

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Independent + Assisted Living Life Engagement Calendar			9:45-Exercise with Cassidy – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Canada Day Tasting!-M 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:45-Exercise – CR 10:30-Good Morning Nashville-2 nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – 2 nd Floor 1:30-Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30- Outdoor Golf Putt - IL Courtyard 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 10:30-Communion with Episcopal Church-Mall Card Room 1:00-BINGO-M 2:30-3:30- July 4th Celebration with Music by the Music City Dixieland Band-MS Courtyard 6:30- Movie & Popcorn-MCR	9:00-Morning Movement – 2 nd FI 9:30-Bridge Game-M 10:00-Share Your Stories – 2 nd Floor Balcony 11:00-1:00- July 4th Cookout! - DR 1:30-Watermelon Lemonade Social-M 2:00-Art Class with Philo: Christmas in July Theme -2 nd Floor DR 6:00-Movie & Popcorn- MCR
			Canada Day			Independence Day (U.S.)
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30- Live Music with Brett Bryant-P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation & Reflection with Heidi-MCR 1:00-Stage Outing Committee - MCR 2:00-BINGO-M 3:15-Tech Help with Ken – MCR 4:00- Monday Concert Series with Clare Montgomery-P	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Balance and Coordination-CR 2:00- Mahjong Game- M 2:00-Exploring American Music with Ken - MCR 3:15-Travel Club: Lisbon, Portugal-MCR 4:00-Tiki Bar Tuesday! - IL Courtyard	9:00- Podiatry Clinic-MCR 9:45-Exercise with Cassidy - CR 12:30- Hotel Rooftop Outing! 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance – CR 4:00-Happy Hour – 2 nd FI Terrace	9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2 nd FI 1:30-Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: American History – 2 nd FI Balcony 4:00-Wine & Cheese-P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 10:30-Communion with Episcopal Church-Mall Card Room 1:00-Trader Joe's Tasting-M 2:00-BINGO - M 3:00-Mojitos with Ken-M 4:30-Fine Dining Live Music-DR 6:00 Shabbat Service – Club Room 6:30- Movie & Popcorn-MCR	9:30-Chair Yoga with Courtney-CR 9:30-Bridge Game-M 10:00-Share Your Stories – 2 nd Floor Balcony 1:30- Watermelon Agua Fresca Social - M 2:00-Creative Writing Group with Sandra Plant -2nd Floor Dining Room 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00-Sunday Brunch with Mimosas and Bloody Mary's 1:30-Mahjong Game-GR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Live Music with David + Karlie-P 6:00-Sunday Evening Movie – MCR 6:00-Sunday Night Baseball - M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:30-Writing Group with Amy Lyles - 2 nd FI Balcony 2:00-BINGO-M 3:00- Wine Tasting with Courtney -CR 4:00- Before Dinner Bubbly - DR	9:00-12:00- Davidson County Early Voting -MCR 9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination - CR 2:00- Team Trivia –M 2:00- Mahjong Game- M 3:00-Travel Club: Leiria, Portugal-MCR 6:00-Bobi's Bourbon + Poker Night - GR	9:45-Exercise with Cassidy – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:30-Hope Chorus Practice-P 2:00-Mahjong Game-GR 2:15- Theater Club -3 rd FI CG Room 2:30-Blind Tasting with Gracie-M 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace 6:00-Abe's Garden Book Club -2 nd FI Balcony	9:45-Exercise – CR 10:30-Good Morning Nashville-2 nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – 2 nd Floor 1:30-Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30- Outdoor Golf Putt - IL Courtyard 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Trader Joe's Tasting-M 2:30-Special BINGO Game: Money and Gift Cards!-M 6:30- Movie & Popcorn-MCR	9:00-Morning Movement-2 nd FI 10:00- Share Your Stories – 2 nd Floor Balcony 2:00-Art Class w/ Philo: Christmas in July Theme - 2 nd Floor DR 3:00-Drop in Rummikub – M 3:00-Abe's House Punch! - M 6:00-Movie & Popcorn- MCR
		Bastille Day				
10:00-Morning Movement with Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Mahjong Game-GR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Music with Cody Campbell-P 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Brain Games-MCR 2:00-BINGO-M 4:00- Monday Concert Series with Brett Bryant-P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Balance & Coordination-CR 2:00-Culinary Committee-MCR 2:00- Mahjong Game- M 3:00-Travel Club: Porto, Portugal-MCR 6:00-Abe's Movie On The Lawn – Memory Support Courtyard	9:45-Exercise with Cassidy – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:45-Exercise-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy – 2 nd FI 1:30-Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: American History – 2 nd FI Balcony 3:15-Town Hall - P 4:00-Wine & Cheese-P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 10:30-Communion with Episcopal Church-Mall Card Room 1:00- Volunteer Committee w/ Jai - M 2:00-BINGO - M 3:00-Popsicles & Prosecco with Mandy and Elizabeth! - M 4:30-Fine Dining Live Music-DR 6:30- Movie & Popcorn-MCR	9:30- Chair Yoga with Courtney-CR 10:00-Share Your Stories – 2 nd Floor Balcony 1:30- Sweet Treat Social - M 2:00-Creative Writing Group with Sandra Plant -2 nd Floor DR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement with Baxie - CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Sunday Brunch with Mimosas and Bloody Mary's 1:30-Mahjong Game-GR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Live Music w/ Olivia Watson-P 6:30 Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise – CR 10:30-Good Morning Nashville -2 nd Floor Balcony 1:00-Meditation & Reflection with Heidi-MCR 2:00-BINGO-M 3:00-Brain Games-MCR 5:00- Birthday Dinner -2 nd FI Terrace	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Balance and Coordination-CR 2:00- Mahjong Game- M 2:00-Team Trivia-M 3:15-Travel Club: Sintra, Portugal-MCR	9:45-Exercise with Cassidy – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 11:15-Picnic Café Lunch Outing! 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2 nd FI Terrace	9:45-Exercise – CR 10:30-Good Morning Nashville-2 nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – 2 nd Floor 1:30-Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30- Outdoor Golf Putt - IL Courtyard 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2 nd FI Balcony 1:00-Composer Spotlight with Gracie-MCR 2:00-BINGO - M 3:15- Ice Cream Social - M 6:00 Shabbat Service – Club Room 6:30- Movie & Popcorn-MCR	

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