

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Independent + Assisted Living Life Engagement Calendar						9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Puzzle Table Time! 2:00- Hot Chocolate Bar! - M 3:00-Drop in Rummikub – M 3:00- Resident Art Crawl! (See daily sheet for apartment numbers) 6:00-Movie & Popcorn- MCR
10:00-Morning Movement Video - FR 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian Livestream-MCR 1:00- Read and Discuss with Becky – M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Spiced Apple Rum - M 6:00-Sunday Night Football - M 6:30 Sunday Evening Movie-MCR Daylight Saving Time Ends	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- Monday Concert Series with Tim the Piano Man – 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 Talk with SunCrest – FR 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club - MCR	10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Fl Balcony 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	9:00- Indian Dance with Judy-2nd Fl 9:30- Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30- Construction Update with Chris – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy- 2nd Floor 2:00-Mahjong Game – M 2:00- Abe's Book Club – MCR 2:30- Abe's Garden Players Club -3rd Fl 4:00- Wine + Cheese – P	10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-MCR Church – 2nd Floor Balcony 1:00- Classical Composer Spotlight with Gracie - MCR 2:00-BINGO – DR 3:30- Live Music w/ Steven Gary - P 4:00- Blair School of Music Outing 6:30- Movie & Popcorn-MCR	9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Puzzle Table Time! 2:00- Art Class with Philo – 2nd Floor Dining Room 3:00-Drop in Rummikub – M 3:00 Music with Dennis Rader! - P 6:00-Movie & Popcorn- MCR
10:00- Chair Yoga w/ Volunteer Courtney -FR 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Abe's Garden Brunch! - DR 1:00-Read + Discuss with Ken - M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Music with Dena Davies - 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 1:00-Stage Outing Committee-MCR 2:00-BINGO-DR 3:15- Trader Joe's Tasting - M	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 Talk with SunCrest - FR 2:00- Veteran's Day Showcase - M 2:00- Mahjong Game- M 3:00- Travel Club - MCR Veterans Day Remembrance Day (Canada)	10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00-Hope Chorus Practice – P 2:00-Culinary Committee-MCR 2:00-Knitting Club! - M (resident led) 2:30- Wreath Making! - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	9:00-Indian Dance 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 Floor 2:00-Mahjong Game – M 2:00- Medicare Education Talk – P 2:30- Abe's Garden Players Club -3rd Fl 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 1:30-3:30- Abe's Autumn Fest! – Front Entrance 6:20-Shabbat Service – 2nd Fl 7:00- Movie & Popcorn-MCR	9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00- Cornucopia Craft - M 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 3:00 Spiced Apple Cider - M 6:00-Movie & Popcorn- MCR
10:00- Chair Yoga w/ Volunteer Courtney - FR 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian Livestream-MCR 1:00-Pumpkin Pie Social-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Music with The Insiders - 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- Appetizer & Wine Pairing -M 4:00- Monday Concert Series – 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 Talk with SunCrest - FR 2:00- Team Trivia - M 2:00- Mahjong Game- M 3:00- Travel Club – MCR 4:00- Comedy Club - MCR	10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- Wreath Making! - M 2:00-Knitting Club! - M (resident led) 2:15- Good As New Tasting! - M 3:15-Israeli Dance-2nd Floor 4:00-Happy Hour – P	9:00-Indian Dance 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 Floor 2:00-Mahjong Game – M 2:00- Abe's Book Club -MCR 2:30- Abe's Garden Players Club -3rd Fl 3:15-Town Hall - P 4:00- Wine + Cheese – P	10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-MCR Church – 2nd Floor Balcony 1:00- Antique Store Outing! 1:00-Songwriting Group-P 2:00-BINGO – DR 3:30- Songs of Legacy with Kyshona Armstrong - P 6:30- Movie & Popcorn-MCR	9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Puzzle Table Time! 2:00- Painting Class w/ Philo – 2nd Floor Dining Room 3:00-Drop in Rummikub – M 3:00- Resident Art Crawl! (See daily sheet for apartment numbers) 6:00-Movie & Popcorn- MCR
10:00- Chair Yoga with Volunteer Courtney -FR 11:00-1:00- Abe's Garden Brunch! - DR 11:00-Westminster Presbyterian Livestream-MCR 1:00- Podcast Interview w/ Abe's Garden Resident Margaret - MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Thanksgiving Card Station! - M 6:00-Sunday Night Football - M	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 w/ Amy Lyles – 2nd Floor Dining 2:00-BINGO-DR 3:15-Sports Club: Basketball Edition-MCR	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 Talk with SunCrest – FR 2:00- Cocktail Hour -M 2:30- Abe's Garden Players Club -3rd Fl 2:00- Mahjong Game- M 3:00- Travel Club – MCR 3:30- Volunteer Committee w/ Marie - M	9:00-Indian Dance w/ Judy-2nd Floor 10:00-Exercise-2nd Floor 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- Blind Taste Test - M 2:00-Knitting Club! - M (resident led) 2:30-Music Therapy- MCR 3:15-Israeli Dance-2nd Floor 4:00- Wine + Cheese – P	9:30-Flower Arranging Committee-M 10:00-Exercise -2nd Floor 10:30- Good Morning Nashville – 2nd Floor Balcony 11:00-1:00- Thanksgiving Lunch! 1:30-Read + Discuss: Pardonning The Thanksgiving Turkey - MCR 2:00-Mahjong Game – M Happy Thanksgiving! Thanksgiving Day (U.S.)	10:00-Exercise – 2nd Floor 10:30-Good Morning Nashville-MCR Church – 2nd Floor Balcony 10:30-Communion w/ Episcopal Church – 2nd Floor Balcony 1:00- Classical Composer Spotlight with Gracie - MCR 2:00-BINGO – DR 3:30- Music w/ Cody Campbell - P 6:30- Movie & Popcorn-MCR	9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00- Share Your Stories – 2nd Floor Balcony 1:00-Read + Discuss: History of the Macy's Day Parade - MCR 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 3:00 Piano Music w/ Martin Brady -P 6:00-Movie & Popcorn- MCR
9:30-Morning Movement – 2nd Floor 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian Livestream- 1:00- Podcast Interview w/ Abe's Garden Resident Baxie - MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- Spiced Apple Cider - M 6:00- Sunday Night Football - M 6:30 Sunday Evening Movie-MCR						

All activities are subject to change. See daily sheets for up-to-date schedule.