

# JULY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>GR</div> - Great Room - 1st Floor</div> <div><div>JK</div> - Josephine's Kitchen - 1st Floor</div> <div><div>LC</div> - Learning Center - 2nd Floor</div> <div><div>SU</div> - Sign Up</div> <div><div>TH</div> - Town Hall - 2nd Floor</div>	<b>Birthdays</b> 7/1 - Jane C. 7/1 - Roxanne W. 7/2 - Donna O. 7/2 - Bryan L. 7/2 - Wallace E. 7/4 - Rosemary B. 7/20 - Lucy B. 7/25 - Shirley T. 7/25 - JoAnn S.	<div>1</div> <div>Hair Salon Open: 9:00am-4:00pm</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 NY Times Brain Puzzles</div> <div><div>TH</div> 1:30 Body Boost</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>LC</div> 3:00 Afternoon Artisans: Holiday Gift Making</div>	<div>2</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Morning Crosswords</div> <div><div>LC</div> 10:30 Bible Study w. Bryan</div> <div><div>TH</div> 1:15 Art w. Tetra</div> <div><div>GR</div> 3:00 Wine &amp; Cheese</div>	<div>3</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Mind Benders Trivia</div> <div><div>LC</div> 10:15 Learn to Play Bridge w. Carol</div> <div><div>TH</div> 1:30 Cardio Drumming</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>TH</div> 3:00 Bingo on the 3rd Floor</div>	<div>4</div> <div>Independence Day</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 10:00 Green Hills Errands</div> <div><div>TH</div> 10:00 N.Y. Times Brain Puzzles</div> <div><div>JK</div> 11:15 Birthday Lunch with Bill Sleeter</div> <div><div>TH</div> 1:30 Seated Yoga &amp; Meditation w. Amanda</div> <div><div>GR</div> 2:00 Nashville Therapy Pets Visit</div> <div><div>GR</div> 3:00 Music w. Julia</div> <div><div>TH</div> 5:30 Shabbat Services</div>	<div>5</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>LC</div> 10:00 Writing Group w. Amy Lyons</div> <div><div>TH</div> 2:00 Movie Matinee</div> <div><div>LC</div> 2:00 Scrabble Saturdays</div> <div><div>GR</div> 3:00 Afternoon Chill &amp; Thrill</div>
<div>6</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>SU</div> 9:00 Sunday Church Drop Off</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 1:00 Nashville Scenic Drive</div> <div><div>LC</div> 2:45 Resident Led Communion Service</div> <div><div>TH</div> 3:15 News Current: Current Events Discussion Group</div>	<div>7</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 9:30 Outing to Walmart</div> <div><div>TH</div> 10:00 Morning Crosswords</div> <div><div>LC</div> 1:15 BVGH Choir Practice</div> <div><div>TH</div> 1:30 Catholic Communion Service</div> <div><div>TH</div> 3:00 BINGO with Dot</div> <div><div>GR</div> 3:30 Seated Dancercise</div>	<div>8</div> <div>Hair Salon Open: 9:00am-4:00pm</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 NY Times Brain Puzzles</div> <div><div>LC</div> 12:00 Empowering Caregivers Support Group</div> <div><div>TH</div> 1:30 Body Boost</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>LC</div> 3:00 Afternoon Artisans: Holiday Gift Making</div>	<div>9</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Morning Crosswords</div> <div><div>LC</div> 10:30 Bible Study w. Bryan</div> <div><div>TH</div> 1:15 Art w. Tetra</div> <div><div>GR</div> 3:00 Wine &amp; Cheese</div>	<div>10</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Mind Benders Trivia</div> <div><div>TH</div> 1:30 Cardio Drumming</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>TH</div> 3:00 Bingo on the 3rd Floor</div>	<div>11</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 10:00 Green Hills Errands</div> <div><div>TH</div> 10:00 N.Y. Times Brain Puzzles</div> <div><div>TH</div> 1:30 Seated Yoga &amp; Meditation w. Amanda</div> <div><div>GR</div> 3:00 Music w. Julia</div>	<div>12</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>LC</div> 10:00 Writing Group w. Amy Lyons</div> <div><div>TH</div> 2:00 Movie Matinee</div> <div><div>LC</div> 2:00 Scrabble Saturdays</div> <div><div>GR</div> 3:00 Afternoon Chill &amp; Thrill</div>
<div>13</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>SU</div> 9:00 Sunday Church Drop Off</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 1:00 Nashville Scenic Drive</div> <div><div>LC</div> 2:45 Resident Led Communion Service</div> <div><div>TH</div> 3:15 News Current: Current Events Discussion Group</div>	<div>14</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 9:30 Outing to Target</div> <div><div>TH</div> 10:00 Morning Crosswords</div> <div><div>LC</div> 1:15 BVGH Choir Practice</div> <div><div>TH</div> 1:30 Catholic Communion Service</div> <div><div>LC</div> 2:00 Chef Chat w. Vincent</div> <div><div>TH</div> 3:00 BINGO with Dot</div> <div><div>GR</div> 3:30 Seated Dancercise</div>	<div>15</div> <div>Hair Salon Open: 9:00am-4:00pm</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 NY Times Brain Puzzles</div> <div><div>TH</div> 1:30 Body Boost</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>LC</div> 3:00 Afternoon Artisans: Holiday Gift Making</div>	<div>16</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Morning Crosswords</div> <div><div>LC</div> 10:30 Bible Study w. Bryan</div> <div><div>TH</div> 1:15 Art w. Tetra</div> <div><div>GR</div> 3:00 Wine &amp; Cheese</div>	<div>17</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>TH</div> 10:00 Mind Benders Trivia</div> <div><div>LC</div> 10:15 Learn to Play Bridge w. Carol</div> <div><div>TH</div> 1:30 Cardio Drumming</div> <div><div>TH</div> 2:15 Movie Matinee:</div> <div><div>TH</div> 3:00 Bingo on the 3rd Floor</div>	<div>18</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>SU</div> 10:00 Green Hills Errands</div> <div><div>TH</div> 10:00 N.Y. Times Brain Puzzles</div> <div><div>TH</div> 1:30 Seated Yoga &amp; Meditation w. Amanda</div> <div><div>GR</div> 2:00 Nashville Therapy Pets Dog Visits</div> <div><div>GR</div> 3:00 Music w. Julia</div>	<div>19</div> <div><div>TH</div> 9:00 Sit and Be Fit</div> <div><div>TH</div> 9:30 Improved Health VIRTUAL Exercise</div> <div><div>LC</div> 10:00 Writing Group w. Amy Lyons</div> <div><div>TH</div> 2:00 Movie Matinee</div> <div><div>LC</div> 2:00 Scrabble Saturdays</div> <div><div>GR</div> 3:00 Afternoon Chill &amp; Thrill</div>

