

| SUN                                                                                                                                                                                                                                                                                                                                           | MON                                                                                                                                                                                                                                                                                                                                                                                                                                                  | TUE                                                                                                                                                                                                                                                                                                                                                                                           | WED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | THUR                                                                                                                                                                                                                                                                                                                                                                                     | FRI                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | SAT                                                                                                                                                                                                                                                                                                                                                                |
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| 9:30 AM Sunday Service on TV+ Ch. 4 (Ch. 4)<br>10:30 AM Tai Chi on TV + (Ch. 4)<br>11:00 AM Shopping at Target***<br>12:45 PM Movie Matinee: Unbroken (BT)<br>2:00 PM Group Crosswords (AC)<br>3:00 PM Clarendale Men's Group (D)<br>5:30 PM Christ Church Episcopal Cathedral on Broadway***<br>7:00 PM Grand Ole Opry Show on TV+ (Ch. 4)   | 9:00 AM Gym 101 with Seth (CFS)<br>10:00 AM Shopping at Publix***<br>10:30 AM Tech Time with Molly (AC)<br>11:00 AM Flower Arranging (WEC)<br>1:00 PM Bridge Club (Barstro Market)<br>1:00 PM Visit from Therapy Dog Shooter<br>1:30 PM Mahjong (DK)<br>2:00 PM Duck Bingo (WEC)<br>3:00 PM Tai Chi with Peter (CF)<br><b>3:00 PM West End Scholars Lecture Series with Dr. Robert Fry (D)</b><br>4:00 PM Social Hour (B)<br>5:00 PM Sip & Share (D) | 10:00 AM Botanical Painting Series: Sunflowers (WEC)<br>10:30 AM Wordle (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br><b>11:00 AM Activities Committee (D)</b><br>12:00 PM Canasta (DK)<br>1:00 PM Gentle Barre Flow with Lynsey (CF)<br>2:00 PM Tea Time with Tiffany (M)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)<br>4:15 PM Trivia Tuesdays (B) | 9:30 AM Gardening Club (CY)<br>10:00 AM Shopping at Green Hills Kroger***<br>10:30 AM Good News of the Week (Barstro Market)<br>1:00 PM Body Balance & Strength with PJ (CF)<br>1:00 PM Series Watch Party: 1923 (BT)<br>1:00 PM Visit from Therapy Dog Stella<br>2:00 PM Uno - No Mercy Edition (B)<br>3:00 PM Clarendale Women's Group: Ted Talk and Discussion "How to Set Yourself Free" with Keke Palmer (D)<br>4:00 PM Wine Down Wednesday: Presented by Music for Seniors     | 9:00 AM Walking Group (CY)<br>10:00 AM Botanical Painting Series: Sunflowers (WEC)<br>10:30 AM Wordle (AC)<br>11:15 AM Rummikub (Barstro Market)<br>1:00 PM Chair Line Dancing with Lynsey (CF)<br>2:00 PM Group Puzzles (AC)<br>2:15 PM Visit from Therapy Dog Aspen<br>2:30 PM Wine Tasting with Arosa Care (B)<br>3:00 PM Bible Study with Pastor Adam (D)<br>4:00 PM Social Hour (B) | 8:50 AM Nashville Coffee Crawl: Honest Coffee Roasters***<br>10:00 AM Word Game: Bananagrams (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Communion with Cathedral of the Incarnation (DK)<br><b>11:15 AM 3rd &amp; Lindsley-Weekly Radio Show***</b><br>12:00 PM Social Bridge (DK)<br>1:00 PM Visit from Therapy Dog Sydney<br>2:00 PM Senior Strength with Seth (CFS)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B) | 10:00 AM Coffee Chat: This Week in History (Barstro Market)<br>10:30 AM Singo-Musical Bingo (AC)<br>10:45 AM Body Balance and Strength with PJ (CF)<br>1:00 PM Open Studio: Canvas Paintings, Air Dry Clay, etc (WEC)<br>1:00 PM Rummikub (Barstro Market)<br>2:00 PM Board Games-Sequence, Sorry, Yahtzee, etc. (AC)<br>3:00 PM Hallway Bowling (2nd Fl. Hall-AC) |
