

| Sunday                                                 | Monday                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                        | Thursday                                                                                                                                                            | Friday                                                                                          | Saturday                                                                                                             |
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| <div>SEPTEMBER 2026</div> <div>Activity Calendar</div> |                                                                                                                                                                                                            | 9:00 Audiology Associates (L)<br>9:00 Men's Coffee (SS)<br>10:00 Grocery Trip/ Kroger<br>2:00 Speaker/ Carla & Simcha (MR)<br>3:00 Knit Time (A)<br>3:00 Whist Card Games (GR)<br>1                            | 9:00 Women's Billiards (GR)<br>10:30 Catholic Communion (L)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>3:30 Mah-Jongg (GR)<br>2                                                                              | 9:30 Shelby Bottoms Nature Center & Flower Walk<br>9:30 Women's Coffee (SS)<br>3:00 Trivia: Joan & Vicki (MR)<br>3                                                  | 9:00 Women's Billiards (GR)<br>2:00 Bible Study (GR)<br>4:30 Shabbat Service<br>4               | All Day College Football Begins!!<br>7:30 Ping Pong (MR)<br>8:00 Men's Billiards (GR)<br>4:00 Bocce Ball & BYOB<br>5 |
| 6                                                      | 9:00 Women's Billiards (GR)<br>10:15 Dance/ Vickie Oates (MR)<br>11:15 Labor Day Brunch/ Music by Bill Sleeter (DR)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>4:45 Cocktails & Conversations (A)<br>7 | 9:00 Men's Coffee (SS)<br>10:00 Grocery Trip/ Publix<br>2:00 Lecture/ Mackenzie Miller PT (MR)<br>3:00 Knit Time (A)<br>3:00 Whist Card Games (GR)<br>8                                                        | 9:00 Women's Billiards (GR)<br>10:30 Catholic Communion (L)<br>11:00 Chorale Rehearsal Begins (A)<br>3:00 Bingo (GR)<br>3:00 Thaddeus Retirement Party (MR)<br>3:30 Board Games (GR)<br>3:30 Mah-Jongg (GR)<br>9 | 9:30 Women's Coffee (SS)<br>10:30 Lunch Bunch Sopapillas<br>2:00 David Dowell/ DNA (MR)<br>3:00 Mexican Dominos (GR)<br>7:15 Music/ Richland Troubadours (MR)<br>10 | 9:00 Women's Billiards (GR)<br>1:00 Townhall (MR)<br>2:00 Bible Study (GR)<br>11                | 7:30 Ping Pong (MR)<br>8:00 Men's Billiards (GR)<br>4:00 Bocce Ball & BYOB<br>12                                     |
| 13                                                     | 9:00 Women's Billiards (GR)<br>10:15 Dance/ Vickie Oates (MR)<br>2:15 Music by Mark Anthony & Brian Lewis (A)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>4:45 Cocktails & Conversations (A)<br>14      | 9:00 Men's Coffee (SS)<br>10:00 Grocery Trip/ Kroger<br>2:00 David Dowell/ DNA (MR)<br>3:00 Knit Time (A)<br>3:00 Whist Card Games (GR)<br>7:15 Music/ East Meets West- Brian Lewis & Mark Anthony (MR)<br>15  | 9:00 Women's Billiards (GR)<br>10:30 Catholic Communion (L)<br>11:00 Chorale Group Rehearsal (A)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>3:30 Mah-Jongg (GR)<br>3:30 St. George's Communion (L)<br>16     | 9:30 Women's Coffee (SS)<br>3:00 Trivia: Tom & Alene (MR)<br>7:15 Comedian Jeff Love (MR)<br>17                                                                     | 9:00 Women's Billiards (GR)<br>9:30 Surprise Outing!!<br>2:00 Bible Study (GR)<br>18            | 7:30 Ping Pong (MR)<br>8:00 Men's Billiards (GR)<br>4:00 Bocce Ball & BYOB<br>19                                     |
| 20                                                     | 9:00 Women's Billiards (GR)<br>10:15 Dance/ Vickie Oates (MR)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>4:45 Cocktails & Conversations (A)<br>21                                                      | 9:00 Men's Coffee (SS)<br>10:00 Grocery Trip/ Publix<br>12:00 Black Box Ice Cream Truck<br>2:00 Speaker/ Sara Campbell Drury with Case Auctions (MR)<br>3:00 Knit Time (A)<br>3:00 Whist Card Games (GR)<br>22 | 9:00 Women's Billiards (GR)<br>10:30 Catholic Communion (L)<br>11:00 Chorale Group Rehearsal (A)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>3:30 Mah-Jongg (GR)<br>23                                        | 9:30 Women's Coffee (SS)<br>4:00 County Fair/ Fall Fest<br>24                                                                                                       | 9:00 Women's Billiards (GR)<br>2:00 Bible Study (GR)<br>3:00 Book Club: Ann Patchett (MR)<br>25 | 7:30 Ping Pong (MR)<br>8:00 Men's Billiards (GR)<br>4:00 Bocce Ball & BYOB<br>26                                     |
| 4:00 Music/ Nashville Flute Choir (MR)<br>27           | 9:00 Women's Billiards (GR)<br>10:15 Dance/ Vickie Oates (MR)<br>2:00 Resident Council (MR)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>4:45 Cocktails & Conversations (A)<br>28                        | 9:00 Men's Coffee (SS)<br>10:00 Grocery Trip/ Kroger<br>2:00 Movie/ Never Let Me Go (GR)<br>3:00 Knit Time (A)<br>3:00 Whist Card Games (GR)<br>5:30 Birthday Dinner (DR)<br>29                                | 9:00 Women's Billiards (GR)<br>10:30 Catholic Communion (L)<br>3:00 Bingo (GR)<br>3:30 Board Games (GR)<br>3:30 Mah-Jongg (GR)<br>30                                                                             | <div>ABBREVIATION KEY</div> <div>GR= Game Room<br/>L= Lounge<br/>MR= Meeting Room<br/>DR= Dining Room<br/>A= Atrium<br/>SS= Soda Shop</div>                         |                                                                                                 |                                                                                                                      |

