


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2025</h1> <h2>Independent + Assisted Living Engagement Calendar</h2>			10:00-Exercise w/ Ashley-2nd Fl 10:30-Good Morning Nashville – 2 <sup>nd</sup> Fl Balcony 1:30- <b>Hope Chorus Fall Concert!</b> - P 2:00-Knitting Club! - M (resident led) 2:30-Music Therapy - MCR 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P  Yom Kippur Begins	9:30-Flower Arranging Committee-M 10:00-Exercise -2 <sup>nd</sup> Floor 10:30- Good Morning Nashville – 2 <sup>nd</sup> Floor Balcony 1:00-Tai Chi w/ Dr. Cindy- 2 <sup>nd</sup> Floor 2:00-Mahjong Game – M 2:00- <b>NEW! Book Club Interest Group</b> -MCR 3:00-Brain Games - MCR 4:00- Wine + Cheese – P	10:00-Exercise – 2 <sup>nd</sup> Floor 10:30-Good Morning Nashville – 2 <sup>nd</sup> Floor Balcony 1:00-Read + Discuss – MCR 2:00-BINGO – DR 3:15- <b>Cornhole Game!</b> (Courtyard) 6:00- Movie & Popcorn-MCR  Happy October!	9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- <b>Share Your Stories</b> – 2 <sup>nd</sup> Floor Balcony 1:00- <b>Pumpkin Painting + Cider with Ginny's Girls</b> - M 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 3:00 <b>Aqua Fresca Refreshers</b> - M 6:00-Movie & Popcorn- MCR
10:00- <b>Chair Yoga w/ Volunteer Courtney</b> – FR 10:00- <b>Sunday Coffee Social</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00- <b>Hand Massages w/ Becky</b> – Spa Room (Max 6 Residents) 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- <b>Piano Recital w/ USN Students</b> - P 6:00-Sunday Night Football - 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-Tech Help with Ken – M 4:00- <b>Monday Concert Series with Lipscomb Singers</b> - P  Sukkot Begins	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>Health Talk w/ SunCrest</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 12:45- <b>Flying Ghost Pumpkin Patch Outing!</b> 2:00-Team Trivia - M 2:00-Mahjong Game- M 3:00-Travel Club – MCR	10:00-Exercise w/ Ashley-2nd Fl 10:30-Good Morning Nashville – 2 <sup>nd</sup> Fl Balcony 1:00-Ted Talk - MCR 2:00-Knitting Club! - M (resident led) 2:30- <b>Wreath Making</b> - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	9:00-Dance Club w/ Judy – 2nd Fl 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- <b>Under One Roof Art Exhibit Outing at the Gordon JCC</b> 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- <b>Songwriting Workshop with Gracie + Jackie</b> - MCR 2:00-BINGO – DR 3:30- <b>Cocktail Hour</b> - M 6:20- <b>Shabbat Service</b> – 2nd Fl 7:00- Movie & Popcorn-MCR	9:30-Morning Movement with Anthony - FR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00- <b>Music with Anthony!</b> - P 2:00- <b>Art Class with Philo</b> – 2nd Floor Dining 3:00-Drop in Rummikub-M 3:00-Read + Discuss - MCR 6:00-Movie & Popcorn- MCR
9:30-Morning Movement - FR 10:30- <b>Morning Mimosas</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00- <b>Music Therapy with Gracie Andreen</b> – 2 <sup>nd</sup> Fl Dining 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- <b>Music w/ Dena Davies!</b> - P 6:00-Sunday Night Football - 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- <b>Trader Joe's Taste Test with Ken</b> – M  Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>Health Talk w/ SunCrest</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Standing Exercise -2nd Fl 2:00- <b>NEW! Ward's Coin Club</b> - M 2:00- Mahjong Game- M 3:00- Travel Club – MCR 4:00- <b>Before Dinner Bubbly!