cody Campbell - P</p>	<p>10:00-Exercise-B 10:30-Good Morning Nashville – B 1:00-Relaxation + Reflection w/ Heidi – MCR 2:00-BINGO- B 3:15- Resident Ambassador Committee- MCR 6:00-Devotion Group-MCR</p>	<p>10:00-Exercise- B 10:30-Good Morning Nashville - B 1:00- Read & Discuss: Figures of Black History - 2nd Floor 2:00-Wine Tasting w/ Courtney** (2nd Floor) 2:00- Mahjong Game- M 3:15-Travel Club-MCR 5:00- Birthday Dinner - B</p>	<p>10:00-Exercise w/ Ashley- B 10:30- Good Morning Nashville-B 1:00-Hope Chorus Practice – B 2:00-Classical Music Exploration-2nd Floor 3:15-Israeli Dance-B 4:00-Fireside Happy Hour - P</p>	<p>10:00-Exercise -B 10:30-Good Morning Nashville-B 9-10:30 - Flower Arranging Committee-M 1:00-Tai Chi w/ Dr. Cindy-Club 2:00-Artist Birthday Series: Fats Domino – MCR 2:00- Mahjong Game- M 3:15-Po-Ke-No - MCR 4:00-Wine + Cheese - P</p>	<p>Group Locations: P = Parlor MCR = Mail Card Room M = Mail B = Blakemore ** = Sign Up near Mail Room</p> <p>*Activities are subject to change.</p>	