

JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GR - Great Room - 1st Floor JK - Josephine's Kitchen - 1st Floor LC - Learning Center - 2nd Floor SU - Sign Up TH - Town Hall - 2nd Floor</p>	<p>1 New Year's Day</p> <p>Happy New Year! Grab a 2024 Calendar in the Center for Learning</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 3:00 BINGO with Dot</p>	<p>2</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Wordle TH 1:30 Body Boost TH 2:15 Movie Matinee: Matilda LC 3:00 Afternoon Artisans: Dipped Marble Mugs</p>	<p>3</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords TH 10:30 Bible Study w. Bryan TH 1:15 CANCELLED Art w. Tetra (she will return next week on the 10th) GR 3:00 Wine & Cheese w. Jaye Marie</p>	<p>4</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Trivia TH 1:30 Cardio Drumming TH 2:15 Movie Matinee: The Quiet Man 3:00 Bingo on the 3rd Floor</p>	<p>5</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise SU 10:30 Grocery Store Outing GR 10:30 Nashville Therapy Pets Visit JK 11:15 Birthday Lunch with Bill Sleeter SU 1:30 Outing to Dollar Tree GR 3:00 Music w. Julia TH 5:30 Shabbat Services</p>	<p>6</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 2:00 Movie Matinee: Marine GR 3:00 Afternoon Trivia</p>
<p>7</p> <p>TH 9:00 Sit and Be Fit SU 9:00 Sunday Church Drop Off TH 9:30 Improved Health VIRTUAL Exercise SU 1:00 Nashville Scenic Drive LC 4:00 Communion Service</p>	<p>8</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords SU 10:30 Outing to the Green Hills Library SU 1:00 Outing to Walmart LC 1:15 Belmont Village Choir Rehearsal LC 2:15 Chef Chat w. David TH 3:00 BINGO with Dot</p>	<p>9</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Wordle TH 12:00 Empowering Caregivers Support Group TH 1:30 Body Boost TH 2:15 Movie Matinee: Something the Lord Made 3:00 Afternoon Artisans: Painted Houseplant Pots</p>	<p>10</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords TH 10:30 Bible Study w. Bryan TH 1:15 Art w. Tetra LC 2:30 Houseplant Appreciation Day: Plant a Houseplant! GR 3:00 Wine & Cheese w. Sheldon Kahan</p>	<p>11</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Trivia LC 10:15 Learn to Play Bridge w. Carol TH 1:30 Cardio Drumming TH 2:15 Movie Matinee: Roman Holiday LC 2:30 New Year, New Activities: Share your Activity Ideas for the New Year! 3:00 Bingo on the 3rd</p>	<p>12</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise SU 10:30 Grocery Store Outing LC 1:30 CANCELLED: Spanish with Emily SU 1:30 Outing to Target GR 3:00 Music w. Julia</p>	<p>13</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 2:00 Movie Matinee: A Few Good Men GR 3:00 Afternoon Trivia</p>
<p>14</p> <p>TH 9:00 Sit and Be Fit SU 9:00 Sunday Church Drop Off TH 9:30 Improved Health VIRTUAL Exercise SU 1:00 Nashville Scenic Drive GR 3:00 Sunday Serenade w. Clay Lutz LC 4:00 Communion Service</p>	<p>15 Martin Luther King Day</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords TH 10:30 National Bagel Day Cooking Class SU 10:30 Outing to Local Green Hills Pharmacies SU 1:00 Outing to Walmart LC 1:15 Belmont Village Choir Rehearsal</p>	<p>16</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Wordle TH 1:30 Body Boost TH 2:15 Movie Matinee: In the Line of Fire LC 3:00 Afternoon Artisans: Pressed Flower Lanterns</p>	<p>17</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords TH 10:30 Bible Study w. Bryan TH 1:15 Art w. Tetra GR 3:00 Wine & Cheese w. Colin O'Brien</p>	<p>18</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Trivia TH 1:30 Cardio Drumming TH 2:15 Movie Matinee: The Pez Outlaw 3:00 Bingo on the 3rd Floor</p>	<p>19</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise SU 10:30 Grocery Store Outing GR 10:30 Nashville Therapy Pets Dog Visits SU 1:30 Outing to Dollar Tree GR 2:30 Cocoa & Conversation GR 3:00 Music w. Julia</p>	<p>20</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 2:00 Movie Matinee: GR 3:00 Afternoon Trivia</p>

JANUARY 2024



Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
21			22			23			24			25			26			27	Holocaust Remembrance Day	
TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit
SU	9:00	Sunday Church Drop Off	TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise
TH	9:30	Improved Health VIRTUAL Exercise	TH	10:00	Morning Crosswords	TH	10:00	Wordle	TH	10:00	Morning Crosswords	TH	10:00	Morning Crosswords	TH	10:00	Morning Crosswords	TH	10:00	Morning Crosswords
SU	1:00	Nashville Scenic Drive	SU	10:30	Outing to Green Hill Post Office/UPS	TH	12:45	National Pie Day	TH	10:30	Bible Study w. Bryan	TH	10:30	Bible Study w. Bryan	TH	10:30	Bible Study w. Bryan	TH	10:30	Bible Study w. Bryan
GR	3:00	News Current: Discussion Group	SU	1:00	Outing to Walmart	TH	1:30	Body Boost	TH	10:30	Wednesday Woman's Social	TH	10:30	Wednesday Woman's Social	TH	10:30	Wednesday Woman's Social	TH	10:30	Wednesday Woman's Social
LC	4:00	Communion Service	LC	1:15	Belmont Village Choir Rehearsal	LC	3:00	Afternoon Artisans: Brushfire Pottery	LC	10:30	Wine & Cheese w. Terry Backus	LC	10:30	Wine & Cheese w. Terry Backus	LC	10:30	Wine & Cheese w. Terry Backus	LC	10:30	Wine & Cheese w. Terry Backus
			TH	2:00	Monthly Town Hall Meeting															
			TH	3:00	BINGO with Dot															
28			29			30			31											
TH	9:00	Sit and Be Fit	LC		National Puzzle Day! Grab a mini Puzzle in the Center for Learning	TH	9:00	Sit and Be Fit	TH	9:00	Sit and Be Fit									
SU	9:00	Sunday Church Drop Off				TH	9:30	Improved Health VIRTUAL Exercise	TH	9:30	Improved Health VIRTUAL Exercise									
TH	9:30	Improved Health VIRTUAL Exercise	TH	9:00	Sit and Be Fit	TH	10:00	Wordle	TH	10:00	Morning Crosswords									
SU	1:00	Nashville Scenic Drive	TH	9:30	Improved Health VIRTUAL Exercise	TH	1:30	Body Boost	TH	10:30	Bible Study w. Bryan									
GR	3:00	Sunday Serenade w. John Foster	SU	1:00	Outing to Walmart	LC	3:00	Afternoon Artisans	TH	10:30	Wine & Cheese w. Yankee Girl									
LC	4:00	Communion Service	TH	3:00	BINGO with Dot				GR	3:00	Wine & Cheese w. Yankee Girl									