

August 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Life Activity
Material Security
Physical/Functional
Fitness
Cognitive Efficacy
Social Resources

Location Keys

Bistro B
Club Room CR
Creative Arts Room CAR
Fitness Room FR
Great Room GR
Meet in Lobby LB
Pool P
Sky Lounge SL
Theater T
Transportation not provided TNP
Yoga Room YR



						8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 3-7pm Glow Botox Event 6:30 Bible Study Small Group [CAR]	1	8:00 Breakfast, News & Friends [B] 10:00 Cardio Fit [YR] 2:00 Habitat for Humanity [GR] 6:00 Franklin Art Crawl [TNP]	2	9:00 Breakfast, News & Friends [B] 10:00 Barre Stability Class [YR] 6:00 Weekend Walking Club [LB] 6:30 Movie Night: Cadillac Records [T]	3		
6:00 Weekend Walking Club [LB]	4	8:00 Breakfast, News & Friends [B] 10:00 Gym Orientation [FR] 10:00 Mixed Media Art [CAR] 1:30 Flex & Stretch [YR] 2:00 Floor Flex & Stretch [YR] 2:30 Intro to Spanish [CAR] 5:00 Free Wellness Assessment by Appointment [YR] 6:00 Mahjong Monday [GR] 6:30 Stag Night Poker Night [SL]	5	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 11:30 Wilson Bank & Trust Travel [GR] 1:00 Knitting with the Brentwood Women's Club [CAR] 2:00 Water Fitness [P] 3:30 New Resident Welcome Party [B] 4:00 Happy Hour with Lindsey Bee [CR] 6:00 Tech Tuesday [GR]	6	8:00 Breakfast, News & Friends [B] 10:00 Kroger Grocery Trip [LB] 2:00 Open Aces [CR] 2:00 Water Aerobics [P] 3:00 Music History [CAR]	7	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 1:00-3 Fine Art Oil Painting for Beginners [CAR] 2:00 A Novel Idea [SL] 4:30 National Geographic Part 1 One Planet [T] 6:30 Bible Study Small Group [GR]	8	8:00 Breakfast, News & Friends [B] 10:15 Line Dancing [YR] 1:30 Welcome to Active Building Training [GR]	9	9:00 Breakfast, News & Friends [B] 10:00 Barre Stability Class [YR] 10:30 Lindsey Bee - speaking engagement 6:00 Weekend Walking Club [LB] 6:30 Movie Night: DRIVE [T]	10
6:00 Weekend Walking Club [LB]	11	8:00 Breakfast, News & Friends [B] 10:00 Gym Orientation [FR] 10:00 Mixed Media Art [CAR] 10:30 Investment Club [B] 1:30 Flex & Stretch [YR] 2:00 Floor Flex & Stretch [YR] 2:30 Intro to Spanish [CAR] 6:00 Mahjong Monday [GR] 6:30 Stag Night Poker Night [SL]	12	8:00 Breakfast, News & Friends [B] 10:00 Enrichment Center Performing Arts Tour [LB] 10:15 Balance & Stability [YR] 1:00 Knitting with the Brentwood Women's Club [CAR] 2:00 Water Fitness [P] 4:00 Happy Hour [CR]	13	8:00 Breakfast, News & Friends [B] 10:00 Meditation [YR] 10:30 Kroger Grocery Trip [LB] 2:00 Open Aces [CR] 2:00 Water Aerobics [P] 3:00 Music History [CAR] 4:00 Master Minds Trivia [GR]	14	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 2:00 Holly Hobby [CAR] 4:30 National Geographic Part 2 Frozen Worlds [T]	15	8:00 Breakfast, News & Friends [B] 10:00 Cardio Fit [YR] 2:00 Stones Rive Battle Field [GR] 4:00 Ted Talks "What Emotions Look Like in a Dogs Brain" [T]	16	9:00 Breakfast, News & Friends [B] 10:00 Barre Stability Class [YR] 6:00 Weekend Walking Club [LB] 6:30 Movie Night: LaLa Land [T]	17
6:00 Weekend Walking Club [LB]	18	8:00 Breakfast, News & Friends [B] 10:00 Gym Orientation [FR] 10:00 Mixed Media Art [CAR] 1:30 Flex & Stretch [YR] 2:00 Floor Flex & Stretch [YR] 2:30 Intro to Spanish [CAR] 6:00 Mahjong Monday [GR] 6:30 Stag Night Poker Night [SL]	19	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 1:00 Knitting with the Brentwood Women's Club [CAR] 2:00 Water Fitness [P] 3:00 Resident Forum [GR] 4:00 Happy Hour [CR]	20	8:00 Breakfast, News & Friends [B] 10:00 Kroger Grocery Trip [LB] 12:00 Men's Corner Lunch [LB] 2:00 Open Aces [CR] 2:00 Water Aerobics [P] 3:00 Music History [CAR]	21	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 2:00 Knowledge to Stay Safe [GR] 4:30 National Geographic Part 3 Jungles [T] 6:30 Bible Study Small Group [SL]	22	8:00 Breakfast, News & Friends [B] 10:00 Cardio Fit [YR] 10:00 Drawing Class [CAR] 2:30 Money Matters [T] 4:00 Ted Talks The Future We're Building [T]	23	9:00 Breakfast, News & Friends [B] 10:00 Barre Stability Class [YR] 2:00 Technology Class [GR] 6:00 Weekend Walking Club [LB] 6:30 Movie Night: Grown Ups [T]	24
11-1:00 Champagne Brunch [GR] 6:00 Weekend Walking Club [LB]	25	8:00 Breakfast, News & Friends [B] 10:00 Gym Orientation [FR] 10:00 Mixed Media Art [CAR] 1:30 Flex & Stretch [YR] 2:00 Floor Flex & Stretch [YR] 6:00 Mahjong Monday [GR] 6:30 Stag Night Poker Night [SL]	26	8:00 Breakfast, News & Friends [B] 9:00 New Resident Orientation [T] 10:15 Balance & Stability [YR] 1:00 Knitting with the Brentwood Women's Club [CAR] 2:00 Water Fitness [P] 4:00 Happy Hour [CR]	27	8:00 Breakfast, News & Friends [B] 10:00 Kroger Grocery Trip [LB] 11:30 The Ladies Corner at Chop House [LB] 2:00 Open Aces [CR] 2:00 Water Aerobics [P] 4:00 Master Minds Trivia [GR]	28	8:00 Breakfast, News & Friends [B] 10:15 Balance & Stability [YR] 1-3:00 Fine Art Oil Painting for Beginners [CAR] 4:30 National Geographic Part 4 Coastal Seas [T] 6:30 Bible Study Small Group [SL]	29	8:00 Breakfast, News & Friends [B] 10:00 Cardio Fit [YR] 11:00 Veterans Group Meeting [SL] 1:30 Auto Payment Active Building Training [GR]	30	9:00 Breakfast, News & Friends [B] 10:00 Barre Stability Class [YR] 6:00 Weekend Walking Club [LB] 6:30 Movie Night: The Birds [T]	31