Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Finder: DR = Dining Room GR = Game Room ILC = Independent Living Courtyard M = Mall CR = Community Room P = Parlor MCR = Mall Card Room		**1** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Cardio Drumming** - CR 2:00- Mahjong Game- M 2:00-**September Calendar Review!** - MCR 3:00-Travel Club: Keflavik, Iceland – MCR 4:00-Stage Outing Committee-MCR	**2** 9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd Fl 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 – 2nd Fl Terrace	**3** 9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – CR 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Volunteer Committee w/ Jai - M 3:15-Brain Games w/ Jai - M 4:00-Wine & Cheese - P	**4** 9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00-**Waffle Tasting w/ Gracie** - M 2:00-BINGO - M 3:15 **NEW! Meditative Art w/ Watercolor** - M 6:30- Movie & Popcorn-MCR	**5** 9:30-Bridge Game-M 10:00-Share Your Stories: – 2nd Floor Balcony 1:30-**Watermelon Agua Fresca Social** - M 2:00- **Midnight Library Book Pick Up w/ Annette** – Mall Area Read A Book Day! 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
6 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30-**Music w/ Dena Davies -** P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	**7** 9:45-Exercise – CR 10:30-Good Morning Nashville: History of Labor Day- 2nd Fl Balcony 11:00-1:00-**Labor Day Lunch!** - DR 1:00-BINGO-M 2:30-**Beer Tasting for Beer Lover's Day! -** M **Happy Labor Day!** Labor Day	**8** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Junk Journal Craft** - M 2:00- Mahjong Game- M 2:00- **Taste of Iceland** - M 3:00-Travel Club: Egilsstadir, Iceland – MCR 6:00 **Bobi's Casino Night with Blackjack Dealer McKenzie** - GR	**9** 9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd Fl 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: **Cocktail Contest Edition** – 2nd Fl Terrace 6:30-8:30-**Midsummer Night's Dream Music Outing @ Centennial Park!**	**10** 9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 12:00-**Lunch w/ Officer Justin McCormick + Friends** - DR 1:00-Tai Chi with Dr. Cindy – CR 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-**Speaker Series: Media, TV, Podcasters w/ Movie Writer Eric Brooks** – CR 4:00-Wine & Cheese - P	**11** 9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00-Read + Discuss: Remembering September 11th - MCR 2:00-BINGO - M 3:00-**Composer Spotlight w/ Gracie** - MCR 4:30 **Fine Dining Music** – DR 6:00-Shabbat Service – Club Room 6:30- Movie & Popcorn-MCR Rosh Hashanah Begins	**12** 9:30-**Chair Yoga w/ Courtney**- CR 9:30-Bridge Game-M 10:00-Share Your Stories: Treasure Sessions – 2nd Floor Balcony 1:30-**Harpeth Hall + MBA Student Singers** - C 2:00-**Art Class w/ Philo** – 3rd Fl CG Room 3:00 **Creative Writing Group with Sandra** – 3rd CG Room 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
13 10:00-Morning Movement w/ 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-**Music with Kayla Little** – P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M Grandparents Day	**14** 9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:30-**Writing Group w/ Amy Lyles** - CR 2:00-BINGO-M 3:00- **Music Therapy w/ Gracie** -MCR 4:00-**Monday Concert Series with Pianist Brett Bryant** – P	**15** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Cardio Drumming** - CR 2:00- Mahjong Game- M 2:00-Team Trivia - M 3:00-Travel Club: Borganes, Iceland – MCR 3:30-**Community Speaker Series with Former Vice Mayor Jim Shulman** - CR	**16** 9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2nd Fl Terrace	**17** 9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – CR 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-**Walking Through Grief w/ Bev** – 3rd Floor CG Room 4:00-Wine & Cheese – P	**18** 9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- **Chips + Guacamole!** - M 2:00-BINGO - M 3:30-**Lew Harris' 80th Birthday Party with Margaritas + Music by Kash Mellons** - P 6:30- Movie & Popcorn-MCR	**19** 9:30-**Chair Yoga w/ Courtney**- CR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:30- **Music with Julia Weller** - P 2:30-Cookies + Conversation - M 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Oktoberfest Begins
20 10:00-Morning Movement w/ Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:00 **Music w/ Cody Campbell** - P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M Yom Kippur Begins	**21** 7:30-9:00-**Breakfast Social w/ Nashville Police Dept** - DR 9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation & Reflection with Heidi-MCR 2:00-BINGO-M 3:15-Music Games w/ Gracie –MCR 4:00-**Before Dinner Bubbly** - DR	**22** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Junk Journal Craft** - M 2:00- Mahjong Game- M 2:00-**Weights Class + Education w/ SunCrest Therapy Team -** CR 3:00-Travel Club: Isafjordur, Iceland – MCR 4:00-**NEW! Meditative Art w/ Watercolor** - M Autumn Begins	**23** 9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd Fl 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 – 2nd Fl Terrace	**24** 9:45-Exercise with Judy – CR 10:30-Good Morning Nashville -2nd Floor Balcony 1:00-Tai Chi with Dr. Cindy – CR 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-**Speaker Series: Media, TV, Podcasters w/ Podcaster Morgan Huelsman** - P 4:00-8:00 – **Midsummer Nights Dream Dinner + Ball** - CR	**25** 9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- Read + Discuss - MCR 2:00-BINGO - M 3:00- **One Hit Wonder Spotlight w/ Gracie** - MCR 4:30 **Fine Dining Music** - DR 6:30- Movie & Popcorn-MCR Sukkot Begins	**26** 9:30-**Chair Yoga w/ Medha** -CR 9:30-Bridge Game-M 10:00-Share Your Stories: Treasure Sessions – 2nd Floor Balcony 1:00-**Jazz Flute with Nadya Z** - P 2:00-**Art Class w/ Philo** – 3rd Fl CG Room 3:00 **Creative Writing Group with Sandra** – 3rd CG Room 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
27 10:00-Morning Movement w/ 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-**Music Program w/ Dennis Rader** - P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	**28** 9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation & Reflection with Heidi-MCR 2:00-BINGO-M 3:00-**Weights Class + Education w/ SunCrest Therapy Team** - CR 4:00-**Monday Concert Series -** P 4:30-**Birthday Dinner** – CR	**29** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Cardio Drumming** - CR 2:00- Mahjong Game- M 2:00- Team Trivia - M 3:00-Travel Club: Reykjavik, Iceland – MCR 3:30-**Wine Tasting w/ Courtney**-CR	**30** 9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:30-**Hope Chorus Concert** – P 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2nd Fl Terrace	**September 2026** **Independent + Assisted Living Life Engagement Calendar**	