| 9:30 AM Sunday Service on TV+ Ch. 4 (Ch. 4)<br>10:30 AM Tai Chi on TV + (Ch. 4)<br>11:00 AM Shopping at Walmart***<br>12:45 PM Movie Matinee: Apollo 13 (BT)<br>2:00 PM Group Crosswords (AC)<br>3:00 PM Clarendale Men's Group (D)<br>5:30 PM Christ Church Episcopal Cathedral on Broadway***<br>7:00 PM Grand Ole Opry Show on TV+ (Ch. 4) | 10:00 AM Shopping at Publix***<br>10:30 AM Tech Time with Molly (AC)<br>11:00 AM Flower Arranging (WEC)<br>1:00 PM Bridge Club (Barstro Market)<br>1:00 PM Visit from Therapy Dog Shooter<br>1:30 PM Mahjong (DK)<br>2:00 PM Duck Bingo (WEC)<br>3:00 PM Tai Chi with Peter (CF)<br>4:00 PM Social Hour (B)                                                                                                                                          | 10:00 AM Air Dry Clay Paper Clips and Fridge Magnets: Shaping and Drying (WEC)<br>10:30 AM Wordle (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br><b>11:00 AM Resident Council (D)</b><br>12:00 PM Canasta (DK)<br>1:00 PM Gentle Barre Flow with Lynsey (CF)<br>2:00 PM Tea Time with Tiffany (M)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)          | 9:30 AM Gardening Club (CY)<br>10:00 AM Shopping at Green Hills Kroger***<br>10:30 AM Good News of the Week (Barstro Market)<br>11:00 AM Philosophy Discussion with Dr. Mackenzie Groff: Laughter, Friendship, & the Good Life (AC)<br>1:00 PM Body Balance & Strength with PJ (CF)<br>1:00 PM Series Watch Party: 1923 (BT)<br>2:00 PM Sequence (B)<br>3:00 PM Clarendale Women's Group: Book Swap (D)<br>4:00 PM Wine Down Wednesday: Denny Sarokin Presented by Music for Seniors | 9:00 AM Walking Group (CY)<br>10:00 AM Air Dry Clay Paper Clips and Fridge Magnets: Painting (WEC)<br>10:30 AM Wordle (AC)<br>11:15 AM Rummikub (Barstro Market)<br>1:00 PM Chair Line Dancing with Lynsey (CF)<br>2:00 PM Group Puzzles (AC)<br>2:15 PM Visit from Therapy Dog Aspen<br>3:00 PM Bible Study with Pastor Adam (D)<br>4:00 PM Social Hour (B)                             | 10:00 AM Word Game: Bananagrams (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Communion with Cathedral of the Incarnation (DK)<br>12:00 PM Social Bridge (DK)<br>1:00 PM Visit from Therapy Dog Sydney<br><b>1:30 PM Hatch Show Print Shop Tour***</b><br>2:00 PM Senior Strength with Seth (CFS)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)<br><b>7:30 PM Outdoor Movie Series: Twisters (CY)</b>                   | 10:00 AM Coffee Chat: This Week in History (Barstro Market)<br>10:30 AM Singo-Musical Bingo (AC)<br>10:45 AM Body Balance and Strength with PJ (CF)<br>1:00 PM Open Studio: Canvas Paintings, Air Dry Clay, etc (WEC)<br>1:00 PM Rummikub (Barstro Market)<br>2:00 PM Board Games-Sequence, Sorry, Yahtzee, etc. (AC)<br>3:00 PM Hallway Bowling (2nd Fl. Hall-AC) |



**Calendar Legend:**  
 AC: Acklen Corner (fl. 2)  
 B: Barstro (fl. 1)  
 BT: Belmont Theater (fl. 3)  
 CFS: Commodore Fitness Strength (fl. 1)  
 CF: Core Fitness (fl.2)  
 CY: Courtyard (fl. 1)

**D: Davidson (fl. 5)**  
**DK: Davidson Kitchen (fl. 5)**  
**H: Hermitage Private Dining (fl. 1)**  
**L: Lobby (fl. L)**  
**MS: Magnolia Suites (fl.1)**  
**M: Mockingbird Dining (fl. 1)**  
**PDR: Private Dining Room (fl.1)**  
**P: Peabody Dining (fl. 1)**

**T: 3rd floor Terrace(fl. 3)**  
**WEC: West End Creative (fl. 2)**  
**WD:Welcome Desk (fl. L)**  
**Blue: Outing**  
**Pink: Committee Meeting**  
**\*\*\*:Sign-up Required**



| SUN                                                                                                                                                                                                                                                                                                                                                                  | MON                                                                                                                                                                                                                                                                                                                                                                                                             | TUE                                                                                                                                                                                                                                                                                                                                                                                                | WED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | THUR                                                                                                                                                                                                                                                                                                                                                                                                                                        | FRI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SAT                                                                                                                                                                                                                                                                                                                                                                             |
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| 9:30 AM Sunday Service on TV+ Ch. 4 (Ch. 4)<br>10:30 AM Tai Chi on TV + (Ch. 4)<br>11:00 AM Shopping at Target***<br>12:45 PM Movie Matinee: Moneyball (BT)<br>2:00 PM Group Crosswords (AC)<br>3:00 PM Clarendale Men's Group (D)<br>5:30 PM Christ Church Episcopal Cathedral on Broadway***<br>7:00 PM Grand Ole Opry Show on TV+ (Ch. 4)                         | 16           10:00 AM Shopping at Publix***<br>10:30 AM Tech Time with Molly (AC)<br>11:00 AM Flower Arranging (WEC)<br>1:00 PM Bridge Club (Barstro Market)<br>1:00 PM Visit from Therapy Dog Shooter<br>1:30 PM Mahjong (DK)<br>2:00 PM Duck Bingo (WEC)<br>3:00 PM Tai Chi with Peter (CF)<br>4:00 PM Social Hour (B)<br>5:00 PM Sip & Share (D)                                                             | 18           10:00 AM Botanical Painting Series: Lavendar (WEC)<br>10:30 AM Wordle (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Welcoming Committee (D)<br>12:00 PM Canasta (DK)<br>1:00 PM Gentle Barre Flow with Lynsey (CF)<br>2:00 PM Tea Time with Tiffany (M)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)<br>4:15 PM Trivia Tuesdays (B)   | 19           9:30 AM Gardening Club (CY)<br>10:00 AM Shopping at Green Hills Kroger***<br>10:30 AM Good News of the Week (Barstro Market)<br>11:00 AM New Resident Orientation (D)<br>1:00 PM Body Balance & Strength with PJ (CF)<br>1:00 PM Series Watch Party: 1923 (BT)<br>1:00 PM Visit from Therapy Dog Stella<br>2:00 PM Uno - No Mercy Edition (B)<br>3:00 PM Clarendale Women's Group: Personality Analysis with Ruth Ann (D)<br>4:00 PM Wine Down Wednesday: Brent Moyer Presented by Music for Seniors | 20           9:00 AM Walking Group (CY)<br>10:00 AM Botanical Painting Series: Lavendar (WEC)<br>10:30 AM Wordle (AC)<br>11:15 AM Rummikub (Barstro Market)<br>1:00 PM Chair Line Dancing with Lynsey (CF)<br>2:00 PM Group Puzzles (AC)<br>2:15 PM Visit from Therapy Dog Aspen<br>3:00 PM Bible Study with Pastor Adam (D)<br>4:00 PM Social Hour (B)<br><b>6:00 PM Meet the Team Dinner*** (PDR)</b>                                     | 21           8:50 AM Nashville Coffee Crawl: Frothy Monkey-The Nations*** Location<br>10:00 AM Word Game: Bananagrams (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Communion with Cathedral of the Incarnation (DK)<br><b>11:15 AM 3rd &amp; Lindsley-Weekly Radio Show***</b><br>12:00 PM Social Bridge (DK)<br>1:00 PM Visit from Therapy Dog Sydney<br>2:00 PM Senior Strength with Seth (CFS)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)<br>4:30 PM Shabbat with Jewish Family Services (DK) | 22           10:00 AM Coffee Chat: This Week in History (Barstro Market)<br>10:30 AM Singo-Musical Bingo (AC)<br>10:45 AM Body Balance and Strength with PJ (CF)<br>1:00 PM Open Studio: Canvas Paintings, Air Dry Clay, etc (WEC)<br>1:00 PM Rummikub (Barstro Market)<br>2:00 PM Board Games-Sequence, Sorry, Yahtzee, etc. (AC)<br>3:00 PM Hallway Bowling (2nd Fl. Hall-AC) |
