

AUGUST 2026 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
2	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)	3 9:00 Audiology Associates (L) 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Kroger 2:00 Mackenzie/ PT (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Music/ Tin Pan Revue (A)	4 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)	5 9:30 Women's Coffee (SS) 2:00 Mexican Dominos (GR) 7:15 Magic Show/ Magic Steve (MR)	6 9:00 Women's Billiards (GR) 10:00 Farmer's Market & lunch 2:00 Bible Study (GR) 4:30 Shabbat Service	7 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
9	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)	10 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Publix 2:00 David Dowell/ DNA (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Music/ Richland Troubadours	11 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)	12 9:30 Women's Coffee (SS) 2:00 Music/ Ben (A) 3:00 Trivia: Lavonne & Paul (MR)	13 9:00 Women's Billiards (GR) 2:00 Bible Study (GR)	14 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
16	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)	17 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Kroger 2:00 David Dowell/ DNA (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)	18 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)	19 9:30 Women's Coffee (SS) 3:00 Casino Party/ Music Stephanie Adlington Jazz Duo (A)	20 9:00 Women's Billiards (GR) 2:00 Bible Study (GR)	21 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
23	9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 1:00 Movie/ Julie & Julia (GR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	24 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Publix 2:00 Lecture/ Age Well Middle TN. Tiffany Cloud- Mann (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:30 Birthday Dinner (DR)	25 9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 2:00 Root Beer Floats/ Arosa (A) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	26 9:30 Women's Coffee (SS) 3:00 Trivia: Denis & Alice (MR)	27 9:00 Women's Billiards (GR) 10:30 Lunch Bunch / Radish 2:00 Bible Study (GR) 3:00 Book Club: Alice Fitzgibbon (MR)	28 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
30	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)	31			Abbreviation Key GR= Game Room L= Lounge	MR= Meeting Room DR= Dining Room A= Atrium SS= Soda Shop

AUGUST 2026 Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	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) 2:00 STRENGTH & MOBILITY	3	4	5	6	7	8
		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)	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) 2:00 STRENGTH & MOBILITY	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)	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) 2:00 STRENGTH & MOBILITY		
9	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) 2:00 STRENGTH & MOBILITY	10	11	12	13	14	15
		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)	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) 2:00 STRENGTH & MOBILITY	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)	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) 2:00 STRENGTH & MOBILITY		
16	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) 2:00 STRENGTH & MOBILITY	17	18	19	20	21	22
		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)	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) 2:00 STRENGTH & MOBILITY	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)	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) 2:00 STRENGTH & MOBILITY		
23	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) 2:00 STRENGTH & MOBILITY	24	25	26	27	28	29
		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)	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) 2:00 STRENGTH & MOBILITY	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)	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) 2:00 STRENGTH & MOBILITY		
30	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) 2:00 STRENGTH & MOBILITY	31			All classes are in Meeting Room except the below. Chair Dance Yoga – Lounge Weights & Motion–Gym & back hall	Watercise– Pool Weight Management– Game Room	