| Sunday                                                 | Monday                                                                                                                                                                                                         | Tuesday                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                  | Friday                                                                                                                                                                                        | Saturday                                                                                                               |
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| <div>SEPTEMBER 2026</div> <div>Exercise Calendar</div> |                                                                                                                                                                                                                | 8:00 Open Gym<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>1</div>  | 8:00 Weight Management (GR)<br>8:30 Stretch (MR)<br>9:00 Gym Time (G)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Weights & Motion (G&H)<br>10:30 Weight Management<br>11:00 Strength, Mobility & Balance (MR)<br>11:30 Chair Yoga (MR)<br>12:00 Gym Time (G)<br>1:00 Meditation (MR)<br>2:00 STRENGTH & MOBILITY<br><div>2</div>  | 8:00 Open Gym (G)<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>3</div>  | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>9:30 Tai Chi with Rusty (MR)<br>10:00 Line Dance Class (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>4</div> | <div>5</div>                                                                                                           |
| <div>6</div>                                           | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Chair Cardio (L)<br>10:15 Dance with Vickie (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>7</div>  | 8:00 Open Gym<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>8</div>  | 8:00 Weight Management (GR)<br>8:30 Stretch (MR)<br>9:00 Gym Time (G)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Weights & Motion (G&H)<br>10:30 Weight Management<br>11:00 Strength, Mobility & Balance (MR)<br>11:30 Chair Yoga (MR)<br>12:00 Gym Time (G)<br>1:00 Meditation (MR)<br>2:00 STRENGTH & MOBILITY<br><div>9</div>  | 8:00 Open Gym (G)<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>10</div> | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>10:00 Line Dance Class (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>11</div>                                | <div>12</div>                                                                                                          |
| <div>13</div>                                          | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Chair Cardio (L)<br>10:15 Dance with Vickie (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>14</div> | 8:00 Open Gym<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>15</div> | 8:00 Weight Management (GR)<br>8:30 Stretch (MR)<br>9:00 Gym Time (G)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Weights & Motion (G&H)<br>10:30 Weight Management<br>11:00 Strength, Mobility & Balance (MR)<br>11:30 Chair Yoga (MR)<br>12:00 Gym Time (G)<br>1:00 Meditation (MR)<br>2:00 STRENGTH & MOBILITY<br><div>16</div> | 8:00 Open Gym (G)<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>17</div> | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>10:00 Line Dance Class (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>18</div>                                | <div>19</div>                                                                                                          |
| <div>20</div>                                          | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Chair Cardio (L)<br>10:15 Dance with Vickie (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>21</div> | 8:00 Open Gym<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>22</div> | 8:00 Weight Management (GR)<br>8:30 Stretch (MR)<br>9:00 Gym Time (G)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Weights & Motion (G&H)<br>10:30 Weight Management<br>11:00 Strength, Mobility & Balance (MR)<br>11:30 Chair Yoga (MR)<br>12:00 Gym Time (G)<br>1:00 Meditation (MR)<br>2:00 STRENGTH & MOBILITY<br><div>23</div> | 8:00 Open Gym (G)<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>24</div> | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>10:00 Line Dance Class (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>25</div>                                | <div>26</div>                                                                                                          |
| <div>27</div>                                          | 8:30 Stretch (MR)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Chair Cardio (L)<br>10:15 Dance with Vickie (MR)<br>11:00 Strength, Mobility & Balance (MR)<br>2:00 STRENGTH & MOBILITY<br><div>28</div> | 8:00 Open Gym<br>9:00 Mat Yoga (MR)<br>10:00 Sit, Be Fit (MR)<br>10:35 Get Fit (MR)<br>11:00 Open Gym (G)<br>12:30 Standing Tall (MR)<br>1:00 Standing Tall (A) (MR)<br><div>29</div> | 8:00 Weight Management (GR)<br>8:30 Stretch (MR)<br>9:00 Gym Time (G)<br>9:00 Watercise (P)<br>9:30 Tai Chi (MR)<br>10:00 Weights & Motion (G&H)<br>10:30 Weight Management<br>11:00 Strength, Mobility & Balance (MR)<br>11:30 Chair Yoga (MR)<br>12:00 Gym Time (G)<br>1:00 Meditation (MR)<br>2:00 STRENGTH & MOBILITY<br><div>30</div> | <div>All classes are in Meeting Room except the below.</div> <div>Chair Dance Yoga – Lounge</div>                                                                                         |                                                                                                                                                                                               | <div>Weights &amp; Motion–Gym &amp; back hall</div> <div>Watercise– Pool</div> <div>Weight Management– Game Room</div> |