

APRIL 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 P - Patio SU - Sign Up TH - Town Hall - 2nd Floor</p>	<p>1 April Fools' Day</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 Local Green Hills Banks SU 1:00 Outing to Walmart TH 1:30 Catholic Communion Service LC 2:00 BVGH Choir Practice TH 3:00 BINGO with Dot GR 3:30 Seated Dancercise</p>	<p>2</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 N.Y. Times Brain Puzzles TH 1:30 Body Boost TH 2:15 Movie Matinee: The Manchurian Candidate LC 3:00 Afternoon Artisans: Paint Pouring Bud Vase</p>	<p>3</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords LC 10:30 Bible Study w. Bryan TH 1:15 Art w. Tetra GR 3:00 Wine & Cheese w. Carolyn German</p>	<p>4</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Mind Benders Trivia LC 10:15 Learn to Play Bridge w. Carol TH 1:30 Cardio Drumming LC 2:00 Vitamin C Day TH 2:15 Movie Matinee: 100 Foot Journey P 2:30 Butterfly Release! TH 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 GR 10:30 Nashville Therapy Pets Visit JK 11:15 Birthdays Lunch with Bill Sleeter 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 LC 10:00 Writing Group w. Amy Lyons TH 2:00 Movie Matinee: The Natural LC 2:00 Scrabble Saturdays 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 TH 3:15 News Current: Current Events Discussion Group LC 4:00 Resident Led 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 TH 1:30 Catholic Communion Service JK 1:30 Solar Eclipse Party TH 3:00 BINGO with Dot GR 3:30 Seated Dancercise</p>	<p>9 Eid al-Fitr</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 N.Y. Times Brain Puzzles TH 12:00 Empowering Caregivers Support Group TH 1:30 Body Boost TH 2:15 Movie Matinee: Romancing the Stone LC 2:30 Chef Chat w. David LC 3:00 Afternoon Artisans</p>	<p>10</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Morning Crosswords LC 10:30 Bible Study w. Bryan TH 1:15 Art w. Tetra LC 2:15 Cyber Seniors Tech Class GR 3:00 Wine & Cheese w. Craig Duncan</p>	<p>11</p> <p>TH 8:30 Podiatrist in the Hair Salon on the 2nd Floor TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Mind Benders Trivia TH 1:30 Cardio Drumming LC 2:15 Afternoon Artisans: Make your Own Tote Bag TH 2:15 Movie Matinee: Elvis TH 3:00 Bingo on the 3rd Floor</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 SU 1:30 Outing to Dollar Tree TH 1:30 Seated Yoga & Meditation w. Amanda LC 1:30 Spanish with Emily 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: Guns of Navarone LC 2:00 Scrabble Saturdays on National Scrabble Day! 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 TH 3:15 News Current: Current Events Discussion Group LC 4:00 Resident Led Communion Service</p>	<p>15 Tax Day</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 Local Green Hills Pharmacies SU 1:00 Outing to Walmart TH 1:30 Catholic Communion Service TH 2:00 BVGH Choir Practice TH 3:00 BINGO with Dot GR 3:30 Seated Dancercise</p>	<p>16</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 N.Y. Times Brain Puzzles TH 1:30 Body Boost TH 2:15 Movie Matinee: 42 LC 3:00 Afternoon Artisans: Faux Stained Glass Pt. 1</p>	<p>17</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise LC 10:00 Morning Crosswords LC 10:30 Bible Study w. Bryan TH 1:15 Art w. Tetra (In the Learning Center) GR 3:00 Wine & Cheese w. Larry Mechem</p>	<p>18</p> <p>TH 9:00 Sit and Be Fit TH 9:30 Improved Health VIRTUAL Exercise TH 10:00 Thursday Mind Benders Trivia TH 1:30 Cardio Drumming TH 2:15 Movie Matinee: Star Wars TH 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 Target LC 1:30 Spanish with Emily 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 LC 10:00 Writing Group w. Amy Lyons TH 2:00 Movie Matinee: Bourne Supremacy LC 2:00 Scrabble Saturdays GR 3:00 Afternoon Music w. Emily Daniel & Jack Settle</p>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