</b> - DR  Simchat Torah Begins	10:00-Exercise w/ Ashley-2nd Fl 10:30-Good Morning Nashville – 2 <sup>nd</sup> Fl Balcony 1:00-Hope Chorus Practice - P 2:00-Knitting Club! - M (resident led) 2:30- <b>Wreath Making</b> - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	9:00-Dance Club w/ Judy – 2nd Fl 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 2:15- <b>Good As New Taste Test</b> - M 3:00- <b>Line Dancing with Judy + Angela</b> (Front Entrance) 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- <b>Hotel Rooftop Outing!</b> 2:00-BINGO – DR 4:00 <b>Music with Gracie</b> - P 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>Hot Chocolate Bar!</b> - M 3:00-Drop in Rummikub - M 3:30-Puzzle Table Time! 6:00-Movie & Popcorn- MCR
9:30-Morning Movement -FR 10:00- <b>Sunday Coffee Social</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00- <b>Music Therapy with Gracie Andreen</b> – 2nd Fl Dining 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- <b>Piano with Brett Bryant</b> - P 6:00-Sunday Night Football - 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- <b>Writing Workshop with Amy Lyles</b> - M 2:00-BINGO-DR 3:15-Culinary Committee - MCR 4:00- <b>Monday Concert Series</b> - P	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>Health Talk w/ SunCrest</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00- <b>Fraud Protection w/ the Metro Nashville Police Dept.</b> - P 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club – 2 <sup>nd</sup> Fl Balcony 4:00- Comedy Club - MCR	10:00-Exercise w/ Ashley-2 <sup>nd</sup> Fl 10:30-Good Morning Nashville – 2 <sup>nd</sup> Fl Balcony 1:00- <b>Health Fair with SunCrest Therapy Team</b> - P 2:00-Knitting Club! - M (resident led) 2:30- <b>Classical Composer Spotlight with Gracie</b> - 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 2:00- <b>NEW! Abe's Book Club</b> – MCR 2:30- <b>Grief Sessions w/ Bev</b> – 3 <sup>rd</sup> Floor CG Room 3:15-Town Hall – P 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- <b>Halloween Treats with At Home</b> - M 2:00-BINGO – DR 3:15- <b>NEW! Outdoor Chair Volleyball</b> (Courtyard) 6:00- Movie & Popcorn-MCR	9:30- <b>Morning Movement with Volunteer Mackenzie</b> - FR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00- <b>Music with Anthony!</b> - P 2:00- <b>Painting Class with Philo</b> – 2nd Floor Dining 3:00- <b>Spiced Apple Cider</b> - M 3:00-Drop in Rummikub-M 6:00-Movie & Popcorn- MCR
10:00- <b>Chair Yoga w/ Volunteer Courtney</b> – FR 10:30- <b>Morning Mimosas</b> - M 11:00-Westminster Presbyterian Livestream-MCR 1:00- <b>Piano Music w/ Gracie Allsup</b> -P 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- <b>Hymn Sing w/ Alana Griffith</b> - P 6:00-Sunday Night Football - 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- <b>Oktoberfest Beer Tasting</b> – M 5:00- <b>Birthday Dinner</b> -2 <sup>nd</sup> Fl Dining	9:00-Exercise w/ Judy-2nd Floor 9:30- <b>Health Talk w/ SunCrest</b> – M 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Standing Exercise -2nd Fl 2:00- Travel Club - MCR 2:00- Mahjong Game- M 3:00- <b>Wine Tasting w/ Courtney</b> – 2 <sup>nd</sup> Floor Dining Room	10:00-Exercise w/ Ashley-2nd Fl 10:30-Good Morning Nashville – 2 <sup>nd</sup> Fl Balcony 1:00-Hope Chorus Practice - P 2:00-Knitting Club! - M (resident led) 2:30- <b>Classical Composer Spotlight with Gracie</b> - 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- <b>Halloween Bash with Music by The Ukedelics!</b> (Courtyard) 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 3:15- <b>Spooky Cocktails + Costume Contest!</b> - M 6:00- Movie & Popcorn-MCR  Halloween Day! Halloween	

All activities are subject to change. Please see out daily sheets for an up-to-date itinerary.