

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2:00 Mah-Jongg (GR) 3:00 4th Floor Art Crawl	9:00 Women's Billiards (GR) 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) 9:00 Men's Coffee (SS) 10:00 Grocery/ Kroger 12:00 Braver Angels Workshop (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Nashville Chamber Music Society (MR)	9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 2:00 Symphony Tickets/ Misha (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	9:30 Women's Coffee (SS) 3:00 Trivia: The Potters (MR)	9:00 Women's Billiards (GR) 10:00 Lunch Bunch/ Loveless Cafe 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L) 4:30 Shabbat Service	7:30 Ping Pong (MR) 8:00 Men's Billiards (GR)	
7:15 Nashville Symphony/ Isabel Bartles Ensemble (MR)	9:00 Women's Billiards (GR) 9:30 Play Performance at Harding Academy 10:15 Dance/Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A) 7:15 Music: Potters & Johnson's Quartet (MR)	9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Publix 2:00 Lecture: Alice Hudson Pell (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)	9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR) 7:15 Richland Troubadours	9:30 Women's Coffee (SS) 2:00 Storytelling by Tama Luceford (MR)	9:00 Women's Billiards (GR) 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L)	7:30 Ping Pong (MR) 8:00 Men's Billiards (GR)	
	9:00 Women's Billiards (GR) 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) 10:00 Grocery/ Kroger 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:00 St. Patty's Party music with Bill Sleeter (DR)	9:00 Women's Billiards (GR) 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) 3:00 Trivia: Paul & Penny (MR)	9:00 Women's Billiards (GR) 10:30 Warner Park Walk 2:00 Bible Study (GR) 4:30 Relax at the Rendezvous (L)	7:30 Ping Pong (MR) 8:00 Men's Billiards (GR)	
	9:00 Women's Billiards (GR) 10:15 Dance/Vickie Oates (MR) 10:30 African American Music Museum Tour & Lunch at 5th & Broad 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) 10:00 Grocery Trip/ Publix 2:00 Mackenzie Miller/ PT (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Music/ Blair Chamber Music (MR)	9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	9:00 Google Fiber (A) 9:30 Women's Coffee (SS) 2:00 Lecture/ Dr. Green Stemcell Therapy (MR)	9:00 Women's Billiards (GR) 10:30 Cheekwood in Bloom 2:00 Bible Study (GR) 3:00 Book Club: Alene Harris (MR) 4:30 Relax at the Rendezvous (L)	7:30 Ping Pong (MR) 8:00 Men's Billiards (GR)	
	9:00 Women's Billiards (GR) 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) 10:00 Grocery/ Kroger 2:00 Music/ Ben (A) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:30 Birthday Dinner (MR)	<h1>March 2026</h1> <h2>Activity Calendar</h2>			<p>Abbreviation Key</p> <p>GR= Game Room L= Lounge MR= Meeting Room</p>	<p>DR= Dining Room A= Atrium SS= Soda Shop</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
1	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR)	2	8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	3	8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR)	4	8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	5	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR)	6	7
8	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR)	9	8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	10	8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 No Class (MR) 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR)	11	8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	12	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR)	13	14
15	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR)	16	8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	17	8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR)	18	8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	19	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR)	20	21
22	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR)	23	8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	24	8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR)	25	8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	26	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR)	27	28
29	8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR)	30	8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	31	<h2 style="text-align: center;">March 2026 Exercise Calendar</h2> <p style="text-align: center;">All classes are in Meeting Room except the below. Chair Dance Yoga - Lounge Weights & Motion-Gym & back hall Watercise- Pool Weight Management- Game Room</p>						

March 2026 Exercise 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