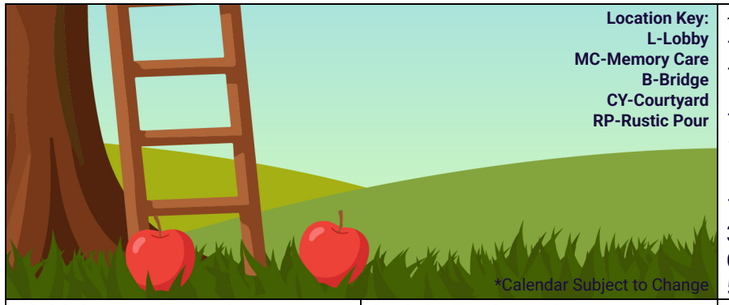
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Walking Club 10:30 Iced tea social 11:30 Light Weight Workout 1:00 Outing Michael's *1:00 Favored Bible Stories/B* 1:30 Entertainment: Josh 3:00 Rockabilly Rendezvous: Conway Twitty 5:00 Tuesday TV Trivia Happy B-day #201	2 9:30 Scripture Study w/Bellevue Church of Christ 10:30 Cooking Club: World Coconut Day, Macaroons 11:30 Chair Yoga 1:00 Grocery Trip **3:00 Social Hour & Chair line Dancing w/Lily /RP** Happy B-day #217	3 10:00 Laughter Yoga/MC 10:30 Penny Press Day: Coffee and newspaper social 11:30 Chair Pilates *1:30 Gabe on the Steel Drums* 3:00 Group Crossword Puzzle	4 8:40 OUTING: YMCA 10:00 Nail Care 10:15 Communion with St. Henry Church 11:15 Exercise, Improved health **1:00 BINGO!** ***3:00 Craft Corner: Piano Month Piano Clothespin Note Keeper*** 5:00 Movie Marathon: Star Wars	5 10:30 Blank Slate/CY 11:00 Daily Chronicle 11:30 Chair Pilates **1:00 Bingo** 3:30 Popsicle social/CY
6 10:30 Smarty Pants Game/L 11:00 Sit-N-Fit 11:30 Worship Service Pasquo Church 1:30 Bowling Day: Bowling 3:30 Pet Rock Day: Paint a Pet Rock 5:00 Sunday Family Movie	7 8:40 OUTING: YMCA 10:30 Labor Day: Would You Rather?/L 11:30 Chair Cardio **1:00 BINGO!** 3:30 Occupational Wheel of Fortune Labor Day	8 10:00 Walking club 10:30 Cooking club: Ants on a log Day 11:30 Light Weight Workout *1:00 Outing: Goodwill* *1:00 Favored Bible Stories/B* 3:00 Star Trek Day: Reminisce/L 5:00 Tuesday TV Trivia	9 9:30 Scripture Study w/Bellevue Church of Christ 10:30 Craft Corner: Teddy Bears 11:30 Chair Yoga 1:00 Grocery Trip 3:00 Social Hour/RP Teddy bear Trivia Happy B-day #108	10 10:00 Laughter Yoga/MC 10:30 ***Piano Month: Piano Trivia/L*** 11:30 Chair Pilates 1:30 Music for Seniors: Bobby Cochran 3:30 Group Crossword Puzzle	11 8:40 OUTING: YMCA 10:00 Cooking Club: Challah Bread 10:15 Communion with St. Henry Church ***10:30 Picnic and Fishing at Bowie Park*** 11:15 Exercise, Improved health **1:00 BINGO!** 3:00 Memorial Discussion: 9/11 5:00 Movie Marathon: Star Wars Rosh Hashanah Begins	12 10:30 What Am I? /L 11:00 Daily Chronicle 11:30 Chair Pilates **1:00 Bingo** 3:30 Craft Corner: Corn husk Doll
