

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026 Activities

5

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)

6

9:00 Audiology Associates (L)
9:00 Men's Coffee (SS)
10:00 Grocery Trip/ Publix
2:00 Stephanie Silverman/ Belcourt (MR)
3:00 Knit Time (A)
3:00 Whist Card Games (GR)
3:30 Mexican Train Dominoes (GR)

7

9:00 Election Commission Voting (MR)
9:00 Women's Billiards (GR)
10:00 Choral Rehearsal (A)
10:30 Catholic Communion (L)
3:00 Bingo (GR)
3:30 Board Games (GR)
3:30 Mah-Jongg (GR)

8

9:30 Women's Coffee (SS)
5:00 Blossom Bash Party/ music by Debbie Wilson & Friends

9

9:00 Women's Billiards (GR)
10:00 Frist Art Museum & Cafe
2:00 Bible Study (GR)
4:30 Relax at the Rendezvous (L)

10

7:30 Ping Pong (MR)
4:00 Bocce Ball & BYOB
8:00 Men's Billiards (GR)

11

12

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)

13

9:00 Men's Coffee (SS)
10:00 Grocery/ Kroger
3:00 Knit Time (A)
3:00 Whist Card Games (GR)
3:30 Mexican Train Dominoes (GR)
4:00 Walk with Mackenzie

14

9:00 Women's Billiards (GR)
10:00 Choral Rehearsal (A)
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)

15

9:30 Women's Coffee (SS)
10:30 Art Class with Jean Gauld Jaeger (GR)
3:00 Trivia: Denis & Alice (MR)
7:15 Music/ Richland Troubadours (MR)

16

9:00 Women's Billiards (GR)
10:00 Nashville Zoo
2:00 Bible Study (GR)
4:30 Relax at the Rendezvous (L)

17

7:30 Ping Pong (MR)
4:00 Bocce Ball & BYOB
8:00 Men's Billiards (GR)

18

3:00 5th Floor Art Crawl

19

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)

20

9:00 Men's Coffee (SS)
10:00 Grocery Trip/ Publix
11:00 OSHER Ollie Choir (A)
2:00 Mackenzie Miller/ PT (MR)
3:00 Knit Time (A)
3:00 Whist Card Games (GR)
3:30 Mexican Train Dominoes (GR)
7:15 Music with Dennis Elmer (MR)

21

9:00 Women's Billiards (GR)
10:30 Catholic Communion (L)
1:00 Choral Rehearsal (A)
2:00 Earth Day/ Jeff Barrie (MR)
3:00 Bingo (GR)
3:30 Board Games (GR)
3:30 Mah-Jongg (GR)

22

9:30 Women's Coffee (SS)
10:30 Art Class with Jean Gauld Jaeger (GR)
2:00 Tech Talk with Sara (MR)
3:30 Mexican Train Dominoes (GA)

23

9:00 Women's Billiards (GR)
10:45 Lunch Bunch/ Sicilian Butcher
2:00 Bible Study (GR)
3:00 Book Club: Jean Gauld Jaeger (MR)
4:30 Relax at the Rendezvous (L)
7:15 Bluegrass Music by the Stephen Harvey & Brothers (MR)

24

7:30 Ping Pong (MR)
4:00 Bocce Ball & BYOB
8:00 Men's Billiards (GR)

25

26

9:00 Women's Billiards (GR)
10:15 Dance/ Vickie Oates (MR)
2:00 Ping Pong/ Cornhole (MR)
2:00 Resident Council (MR)
3:00 Bingo (GR)
3:30 Board Games (GR)
4:45 Cocktails & Conversations (A)

27

9:00 Men's Coffee (SS)
10:00 Grocery/ Kroger
2:00 Terry & Sandys Kenya Talk (MR)
3:00 Knit Time (A)
3:00 Whist Card Games (GR)
3:30 Mexican Train Dominoes (GR)
4:00 Walk with Mackenzie
5:30 Birthday Dinner (MR)

28

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)

29

9:30 Women's Coffee (SS)
10:30 Art Class with Jean Gauld Jaeger (GR)
2:00 Movie (MR)
3:30 Mexican Dominoes (GR)

30

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

April 2026

Exercise Classes

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