


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>10:00-Morning Movement with Baxie-2nd Floor 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00-Sunday Buffet with Mimosas and Bloody Mary's - DR 1:30-Movie & Popcorn- MCR 2:00-Purim Gathering with Jewish Federation - Mall Area 2:30-Bridge Game-M 3:30 Open Play Ping Pong - MS Lobby 6:30 Sunday Evening Movie-MCR</p>	<p>9:00-Exercise-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-Meditation & Reflection w/ Heidi-MCR 2:00-BINGO-DR 3:15-Tech Help with Ken - M 4:00-Monday Concert Series with Music by Bill Sleeter - P</p> <p style="text-align: center;">Purim Begins</p>	<p>9:00-Exercise w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville - 2nd Floor Balcony 1:00-Balance & Coordination -2nd Fl 1:30-Health Checks w/ SunCrest -FR 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club: Ankara, Turkey - MCR 6:45-Concert at St. George Episcopal Church Outing!</p>	<p>10:00-Exercise-2nd Floor 10:30-Good Morning Nashville - 2nd Fl Balcony 1:00-Hope Chorus Practice - P 2:00-Brain Games-MCR 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 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 Fl 2:00-Mahjong Game-M 2:30-Abe's Garden Players Club-3rd Fl CG Room 3:00-Stage Outing Committee - MCR 4:00- Wine + Cheese - P</p>	<p>10:00-Exercise - 2nd Floor 10:30-Good Morning Nashville- 2nd Floor Balcony 1:00-NEW! Instrument Exploration Hour: Handbells - MCR 2:00-BINGO - DR 3:30-Health Presentation with Lipscomb Nutrition Students - 2nd Floor Balcony 6:30- Movie & Popcorn-MCR</p>	<p>9:00-Morning Movement w/ Baxie - 2nd Floor 9:30-Bridge Game-M 10:00-Share Your Stories - 2nd Floor Balcony 1:30-Watermelon Aqua Fresca - M 2:00-Art Class with Philo - 2nd Fl 3:00-Drop in Rummikub - M 6:00-Movie & Popcorn- MCR</p>		
<p>10:00-Morning Movement with Baxie 2nd Floor 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Live Music w/ Kayla Little - P 6:30 Sunday Evening Movie-MCR</p> <p style="text-align: center;">Daylight Saving Time Begins</p>	<p>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-Before Dinner Bubbly-DR</p>	<p>10:00-Exercise-2nd Floor 10:30-Good Morning Nashville - 2nd Floor Balcony 1:00- Bingo For Books with Green Hills Library! - M 2:00- Mahjong Game- M 2:30-Comfort Group w/ Bev - 3rd Fl CG Room 3:00-Travel Club: Bursa, Turkey-MCR</p>	<p>10:00-Exercise-2nd Floor 10:30-Good Morning Nashville - 2nd Fl Balcony 1:00-Hope Chorus Practice - P 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 9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30- Good Morning Nashville - 2nd Floor Balcony 1:00-Live Music w/ Cody Campbell - P 2:00-Mahjong Game - M 2:30-Speaker Series: Interior Design 4:00- Wine + Cheese - P</p>	<p>10:00-Exercise - 2nd Floor 10:30-Good Morning Nashville-MCR 10:30-Communion w/ Episcopal Church - 2nd Floor Balcony 1:00-NEW! Instrument Exploration Hour: Drums- MCR 2:00-BINGO - DR 3:15-Music with Dennis Rader-P 6:00-Shabbat Service - Club Room 7:00- Movie & Popcorn-MCR</p>	<p>9:30-Chair Yoga w/ Courtney-FR 9:30-Bridge Game-M 10:00-Share Your Stories - 2nd Floor Balcony 1:00-Trader Joe's Taste Test-M 2:00- Loteria: Spanish BINGO - M 3:30-Pina Colada Social - M 6:00-Movie & Popcorn- MCR</p>		
<p>10:00-Morning Movement with Baxie-2nd Floor 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Sunday Buffet with Mimosas and Bloody Mary's - DR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Piano Music with Hudson Sellers - P 6:30 Sunday Evening Movie-MCR</p>	<p>9:45-Exercise - CR 10:30-New Space Orientation-CR 1:30-Authors and Art Series: Local Author Amy Lyles - CR 2:00-BINGO - CR 3:00-March Madness Preview - CR 3:30-Target + Trader Joe's Outing!