13 11:00 Exercise, Improved health 11:30 Worship Service Pasquo Church 1:30 TV Trivia 3:30 Sunday Family Movie Grandparents Day	14 8:40 OUTING: YMCA 10:30 ***Star Wars Mad libs and Bantha Milk social*** 11:30 Chair Cardio **1:00 BINGO!** 3:30 Star Wars and Popcorn Happy B-day #251	15 10:00 Find Toto! Scavenger Hunt/L 11:00 Daily Chronicl 11:30 Light Weight Workout 1:00 *Favored Bible Stories/B* 3:00 Follow the Yellow Brick Road with Daisy 5:00 Tuesday TV Trivia Happy B-day #211	16 9:30 Scripture Study w/Bellevue Church of Christ 10:30 Cooking Club: Make your own Wonka Bar 11:30 Chair Yoga 1:00 Grocery Trip 2:15 Talk with Dr. Jeannie 3:00 **Candy *Bar*/RP**	17 10:00 Laughter Yoga/MC 10:30 Craft Corner: Parrot Umbrella handle cover 11:30 Chair Pilates 1:30 ***Shaved Ice Social with Lindsey*** 2:30 Women's suffrage 3:00 Group Crossword Puzzle Happy B-day #150	18 8:40 OUTING: YMCA 10:00 Nail Care 10:15 Communion with St. Henry Church 11:15 Exercise, Improved health 12:00 Cookout with Gretchen **1:30 BINGO!** 3:00 Lip Syncing Competition 5:00 Movie Marathon: Star wars	19 10:30 Cooking Club: Apple Pie 11:00 Daily Chronicle 11:30 Chair Pilates **1:00 Bingo** 3:30 Apples to Apples Game
20 11:00 Exercise, Improved health 11:30 Worship Service Pasquo Church 1:30 Travel Log: Montana 3:30 Sunday Family Movie Yom Kippur Begins	21 8:40 OUTING: YMCA 10:00 Chai Tea Day: Benefits and trivia 11:15 Chair Cardio **1:00 BINGO!** 3:00 Chai Tea Day Social Happy B-day #117	22 10:00 What Am I? /L 11:00 Daily Chronicle 11:30 Light Weight Workout *1:00 Favored Bible Stories/B* 3:00 *Ice Cream Cone Day:* Dairy Queen! 5:00 Tuesday TV Trivia Autumn Begins	23 9:30 Scripture Study w/Bellevue Church of Christ 10:30 Cooking Club: Apple Cake 11:30 Chair Yoga 1:00 Grocery Trip 3:00 Social Hour/RP Caramel Apple Punch!	24 10:00 Laughter Yoga/MC 10:30 Remember Me Thursday: Reminisce and chat/L 11:30 Chair Pilates 1:30 Entertainment: Dean Vecchio 3:00 Group Crossword Puzzle	25 8:40 OUTING: YMCA 10:30 Lobster Day: Red Lobster 10:15 Communion with St. Henry Church 11:15 Exercise, Improved health **1:00 BINGO!** 3:00 You're my Lobster Game/L 5:00 Movie Marathon: Star Wars Sukkot Begins	26 10:30 Words in Word: Johnny Appleseed 11:00 Daily Chronicle 11:30 Chair Pilates **1:00 Bingo** 3:30 Family Feud
27 11:00 Exercise, Improved health 11:30 Worship Service Pasquo Church 1:30 TV Trivia 3:30 Sunday Family Movie	28 8:40 OUTING: YMCA 10:00 You be the Judge/L 11:15 Chair Cardio **1:30 Resident Council** 3:30 Poker Club	29 10:00 Coffee and Donut social 11:00 Daily Chronicle 11:30 Light Weight Workout *1:00 Favored Bible Stories/B* ***1:30 Bingo Store*** 3:00 Music for Seniors: Scott Simontacchi 5:00 Tuesday TV Trivia	30 9:30 Scripture Study w/Bellevue Church of Christ 10:30 Cooking Club: Mulled Cider 11:30 Chair Yoga 1:00 Grocery Trip 3:00 Social Hour/RP Mulled Cider, Apple Fritters		

The Lodge at Natchez Trace 8207 Highway 100 Nashville, TN 37221 615-646-3334