

| SUN   | MON  | TUE  | WED   | THUR  | FRI   | SAT  |
|---|--|--|---|---|---|--|
| <b>New Year's Eve 31</b><br>11:00 Bellevue Baptist Church Live Stream<br>3:00 Coffee Chat (Cafe)  | <b>LOCATION KEY</b><br>AS - Art Studio<br>B - Bar901<br>L - Library<br>WS - Wellness Studio  |  |   |   | 10:30 Gym time with Cassandra (WS) <b>1</b><br>11:00 Line Dance (WS)<br><b>2:30 Fun outing- Ben &amp; Jerry's (Memphis, TN)</b><br>3:00 Mexican Train-Dominoes (Card Room)<br>4:00 Hot Coco Hour with KC & Cassandra (Cafe)<br><b>6:00 Starry Nights- Christmas lights! (Collierville, TN)</b>  | 11:00 <b>2</b><br>Crosswords/ Puzzles (L)<br>2:00 Rook (Card Room)   |
| 11:00 Bellevue Baptist Church Live Stream<br>3:00 Coffee Chat (Cafe) <b>3</b>   | 10:30 Strength Training (WS) <b>4</b><br>11:00 Line Dance (WS)<br>11:30 Great Courses (Card Room)<br><b>2:00 Live Music- The Broken Dollar Band (Cafe)</b><br>2:00 Water Walking<br><b>3:00 Meet &amp; Mingle social (Café)</b>  | 9:30 Water Aerobics <b>5</b><br>10:30 Stretch & Flex (Chair Exercise) (WS)<br><b>10:45 Christmas photos with Job- Pet Therapy (Card Room)</b><br>2:00 Balance (WS)<br><b>3:00 Christmas Trivia with KC (Card Room)</b>   | 10:00 Chair Yoga (WS) <b>6</b><br>10:30 Strength Training (WS)<br><b>10:45 Fun outing- Novel Bookstore (Memphis, TN)</b><br><b>2:00 Live Music- Jeff Tallant/ Gospel Bluegrass (Cafe)</b><br>2:00 Water Walking<br>3:00 Poker with KC (Card Room)<br><b>3:45 Meeting with KC for ideas in the month of January (Café)</b><br>4:15 Mahjong (Card Room) | <b>Pearl Harbor 7</b><br>9:30 Water Aerobics<br>10:30 Stretch & Flex (Chair Exercise) (WS)<br><b>1:30 Bible Study with Pastor Randy C. (L)</b><br>2:00 Balance (WS)<br>3:00 Happy Hour (B)  | 10:30 Gym time with Cassandra (WS) <b>8</b><br><b>10:45 Arts &amp; Crafts with Linda- (AS)</b><br>11:00 Line Dance (WS)<br><b>2:00 Live Music- Steve Johnston (Cafe)</b><br>3:00 Mexican Train-Dominoes (Card Room)<br>4:00 Hot Coco Hour with KC & Cassandra (Cafe)<br><b>5:45 Starry Nights- Christmas lights! (Shelby Farms)</b><br><b>7:00 Cinemates- "A Christmas Story" (Card Room)</b>                             | 11:00 <b>9</b><br>Crosswords/ Puzzles (L)<br><b>2:00 Germantown Holiday Parade (Germantown, TN)</b><br>2:00 Rook (Card Room) |
| 11:00 Bellevue Baptist Church Live Stream <b>10</b><br><b>2:00 Cornerstone Baptist Church: Christmas Play: "Then, after Christmas" (Memphis, TN)</b><br>3:00 Coffee Chat (Cafe) | 10:30 Strength Training (WS) <b>11</b><br>11:00 Line Dance (WS)<br><b>1:30 Dedicated Senior Medical Center with Chenille (Café)</b><br>2:00 Water Walking<br>3:00 Afternoon Bingo (Card Room)  | 9:30 Water Aerobics (Pool) <b>12</b><br>10:30 Stretch & Flex (Chair Exercise) (WS)<br><b>12:00 Overton High School Christmas Choir (Café)</b><br>2:00 Balance (WS)<br><b>3:00 Cooking demo with Chef Harrolyn (B)</b><br><b>4:00 Gardening Club Meeting (Café)</b> | 10:00 Chair Yoga (WS) <b>13</b><br>10:30 Strength Training (WS)<br>10:30 Strength Training (WS)<br><b>11:00 Lunch Outing- Red Lobster (Memphis, TN)</b><br>2:00 Water Walking<br>3:00 Poker with KC (Card Room)<br>4:00 Mahjong (Card Room)   | 9:30 Water Aerobics (Pool) <b>14</b><br><b>10:30 Germantown High School Choir with Tim W. (Cafe)</b><br>10:30 Stretch & Flex (Chair Exercise) (WS)<br>2:00 