21	<p>TH 9:00 Sit and Be Fit</p> <p>SU 9:00 Sunday Church Drop Off</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>SU 1:00 Nashville Scenic Drive</p> <p>TH 3:15 News Current: Current Events Discussion Group</p> <p>LC 4:00 Resident Led Communion Service</p>	22	<p>Passover Begins</p> <p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>TH 10:00 Morning Crosswords</p> <p>SU 10:30 Outing to Green Hill Post Office/UPS</p> <p>TH 1:00 Monthly Town Hall Meeting</p> <p>SU 1:00 Outing to Walmart</p> <p>TH 1:30 Catholic Communion Service</p> <p>LC 2:00 BVGH Choir Practice</p> <p>TH 3:00 BINGO with Dot</p> <p>GR 3:30 Seated Dancercise</p>	23	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>TH 10:00 N.Y. Times Brain Puzzles</p> <p>P 11:00 It's National Picnic Day, Enjoy your meal on the Patio!</p> <p>TH 1:30 Body Boost</p> <p>TH 2:15 Movie Matinee: Bourne Ultimatum</p> <p>LC 3:00 Afternoon Artisans: Faux Stained Glass Pt. 2</p>	24	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>TH 10:00 Morning Crosswords</p> <p>LC 10:30 Bible Study w. Bryan</p> <p>TH 1:15 Art w. Tetra</p> <p>GR 3:00 Wine & Cheese w. Yankee Girl</p>	25	<p>TH 9:00 Sit and Be Fit</p> <p>P 9:30 Fill the Pots! Join us on Josphines Patio from 9:30-11am to fill the pots with flowers and herbs!</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>LC 10:15 Learn to Play Bridge w. Carol</p> <p>TH 1:30 Cardio Drumming</p> <p>1:30 Discovery Series with Health Pro Heritage (3rd Floor)</p>	26	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>SU 10:30 Grocery Store Outing</p> <p>TH 10:30 Woman's Social Flower Arranging</p> <p>SU 1:30 Outing to Dollar Tree</p> <p>P 2:15 New Resident Welcome Social</p> <p>GR 3:00 Music w. Julia</p>	27	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>LC 1:30 National Gummy Bear Day</p> <p>TH 2:00 Movie Matinee: Jackie</p> <p>LC 2:00 Scrabble Saturdays</p> <p>GR 3:00 Afternoon Trivia</p>
28	<p>TH 9:00 Sit and Be Fit</p> <p>SU 9:00 Sunday Church Drop Off</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>SU 1:00 Nashville Scenic Drive</p> <p>TH 3:15 News Current: Current Events Discussion Group</p> <p>LC 4:00 Resident Led Communion Service</p>	29	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>TH 10:00 Morning Crosswords</p> <p>SU 1:00 Outing to Walmart</p> <p>TH 1:30 Catholic Communion Service</p> <p>LC 2:00 BVGH Choir Practice</p> <p>TH 3:00 BINGO with Dot</p> <p>GR 3:30 Seated Dancercise</p> <p>TH 6:00 Drive In Movie Night</p>	30	<p>TH 9:00 Sit and Be Fit</p> <p>TH 9:30 Improved Health VIRTUAL Exercise</p> <p>TH 10:00 N.Y. Times Brain Puzzles</p> <p>TH 1:30 Body Boost</p> <p>TH 2:15 Movie Matinee: Rainbow Yarn Wall Hanging</p> <p>LC 3:00 Afternoon Artisans: Rainbow Yarn Wall Hanging</p>								<p>Birthdays</p> <p>4/4 - Annie Ashby</p> <p>4/8 - Sharon W.</p> <p>4/10 - Nancy C.</p> <p>4/10 - Wilma S.</p> <p>4/15 - Bob T.</p> <p>4/17 - Joe G.</p> <p>4/17 - Leonard S.</p> <p>4/18 - Jolene Blackwell</p> <p>4/23 - William P.</p> <p>4/30 - Barbara Ahern</p>

For most current and up to date activities follow the printed daily schedules and stay up to date digitally by downloading the SPECTRIO Share app and login using our Community Pin: 4206