# JULY 2025



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
20		21		22		23		24		25		26	
TH	9:00 Sit and Be Fit	TH	9:00 Sit and Be Fit		Hair Salon Open: 9:00am-4:00pm	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 <b>Sunday Church Drop Off</b>	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	SU	9:30 <b>Outing to Dollar Tree</b>	TH	9:00 Sit and Be Fit	TH	10:00 Morning Crosswords	TH	10:00 Mind Benders Trivia	SU	10:00 Green Hills Errands	LC	10:00 <b>Writing Group w. Amy Lyons</b>
SU	1:00 Nashville Scenic Drive	TH	10:00 Morning Crosswords	TH	9:30 Improved Health VIRTUAL Exercise	TH	10:30 Bible Study w. Bryan	TH	1:30 Cardio Drumming	TH	10:00 N.Y. Times Brain Puzzles	TH	2:00 Movie Matinee
LC	2:45 Resident Led Communion Service	LC	1:15 BVGH Choir Practice	TH	10:00 NY Times Brain Puzzles	TH	1:15 Art w. Tetra	TH	1:30 <b>Discovery Series with Health Pro Heritage (3rd Floor)</b>	TH	1:30 <b>Seated Yoga &amp; Meditation w. Amanda</b>	LC	2:00 Scrabble Saturdays
TH	3:15 News Current: Current Events Discussion Group	TH	1:30 <b>Catholic Communion Service</b>	TH	1:30 Body Boost	GR	3:00 <b>Wine &amp; Cheese</b>			TH	2:15 <b>BVGH New Resident Welcome Social</b>	GR	3:00 Afternoon Chill & Thrill
		GR	3:00 BINGO with Dot	TH	2:15 Movie Matinee: Holiday Gift Making			LC	2:15 <b>Floral Arranging Woman's Social</b>	GR	2:15 <b>BVGH New Resident Welcome Social</b>		
		TH	3:30 Seated Dancercise	LC				TH	2:15 Movie Matinee: 3:00 Bingo on the 3rd Floor	GR	3:00 <b>Music w. Julia</b>		
27		28		29		30		31					
TH	9:00 Sit and Be Fit	TH	9:00 Sit and Be Fit		Hair Salon Open: 9:00am-4:00pm	TH	9:00 Sit and Be Fit	TH	9:00 Sit and Be Fit				
SU	9:00 <b>Sunday Church Drop Off</b>	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	SU	9:30 Outing to Shops at 100 Oaks	TH	9:00 Sit and Be Fit	TH	10:00 Morning Crosswords	TH	10:00 Mind Benders Trivia				
SU	1:00 Nashville Scenic Drive	TH	10:00 Morning Crosswords	TH	9:30 Improved Health VIRTUAL Exercise	TH	10:30 Bible Study w. Bryan	LC	10:15 <b>Learn to Play Bridge w. Carol</b>				
LC	2:45 Resident Led Communion Service	LC	1:15 BVGH Choir Practice	TH	10:00 NY Times Brain Puzzles	TH	1:15 Art w. Tetra	TH	1:30 Cardio Drumming				
TH	3:15 News Current: Current Events Discussion Group	TH	1:30 <b>Catholic Communion Service</b>	TH	1:30 Body Boost	GR	3:00 <b>Wine &amp; Cheese</b>	TH	2:15 Movie Matinee: 3:00 Bingo on the 3rd Floor				
		TH	2:00 <b>Monthly Town Hall Meeting</b>	TH	2:15 Movie Matinee: Holiday Gift Making								
		TH	3:00 BINGO with Dot	LC	3:00 Afternoon Artisans: Holiday Gift Making								
		GR	3:30 Seated Dancercise										

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