

February 2026

Activity Calendar

All classes are in Meeting Room except the below.

Chair Dance Yoga - Lounge

Weights & Motion-Gym & back hall

Watercise- Pool

Weight Management- Game Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Cardio 10:15am Dance with Vickie 11:00am Strength, Mobility & Balance	2 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	3 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	4 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	5 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	6	7
8 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Cardio 10:15am Dance with Vickie 11:00am Strength, Mobility & Balance	9 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	10 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	11 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	12 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	13	14
15 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Cardio 10:15am Dance with Vickie 11:00am Strength, Mobility & Balance	16 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	17 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	18 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	19 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	20	21
22 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Cardio 10:15am Dance with Vickie 11:00am Strength, Mobility & Balance	23 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	24 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	25 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	26 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	27	28

February 2026

Activity Calendar

Abbreviation Key
GR= Game Room
L= Lounge
MR= Meeting Room

DR= Dining Room
A= Atrium
SS= Soda Shop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Mah-Jongg (GR) ¹	9:00 Women's Billiards (GR) ² 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 Audiology Associates (L) ³ 9:00 Men's Coffee (SS) 10:00 Grocery/ Kroger 2:30 Lecture/ Jim Shulman (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)	9:00 Women's Billiards (GR) ⁴ 9:45 Craft with Harpeth Hall girls (M) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	9:30 Women's Coffee (SS) ⁵ 10:00 Valentine's Craft with Lenore (GR) 3:00 Trivia: Julie & Cindy (MR)	9:00 Women's Billiards (GR) ⁶ 10:30 The Putting Zone & Lunch 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service	7:30 Ping Pong (MR) ⁷ 8:00 Men's Billiards (GR)
2:00 Mah-Jongg (GR) ⁸ 4:00 Music/ Vandy OPERA (MR)	9:00 Women's Billiards (GR) ⁹ 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) ¹⁰ 10:00 Grocery Trip/ Publix 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Music/ Troubadours (MR)	9:00 Women's Billiards (GR) ¹¹ 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR) 7:15 Music/ Blair Quartet (MR)	9:30 Women's Coffee (SS) ¹² 5:00 Valentine's Party Music/ Harpist Timbre (DR)	9:00 Women's Billiards (GR) ¹³ 10:15 Tour TN. State Museum 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service	7:30 Ping Pong (MR) ¹⁴ 8:00 Men's Billiards (GR)
2:00 Mah-Jongg (GR) ¹⁵	9:00 Women's Billiards (GR) ¹⁶ 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	9:00 Men's Coffee (SS) ¹⁷ 10:00 Grocery/ Kroger 2:00 Gary Chunn & Sons/ Africa Talk (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 4:00 Mardi Gras Happy Hour & music with The Fogzone (A)	9:00 Women's Billiards (GR) ¹⁸ 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR) 3:30 St. George's Communion (L)	9:30 Women's Coffee (SS) ¹⁹ 3:00 Trivia: The Plummers (MR)	9:00 Women's Billiards (GR) ²⁰ 10:45 Lunch Bunch/ Waldo's Chicken 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service	7:30 Ping Pong (MR) ²¹ 8:00 Men's Billiards (GR)
2:00 Mah-Jongg (GR) ²²	9:00 Women's Billiards (GR) ²³ 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) ²⁴ 10:00 Grocery Trip/ Publix 11:00 Music/ Vandy Ollie Choir (A) 2:00 Mackenzie Miller/ PT (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:30 Birthday Dinner (MR)	9:00 Women's Billiards (GR) ²⁵ 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	9:30 Women's Coffee (SS) ²⁶ 2:00 Lecture/ Anderson Spickard (MR)	9:00 Women's Billiards (GR) ²⁷ 2:00 Bible Study (GR) 3:00 Book Club: Barbara Bender (MR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service	7:30 Ping Pong (MR) ²⁸ 8:00 Men's Billiards (GR)