

September 2025							Activities								
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
		9:00 Women's Billiards (GR) 1 10:15 Dance/ Vickie Oates (MR) 11:15 Labor Day Brunch/ Music: Bill Sleeter (DR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)		8:30 Audiology Associates (L) 2 9:00 Men's Coffee (SS) 10:00 Grocery/ Kroger 2:00 Lecture/ Sarah Drury/ Case Auctions (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)		9:00 Women's Billiards (GR) 3 10:30 Catholic Communion (L) 2:00 Lecture/ Myers Brown/ Belmont Mansion (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR)		9:30 Women's Coffee (SS) 4 3:00 Trivia: Vickie (MR) 7:15 Blair/ Craig Nies		9:00 Women's Billiards (GR) 5 9:30 Frist Quilt Exhibit Tour with Pat Ward & lunch 2:00 Bible Study (L) 3:00 Mackenzie Miller/ PT (MR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service (L)		7:30 Ping Pong (MR) 6 8:00 Men's Billiards (GR)			
		2:00 Mah-Jongg/ Libby (GR) 7		9:00 Women's Billiards (GR) 8 10:15 Dance/ Vickie Oates (MR) 2:00 Ping Pong/ Cornhole (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)		9:00 Men's Coffee (SS) 9 10:00 Grocery Trip/ Publix 2:00 Movie/ Nashville 1st 1/2 (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)		9:00 Women's Billiards (GR) 10 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR) 7:15 Music/ The Potter's & Friends (MR)		9:30 Women's Coffee (SS) 11 2:00 Movie/ Nashville 2nd 1/2 (MR) 7:15 Music: Ken & Gerry's Nice Dream (MR)		9:00 Women's Billiards (GR) 12 9:45 Belmont Mansion Tour 2:00 Bible Study (L) 4:30 Relax at the Rendezvous (L)		7:30 Ping Pong (MR) 13 8:00 Men's Billiards (GR)	
		2:00 Mah-Jongg/ Libby (GR) 14		9:00 Women's Billiards (GR) 15 10:15 Dance/ Vickie Oates (MR) 2:00 Ping Pong/ Cornhole (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)		9:00 Men's Coffee (SS) 16 10:00 Grocery/ Kroger 2:00 Lecture/ Molly Miller (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)		9:00 Women's Billiards (GR) 17 10:30 Catholic Communion (L) 10:30 Movie: Downton Abbey 2:00 Bennett Tarleton/ Art on the Easel Discussion (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR) 3:30 St. George's Communion (L)		9:30 Women's Coffee (SS) 18 3:00 Trivia: Ellamarie & Lavonne (MR)		9:00 Women's Billiards (GR) 19 9:30 Fort Negley Park tour with Tracy Harris 2:00 Bible Study (L) 4:30 Relax at the Rendezvous (L)		7:30 Ping Pong (MR) 20 8:00 Men's Billiards (GR)	
		2:00 Mah-Jongg/ Libby (GR) 21		9:00 Women's Billiards (GR) 22 10:15 Dance/ Vickie Oates (MR) 2:00 Lecture/ Susan Newton & Abbie Culbertson (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)		9:00 Men's Coffee (SS) 23 10:00 Grocery Trip/ Publix 2:00 Speaker/ David Iteyo 3:00 Knit Time (A) 3:00 Whist Card Games (GR)		9:00 Women's Billiards (GR) 24 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg/Libby (GR)		9:30 Women's Coffee (SS) 25 4:00 County Fair/ Fall Fest Party		9:00 Women's Billiards (GR) 26 2:00 Bible Study (L) 3:00 Book Club: Kathy Schultenover (MR) 4:30 Relax at the Rendezvous (L)		7:30 Ping Pong (MR) 27 8:00 Men's Billiards (GR)	
2:00 Mah-Jongg/ Libby (GR) 28		9:00 Women's Billiards (GR) 29 10:15 Dance/ Vickie Oates (MR) 2:00 Resident Council (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)		9:00 Men's Coffee (SS) 30 10:00 Grocery/ Kroger 2:00 Music/ Ben The Pianist (A) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:30 Birthday Dinner (MR)								Abbreviation Key GR= Game Room L= Lounge MR= Meeting Room DR= Dining Room A= Atrium SS= Soda Shop			

September 2025

Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Dance Yoga 10:15 Dance with Vickie Oates 11:00 Strength, Mobility & Balance</div> <div>1</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>2</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 11:00 Strength, Mobility & Balance</div> <div>3</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>4</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance</div> <div>5</div>	<div></div> <div>6</div>
<div>7</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Dance Yoga 10:15 Dance with Vickie Oates 11:00 Strength, Mobility & Balance</div> <div>8</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>9</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 11:00 No Class</div> <div>10</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>11</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance</div> <div>12</div>	<div></div> <div>13</div>
<div>14</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Dance Yoga 10:15 Dance with Vickie Oates 11:00 Strength, Mobility & Balance</div> <div>15</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>16</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 11:00 Strength, Mobility & Balance</div> <div>17</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>18</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance</div> <div>19</div>	<div></div> <div>20</div>
<div>21</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Dance Yoga 10:15 Dance with Vickie Oates 11:00 Strength, Mobility & Balance</div> <div>22</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>23</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 11:00 Strength, Mobility & Balance</div> <div>24</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>25</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance</div> <div>26</div>	<div></div> <div>27</div>
<div>28</div>	<div>8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Dance Yoga 10:15 Dance with Vickie Oates 11:00 Strength, Mobility & Balance</div> <div>29</div>	<div>8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)</div> <div>30</div>			<div>All classes are in Meeting Room except the below.</div> <div>Chair Dance Yoga – Lounge Weights & Motion–Gym & back hall Watercise– Pool</div>	