

ASSISTED LIVING | MEMORY CARE

MARCH 2024



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



CDEEN HILLS

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MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pot of Gold Scavenger Hunt 9:00 Sit and Be Fit 9:00 Sunday Church Drop Off 9:30 Improved Health VIRTUAL Exercise 1:00 Nashville Scenic Drive 3:00 St. Patrick's Music w. Janne Henshaw 1H 3:15 News Current: Current Events Discussion Group 4:00 Resident Led	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:00 Morning Crosswords 10:30 Outing to Local Green Hills Pharmacies 1:00 Outing to Walmart 1:30 Catholic Communion Service 11 3:00 BINGO with Dot GR 3:30 Seated Dancercise	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:00 Wordle 1:30 Body Boost 2:15 Movie Matinee: Sully 3:00 Afternoon Artisans: Plant a Flower Day	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:00 Morning Crosswords 10:30 Bible Study w. Bryan 1:15 Art w. Tetra 1:2:30 BVGH Choir Practice 3:00 Wine & Cheese w. Robert Connell Jr.	VIRTUAL Exercise 11 10:00 Thursday Trivia 11 10:30 Cooking Class: French Bread Day	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise SU 10:30 Grocery Store Outing 1:30 Spanish with Emily GR 2:15 Fun Fact Friday Trivia GR 3:00 Music w. Julia	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 11 2:00 Movie Matinee: Blind Side 11 2:00 Scrabble Saturdays 12 3:00 Afternoon Trivia
9:00 Sit and Be Fit 9:00 Sunday Church Drop Off 1 9:30 Improved Health VIRTUAL Exercise 1:00 Nashville Scenic Drive 3:15 News Current: Current Events Discussion Group 1 4:00 Resident Led Communion Service 31 Easter Easter Egg Scavenger Hunt 1 9:00 Sit and Be Fit	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:00 Morning Crosswords 10:30 Outing to Green Hill Post Office/UPS 1:00 Monthly Town Hall Meeting SU 1:00 Outing to Walmart 1:30 Catholic Communion Service 1:30 BVGH Choir Practice 1:30 BINGO with Dot 3:30 Seated Dancercise	VIRTUAL Exercise 10:00 Wordle 1:30 Body Boost 2:15 Movie Matinee: Raiders of the Lost Ark 3:00 Afternoon Artisans:	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:00 Morning Crosswords 10:30 Bible Study w. Bryan 10:30 Wednesday Woman's Social Flower Arranging 11:15 Art w. Tetra 10:10 Cyber Seniors Tech Support: Q&A 10:10 Wine & Cheese w. Yankee Girl	VIRTUAL Exercise 10:00 Thursday Trivia 10:15 Learn to Play Bridge w. Carol 1:30 Cardio Drumming 1:30 Discovery Series with Health Pro Heritage (3rd Floor) 1:2:00 Let's Write a Book! 1:2:15 Movie Matinee: Under the Tuscan Sun 3:00 Bingo on the 3rd Floor Birthdays 3/3 - Dot E. 3/3 - Wilburn B. 3/6 - Trude K.	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise 10:30 Grocery Store Outing 1:30 Outing to Dollar Tree 1:30 Seated Yoga & Meditation w. Amanda 1:30 Spanish with Emily Recome Social SR 2:15 Fun Fact Friday Trivia Recome Social	9:00 Sit and Be Fit 9:30 Improved Health VIRTUAL Exercise R 1:30 Easter Eggstravaganza Popes C 2:00 Movie Matinee: Two Popes C 2:00 Scrabble Saturdays R 3:00 Afternoon Trivia GR - Great Room - 1st Floor K - Josephine's Kitchen - 1st Floor L - Learning Center - 2nd Floor
9:00 Sunday Church Drop Off 9:30 Improved Health VIRTUAL Exercise 1:00 Nashville Scenic Drive 3:00 Easter Sunday Music 4:00 Resident Led Communion Service				3/6 - Janice T. 3/6 - Jo W. 3/8 - Wallace E. 3/11 - Siri S. 3/13 - Jean W. 3/21 - Lynn H. 3/23 - Ed Gore 3/25 - Dalton T. 3/28 - Gene N.		SU - Sign Up TH - Town Hall - 2nd Floor