Balance (WS)<br>3:00 Happy Hour (B)<br><b>7:00 Christmas Recital with Carey Haynes at New Life Community Church (Olive Branch, MS)</b> | <b>10:00 Donuts with Tommy Baker! (Cafe)</b> <b>15</b><br>10:30 Gym time with Cassandra (WS)<br><b>10:45 Errands- Piggly Wiggly 11:00 Line Dance (WS)</b><br><b>1:30 National Christmas Ugly Sweater Day Photos (Café)</b><br>3:00 Mexican Train-Dominoes (Card Room)<br>4:00 Hot Coco Hour with KC & Cassandra (Cafe)<br><b>7:00 Christmas Recital with Carey Haynes at New Life Community Church (Olive Branch, MS)</b> | 11:00 <b>16</b><br>Crosswords/ Puzzles (L)<br>2:00 Rook (Card Room)  |
| 11:00 Bellevue Baptist Church Live Stream <b>17</b><br>3:00 Coffee Chat (Cafe)  | 10:30 Strength Training (WS) <b>18</b><br><b>11:00 Christmas Brunch- Christmas Tattoos &amp; Mimosas (Café)</b><br>11:00 Line Dance (WS)<br>11:30 Great Courses (Card Room)<br>2:00 Water Walking<br><b>3:30 Brightmore of East Memphis Resident Council (Multipurpose Room)</b> | 9:30 Water Aerobics <b>19</b><br><b>10:30 Christmas Painting with Brittany (AS)</b><br>10:30 Stretch & Flex (Chair Exercise) (WS)<br>2:00 Balance (WS)<br><b>2:00 Live Music- Johnson &amp; Johnson (Cafe)</b><br><b>3:30 Book Club Meeting (L)</b>                | 10:00 Chair Yoga (WS) <b>20</b><br>10:30 Strength Training (WS)<br><b>2:00 Pictures with Santa Phillip! (Cafe)</b><br>2:00 Water Walking<br>3:00 Poker with KC (Card Room)<br><b>6:00 Live music- Memphis Hot Notes (Cafe)</b>  | 9:30 Water Aerobics <b>21</b><br><b>10:00 Men's Coffee Chat (Café)</b><br>10:30 Stretch & Flex (Chair Exercise) (WS)<br>2:00 Balance (WS)<br><b>3:00 Live Music- Christmas Party with Donna Wolf (Cafe)</b><br><b>7:00 Cinemates- "Home Alone" (Card Room)</b>                                    | 10:30 Gym time with Cassandra (WS) <b>22</b><br><b>10:45 Errands- Trader Joe's</b><br>11:00 Line Dance (WS)<br>3:00 Mexican Train-Dominoes (Card Room)<br>4:00 Hot Coco Hour with KC & Cassandra (Cafe)<br><b>7:00 Cinemates- "It's a wonderful life" (Card Room)</b>   | 11:00 <b>23</b><br>Crosswords/ Puzzles (L)<br>2:00 Rook (Card Room)  |
| <b>Christmas Eve 24</b><br>11:00 Bellevue Baptist Church Live Stream<br>3:00 Coffee Chat (Cafe)   | <b>Christmas Day 25</b><br>10:30 Strength Training (WS)<br>11:00 Line Dance (WS)<br>2:00 Water Walking   | <b>26</b><br>9:30 Water Aerobics<br>10:30 Stretch & Flex (Chair Exercise) (WS)<br>2:00 Balance (WS)  | <b>27</b><br>10:00 Chair Yoga (WS)<br>10:30 Strength Training (WS)<br><b>11:00 Lunch Outing- Garibaldi's Pizza (Germantown, TN)</b><br>2:00 Water Walking<br>3:00 Poker with KC (Card Room)   | <b>28</b><br>9:30 Water Aerobics<br>10:30 Stretch & Flex (Chair Exercise) (WS)<br>2:00 Balance (WS)<br>3:00 Happy Hour (B)<br><b>3:30 Arts and crafts with KC- New Year's Eve craft (AS)</b>  | <b>29</b><br>10:30 Gym time with Cassandra (WS)<br><b>10:45 Errands-Dollar Tree 11:00 Line Dance (WS)</b><br><b>1:30 Toasting to 2024 New Years Party- Live music with Drivin Sideways (Cafe)</b><br>3:00 Mexican Train-Dominoes (Card Room)<br>4:00 Hot Coco Hour with KC & Cassandra (Cafe)<br><b>7:00 Cinemates- "Miracle on 34th street" (Card Room)</b>  | <b>30</b><br>11:00<br>Crosswords/ Puzzles (L)<br>2:00 Rook (Card Room)   |

# December 2023

Brightmore of East Memphis Independent Senior Living