</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00-Balance & Coordination -2nd Fl 1:30-Health Checks w/ SunCrest - Wellness Room 2:00- Team Trivia - CR 2:00- Mahjong Game- M 3:00-Travel Club: Istanbul, Turkey-MCR 3:30- St. Patrick's Day Cocktails! - 2nd Fl Terrace</p> <p style="text-align: center;">St. Patrick's Day</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00-Hope Chorus Practice - P 1:00-Seated Exercise - CR 2:30-Music Therapy - MCR 3:15-Israeli Dance - CR 4:00-Happy Hour - 2nd Fl Terrace</p>	<p>9:00-Dance Club with Judy - 2nd Fl 9:30-Flower Arranging Committee-M 9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00-Tai Chi with Dr. Cindy - 2nd Floor 2:00-Mahjong Game - M 2:00-Active Games: March Madness Basketball Shoot Out - CR 3:15-Town Hall - CR 4:00-Wine + Cheese - CR</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00-NEW! Instrument Exploration Hour: Ukulele - CR 2:00-BINGO - CR 3:15-Cocktail Hour-2nd Fl Terrace 6:30- Movie & Popcorn-MCR</p> <p style="text-align: center; color: green; font-size: 1.2em;">Happy Spring!</p> <p style="text-align: center;">Spring Begins</p>	<p>9:00-Morning Movement - 2nd Fl 9:30-Bridge Game-M 10:00-Share Your Stories - 2nd Floor Balcony 1:30-Fruit Punch Sprintz! - M 2:00-Art Class w/ Philo-2nd Fl DR 3:00- Loteria:Spanish BINGO-M 3:00-Drop in Rummikub - M 6:00-Movie & Popcorn- MCR</p>		
<p>10:00-Morning Movement with Baxie - CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Open Play Ping Pong - MS Lobby 6:00-Big Screen Movie Night - CR</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00- Meditation & Reflection with Heidi - MCR 1:30- Authors and Art Series: Famous Artist Spotlight - CR 2:00-BINGO - CR 3:15- Brain Games - CR 4:00-Monday Concert Series w/ Piano Music by Brett Bryant - P</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 1:00-Balance & Coordination - CR 2:00-Price is Right Game - CR 2:00- Mahjong Game- M 3:00-Travel Club: Antalya, Turkey- MCR 6:00- NEW! Evening Appetizers - 2nd Fl Terrace</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville-CR 1:00-Blind Taste Test - M 1:00-Seated Exercise - CR 2:00-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour - 2nd Fl Terrace</p>	<p>9:00-Dance Club with Judy-2nd Fl 9:30-Flower Arranging Committee-M 9:45-Exercise - CR 10:30- Good Morning Nashville - CR 1:00-Tai Chi w/ Dr. Cindy- 2nd Floor 2:00-Mahjong Game - M 2:30-Abe's Garden Players Club-3rd Floor CG Room 2:30-Speaker Series: Interior Design with RC Matthews Construction - CR 4:00- Wine + Cheese - P</p>	<p>9:45-Exercise - CR 10:30-Good Morning Nashville - CR 10:30-Communion with Episcopal Church-2nd Floor Balcony 1:00-NEW! Instrument Exploration Hour: Oboe - CR 2:00-BINGO - CR 5:00-7:00 - Spring Soiree Event! - 2nd Fl Terrace 6:30- Movie & Popcorn-MCR</p>	<p>9:30-Chair Yoga w/ Courtney-FR 10:00-Share Your Stories - 2nd Floor Balcony 1:30-Margarita Mixer! - M 2:00- Puzzle Table Time! 3:00-Drop in Rummikub - M 3:00-Guitar Music with Mark Godwin-P 6:00-Movie & Popcorn- MCR</p>		
<p>10:00-Morning Movement with Baxie - CR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00-Sunday Buffet with Mimosas and Bloody Mary's - DR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30-Music by The Meadowlarks - P 6:00-Big Screen Movie Night - CR</p> <p style="text-align: center;">Palm Sunday</p>	<p>9:45- Exercise - CR 10:30-Good Morning Nashville - CR 1:00- Meditation & Reflection with Heidi - MCR 1:30-Authors and Art Series: Local Nashville Author - CR 2:00-BINGO - CR 3:15- Brain Games - CR 5:00-BirthDay Dinner - CR</p>	<p>9:45-Exercise-MP Room 10:30-Good Morning Nashville - MP Room 1:00-Balance & Coordination - CR 2:00-Price is Right Game! - CR 2:00- Mahjong Game- M 3:00- Travel Club: Goreme, Turkey - MCR 4:00-Before Dinner Bubbly - DR</p>				<p>Independent + Assisted Living Life Engagement Calendar</p>		

Activities are subject to change. Please see the daily sheets to display the most up to date itinerary.