

MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>SU 10:30 Grocery Store Outing</div> <div>GR 10:30 Nashville Therapy Pets Visit</div> <div>JK 11:15 Birthday Lunch with Bill Sleeter</div> <div>SU 1:30 Outing to Dollar Tree</div> <div>TH 1:30 Seated Yoga & Meditation w. Amanda</div> <div>GR 2:15 Fun Fact Friday Trivia</div> <div>GR 3:00 Music w. Julia</div> <div>TH 5:30 Shabbat Services</div>	<div>2</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 2:00 Movie Matinee: Dirty Harry</div> <div>LC 2:00 Scrabble Saturdays</div> <div>GR 3:00 Afternoon Trivia</div>
<div>3</div> <div>TH 9:00 Sit and Be Fit</div> <div>SU 9:00 Sunday Church Drop Off</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>SU 1:00 Nashville Scenic Drive</div> <div>TH 3:15 News Current: Current Events Discussion Group</div> <div>LC 4:00 Resident Led Communion Service</div>	<div>4</div> <div>Dr. Seuss Celebration! Join us in the Great Room from 1:30-4:30pm for an afternoon full of Dr. Seuss Games, Discussions, & Themed Bites!</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Morning Crosswords</div> <div>SU 10:30 Outing to Local Green Hills Banks</div> <div>SU 1:00 Outing to Walmart</div> <div>TH 1:30 Catholic Communion</div>	<div>5</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Wordle</div> <div>TH 1:30 Body Boost</div> <div>TH 2:15 Movie Matinee: The Firm</div> <div>LC 3:00 Afternoon Artisans: Straw Weaving Bracelets</div>	<div>6</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Morning Crosswords</div> <div>LC 10:30 Bible Study w. Bryan</div> <div>GR 12:45 National Oreo Day</div> <div>TH 1:15 Art w. Tetra</div> <div>GR 3:00 Wine & Cheese w. Ross Moore</div>	<div>7</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Thursday Trivia</div> <div>TH 1:30 Cardio Drumming</div> <div>LC 2:00 Let's Write a Book!</div> <div>TH 2:15 Movie Matinee: The Pelican Brief</div> <div>TH 3:00 Bingo on the 3rd Floor</div>	<div>8</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>LC 10:30 BVGH Choir Practice</div> <div>SU 10:30 Grocery Store Outing</div> <div>SU 1:30 Outing to Target</div> <div>LC 1:30 Spanish with Emily</div> <div>GR 2:15 Fun Fact Friday Trivia</div> <div>GR 3:00 Music w. Julia</div>	<div>9</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 2:00 Movie Matinee: The Client</div> <div>LC 2:00 Scrabble Saturdays</div> <div>GR 3:00 Afternoon Trivia</div>
<div>10</div> <div>Ramadan Begins</div> <div>TH 9:00 Sit and Be Fit</div> <div>SU 9:00 Sunday Church Drop Off</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>SU 1:00 Nashville Scenic Drive</div> <div>TH 3:15 News Current: Current Events Discussion Group</div> <div>LC 4:00 Resident Led Communion Service</div>	<div>11</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Morning Crosswords</div> <div>SU 10:30 Outing to the Green Hills Library</div> <div>SU 1:00 Outing to Walmart</div> <div>TH 1:30 Catholic Communion Service</div> <div>LC 2:00 BVGH Choir Practice</div> <div>LC 2:30 Chef Chat w. David</div> <div>TH 3:00 BINGO with Dot</div> <div>GR 3:30 Seated Dancercise</div>	<div>12</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Wordle</div> <div>TH 12:00 Empowering Caregivers Support Group</div> <div>TH 1:30 Body Boost</div> <div>TH 2:15 Movie Matinee: The Terminator</div> <div>LC 3:00 Afternoon Artisans: Punch Needle Coasters</div>	<div>13</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Morning Crosswords</div> <div>LC 10:30 Bible Study w. Bryan</div> <div>TH 1:15 Art w. Tetra</div> <div>LC 2:15 Cyber Seniors Tech Class: Online Shopping Safety</div> <div>GR 3:00 Wine & Cheese w. Larry Mechem</div>	<div>14</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 10:00 Thursday Trivia</div> <div>LC 10:15 Learn to Play Bridge w. Carol</div> <div>TH 1:30 Cardio Drumming</div> <div>LC 2:00 Let's Write a Book!</div> <div>TH 2:15 Movie Matinee: The Right Stuff</div> <div>LC 2:30 Learn About Butterflies Day</div> <div>TH 3:00 Bingo on the 3rd Floor</div>	<div>15</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>SU 10:30 Grocery Store Outing</div> <div>GR 10:30 Nashville Therapy Pets Dog Visits</div> <div>SU 1:30 Outing to Dollar Tree</div> <div>TH 1:30 Seated Yoga & Meditation w. Amanda</div> <div>GR 2:00 Shamrock Shakes</div> <div>GR 2:15 Fun Fact Friday Trivia</div> <div>GR 3:00 Music w. Julia</div>	<div>16</div> <div>TH 9:00 Sit and Be Fit</div> <div>TH 9:30 Improved Health VIRTUAL Exercise</div> <div>TH 2:00 Movie Matinee: Hail Caesar</div> <div>LC 2:00 Scrabble Saturdays</div> <div>GR 3:00 Afternoon Trivia</div>



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