| 23           9:30 AM Sunday Service on TV+ Ch. 4 (Ch. 4)<br>10:30 AM Tai Chi on TV + (Ch. 4)<br>11:00 AM Shopping at Walmart***<br>12:45 PM Movie Matinee: Friday Night Lights (BT)<br>2:00 PM Group Crosswords (AC)<br>3:00 PM Clarendale Men's Group (D)<br>5:30 PM Christ Church Episcopal Cathedral on Broadway***<br>7:00 PM Grand Ole Opry Show on TV+ (Ch. 4) | 24           10:00 AM Shopping at Publix***<br>10:30 AM Tech Time with Molly (AC)<br>11:00 AM Flower Arranging (WEC)<br>1:00 PM Bridge Club (Barstro Market)<br>1:00 PM Visit from Therapy Dog Shooter<br>1:30 PM Mahjong (DK)<br>2:00 PM Duck Bingo (WEC)<br>3:00 PM Tai Chi with Peter (CF)<br>4:00 PM Social Hour (B)<br>5:00 PM Gourmet Getaway: Sperry's***<br>6:00 PM Clarendale Mystery Club (D)         | 25           10:00 AM Embroidery Kits: All Levels Welcome (WEC)<br>10:30 AM Wordle (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Food & Beverage Committee (DK)<br>12:00 PM Canasta (DK)<br>1:00 PM Gentle Barre Flow with Lynsey (CF)<br>2:00 PM Tea Time with Tiffany (M)<br>3:00 PM Book Club (DK)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B) | 26           8:45 AM Veteran's Breakfast Meet-up (Mockingbird)<br>9:30 AM Gardening Club (CY)<br>10:00 AM Shopping at Green Hills Kroger***<br>10:30 AM Good News of the Week (Barstro Market)<br>1:00 PM Body Balance & Strength with PJ (CF)<br>1:00 PM Series Watch Party: 1923 (BT)<br>2:00 PM Sequence (B)<br>3:00 PM Clarendale Women's Group: Champagne and Chocolate Tasting (D)<br>4:00 PM Wine Down Wednesday: Mac Ganoe (B)                                                                            | 27           9:00 AM Walking Group (CY)<br>10:00 AM Embroidery Kits: Finishing Touches (WEC)<br>10:00 AM Group Scrapbooking! (WEC)<br>10:30 AM Wordle (AC)<br>11:15 AM Rummikub (Barstro Market)<br>1:00 PM Chair Line Dancing with Lynsey (CF)<br>1:30 PM Support Group Led by Arosa Care (D)<br>2:00 PM Group Puzzles (AC)<br>2:15 PM Visit from Therapy Dog Aspen<br>3:00 PM Bible Study with Pastor Adam (D)<br>4:00 PM Social Hour (B) | 28           10:00 AM Word Game: Bananagrams (AC)<br>10:45 AM Chair Yoga with PJ (CF)<br>11:00 AM Communion with Cathedral of the Incarnation (DK)<br>12:00 PM Social Bridge (DK)<br>1:00 PM Visit from Therapy Dog Sydney<br><b>1:00 PM Women's Group Outing: Parnassus Books***</b><br>2:00 PM Senior Strength with Seth (CFS)<br>3:00 PM Group Crosswords (AC)<br>3:30 PM Club Bingo (D)<br>4:00 PM Social Hour (B)<br><b>4:15 PM Resident Birthday Party and Karaoke! (B)</b>                                                                   | 29           10:00 AM Coffee Chat: This Week in History (Barstro Market)<br>10:30 AM Singo-Musical Bingo (AC)<br>10:45 AM Body Balance and Strength with PJ (CF)<br>1:00 PM Open Studio: Canvas Paintings, Air Dry Clay, etc (WEC)<br>1:00 PM Rummikub (Barstro Market)<br>2:00 PM Board Games-Sequence, Sorry, Yahtzee, etc. (AC)<br>3:00 PM Hallway Bowling (2nd Fl. Hall-AC) |
| 30           9:30 AM Sunday Service on TV+ Ch. 4 (Ch. 4)<br>10:30 AM Tai Chi on TV + (Ch. 4)<br>11:00 AM Shopping at Target***<br>12:45 PM Movie Matinee: The Long Game (BT)<br>2:00 PM Clarendale Men's Group Outing***<br>2:00 PM Group Crosswords (AC)<br>5:30 PM Christ Church Episcopal Cathedral on Broadway***<br>7:00 PM Grand Ole Opry Show on TV+ (Ch. 4)  | 31           10:00 AM Shopping at Publix***<br>10:30 AM Tech Time with Molly (AC)<br>11:00 AM Flower Arranging (WEC)<br>1:00 PM Bridge Club (Barstro Market)<br>1:00 PM Visit from Therapy Dog Shooter<br>1:30 PM Mahjong (DK)<br>2:00 PM Duck Bingo (WEC)<br>3:00 PM Tai Chi with Peter (CF)<br>4:00 PM Social Hour (B)<br><b>5:00 PM Behind the Song: Bass, Paino, and Conversation with Jerry Hudson (D)</b> |                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                 |