

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|--|--|---|---|---|
|   |  |  | 9:00 Stretch aqua<br>9:00 Bible Study<br>10:00 Coffee and Trivia on the Porch<br>10:00 Jewelry Cleaning<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:30 Garden Volunteers<br>11:00 Trip to Eastgate Shopping Center<br>1:00 Quilt Guild<br>1:30 Balance Exercise<br>2:00 Wii Bowling<br>7:00 Canasta<br>7:30 Bingo   | 8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 Welcome Committee meeting<br>1:30 ForeverFit! Arthritis Exercise<br>2:15 Mind Aerobics<br>3:00 Knitting Club  | 9:00 Power aqua<br>9:30 Catholic Mass<br>10:00 Coffee and Poetry on the Porch<br>11:00 Trip to Target, Superlo and Post Office<br>1:30 Strong for Life Balance Video<br>4:00 Tiger Happy Hour with Marge- Wear your Blue!<br>7:00 Canasta<br>7:30 Bingo   | 9:00 Breakfast at Cracker Barrel<br>9:30 Wii Bowling<br>1:00 Shopping at Walmart<br>7:30 Bingo  |
| 8:00 Looking for a Nook<br>Volunteer to work on Fridays<br>8:00 church pick ups<br>8:00 Individual card games<br>3:00 Movie<br>4:30 River City Pool   | Bank Closed<br>Labor Day<br>9:00 Power aqua<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center will be closed today<br>10:00 ForeverFit! Tai Chi will return next week<br>10:45 Rosary & Prayer<br>11:00 Trip to Oakcourt Mall and Walgreens<br>1:00 Trip to Kroger<br>1:30 Current Events will return next week<br>2:30 ForeverFit! Yoga<br>3:00 Transportation to Laurelwood and Chico's<br>7:30 Bingo | 8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 Transportation to the Delta Fair<br>1:00 Afternoon discussion with Dr. Zuckerman<br>1:00 Quilt Guild<br>1:30 ForeverFit! Arthritis Exercise<br>2:00 Activity Committee and Leadership Forum<br>3:00 Scenic Drive - Millington Painted Goats!                           | Rosh Hashanah begins at sundown<br>9:00 Stretch aqua<br>9:00 Bible Study<br>10:00 Coffee and Trivia on the Porch<br>10:00 Coffee with New Residents<br>10:00 healthy eating fruit tray provided by Amedisys<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:30 Garden Volunteers<br>11:00 Trip to Eastgate Shopping Center<br>1:00 Quilt Guild<br>1:30 Balance Exercise<br>2:00 Wii Bowling<br>7:00 Canasta<br>7:30 Bingo | 8:00 Medical transportation<br>9:00 Hearing Aide Clinic<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 My Life Story ~ Great Journals in History<br>1:30 ForeverFit! Arthritis Exercise<br>2:15 Mind Aerobics<br>3:00 Knitting Club  | 9:00 Power aqua<br>9:30 Catholic Communion<br>10:00 Coffee and Poetry on the Porch<br>11:00 Trip to Target, Superlo and Post Office<br>1:30 Strong for Life Balance Video<br>4:00 Happy Hour Music by Sonny Jackson<br>7:00 Canasta<br>7:30 Bingo   | 9:30 Wii Bowling<br>1:00 Goat Days in Millington<br>6:00 Sing Along with Marge<br>7:30 Bingo  |
| 8:00 Looking for a Nook<br>Volunteer to work on Fridays<br>8:00 church pick ups<br>8:00 Individual card games<br>2:00 Sunday Communion<br>3:00 Movie<br>4:30 River City Pool  | 9:00 Power aqua<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:45 Rosary & Prayer<br>11:00 Trip to Oakcourt Mall and Walgreens<br>11:15 Fitness room orientation<br>1:00 Trip to Kroger<br>1:30 Current Events<br>2:30 ForeverFit! Yoga<br>2:45 Resident Council<br>7:30 Bingo   | 8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Day Trip - Strawberry Plains<br>Audubon Center to see Hummingbirds<br>10:00 Foreverfit! Weights<br>10:30 Bible Study - The Study of Ruth<br>11:00 Volunteer Time<br>1:00 Afternoon discussion with Dr. Zuckerman<br>1:00 Quilt Guild<br>1:30 ForeverFit! Arthritis Exercise<br>2:00 Big Prize Bingo | 9:00 Stretch aqua<br>9:00 Bible Study<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:30 Garden Volunteers<br>11:00 Trip to Eastgate Shopping Center<br>12:00 Town Village Audubon Park Fall Fashion Show<br>1:00 Quilt Guild<br>1:30 Balance Exercise<br>2:00 Wii Bowling<br>7:00 Canasta<br>7:30 Bingo  | Resident Roundtables with Lynda<br>8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 My Life Story ~ Great Journals in History<br>1:30 ForeverFit! Arthritis Exercise<br>2:15 Mind Aerobics<br>3:00 Knitting Club<br>6:15 Concert Outing - Di Anne Price at the Dixon | 9:00 Power aqua<br>9:30 Catholic Communion<br>10:00 Coffee and Poetry on the Porch<br>11:00 Trip to Target, Superlo and Post Office<br>1:30 Strong for Life Balance Video<br>4:00 Happy Hour with Marge<br>7:00 Canasta<br>7:30 Bingo   | 9:30 Wii Bowling<br>10:00 Walmart<br>2:30 Outing - Germantown Heritage Days and Bluegrass Music<br>7:30 Bingo   |
| 8:00 Looking for a Nook<br>Volunteer to work on Fridays<br>8:00 church pick ups<br>8:00 Individual card games<br>3:00 Movie<br>4:30 River City Pool   | 9:00 Power aqua<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:45 Rosary & Prayer<br>11:00 Trip to Oakcourt Mall and Walgreens<br>11:15 Guided Relaxation for pain management<br>1:00 Trip to Kroger<br>1:30 Current Events<br>2:30 ForeverFit! Yoga<br>3:00 Outing - tour of the Annunciation Greek Orthodox Church on Highland<br>7:30 Bingo               | 8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>10:30 Bible Study - The Study of Ruth<br>11:00 Learning About Greek Mythology<br>1:00 Afternoon discussion with Dr. Zuckerman<br>1:00 Quilt Guild<br>1:30 ForeverFit! Arthritis Exercise<br>2:30 LiveWell! Education Presentation - Healthy Aging Presentation with Amedisys | 9:00 AARP Driver's Ed Class<br>9:00 Stretch aqua<br>9:00 Bible Study<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:30 Garden Volunteers<br>11:00 Lunch at the J.C.C.<br>11:00 Trip to Eastgate Shopping Center<br>1:00 Quilt Guild<br>1:30 Balance Exercise<br>2:00 Wii Bowling<br>7:00 Canasta<br>7:30 Bingo   | Celebrate Greek Culture<br>8:00 Medical transportation<br>9:00 AARP Driver's Ed Class<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 My Life Story ~ Great Journals in History<br>1:30 ForeverFit! Arthritis Exercise<br>2:15 Mind Aerobics<br>3:00 Knitting Club<br>4:00 Greek Cocktail hour  | 9:00 Power aqua<br>9:30 Catholic Communion<br>10:00 Coffee and Poetry on the Porch<br>11:00 Trip to Target, Superlo and Post Office<br>1:30 Strong for Life Balance Video<br>4:00 Happy Hour with Singer/Songwriter Claudia Nygard<br>6:30 Down Town Art Trolley Tour<br>7:00 Canasta<br>7:30 Bingo | 9:30 Outing - Wolf River Day at the Vollintine Evergreen Neighborhood<br>9:30 Wii Bowling<br>11:00 Premier Jewelry with Diane Breakstone<br>2:00 Salvation Army Pick Up<br>7:30 Bingo |
| 8:00 Looking for a Nook<br>Volunteer to work on Fridays<br>8:00 church pick ups<br>8:00 Individual card games<br>2:00 Sunday Communion<br>3:00 Movie<br>4:30 Transportation to the Dixon Museum for Concert<br>4:30 River City Pool | 9:00 Power aqua<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:45 Rosary & Prayer<br>11:00 Trip to Oakcourt Mall and Walgreens<br>1:00 Trip to Kroger<br>1:30 Current Events<br>2:30 ForeverFit! Yoga<br>7:00 Concert Outing - Unversity of Memphis<br>7:30 Bingo  | 8:00 Medical transportation<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>10:30 Bible Study - The Study of Ruth<br>11:00 Intro to Greek Theater<br>1:00 Afternoon discussion with Dr. Zuckerman<br>1:00 Quilt Guild<br>1:30 ForeverFit! Arthritis Exercise<br>2:00 Birthday Party with Musical guests Hank and Nora                                    | 9:00 Stretch aqua<br>9:00 Bible Study<br>10:00 Coffee and Trivia on the Porch<br>10:00 Wellness Center open<br>10:00 ForeverFit! Tai Chi<br>10:30 Garden Volunteers<br>11:00 Trip to Eastgate Shopping Center<br>11:00 New Resident Lunch<br>1:00 Quilt Guild<br>1:30 Balance Exercise<br>2:00 Wii Bowling<br>7:00 Canasta<br>7:30 Bingo   | 8:00 Medical transportation<br>10:00 Casino<br>10:00 Coffee and Trivia on the Porch<br>10:00 Foreverfit! Weights<br>11:00 My Life Story ~ Great Journals in History<br>1:30 ForeverFit! Arthritis Exercise<br>2:15 Mind Aerobics<br>3:00 Knitting Club  |   |   |