



Mary Brink

Director of Activities

Vantage Pointe Village Assisted Living

2035 Vantage Pointe Rd Ashland City, TN 37015

(615) 246-0000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family days are highlighted in blue- Join us for any days highlighted in blue for activities & festivities as we explore Mexico in the month of May</p> <p>New Activities are highlighted in PINK</p>		<p>1 8:00 Weights 10:00 Exercise 10:30 Balloon Volley b 11:00 Flower Garden 12:30 Love on a leash 1:30 BINGO</p>	<p>2 8:00 Walk About 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Live Music & Fellowship 1:30 Walmart / Salon 3:00 Letters & Lattes</p>	<p>3 8:00 Stretch 10:00 Exercise 10:15 Drum Lessons Nashville 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Bible Study 1:00 Bingo w/Jerry 3:00 Popcorn Social 5:30 O'Neals Concert</p>	<p>4 River Bluff Park 8:00 Yoga 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Herb Garden 1:00 River Bluff Park 2:30 Bridge, Dominoes, Checkers, Poker 3:00 Happy Hour</p>	<p>5 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Afternoon Matinee 2:30 Nails w/ Carrie 3:30 Popcorn in the Lobby</p>
<p>6 9:00 Church w/ Jim Rich 11:00 Herb Garden 1:00 Paraffin Wax Hand Treatment 2:00 Bingo 3:00 Popcorn in the Lobby</p>	<p>7 8:00 Tai Chi w/ Doc 10:00 Morning Exercise, 10:30 Balloon Volleyball 10:45 puzzles & Snack 11:00 Music & Dance! 1:30 Walmart / Salon Errands 3:30 Rec Room- Pool,</p>	<p>8 8:00 Weights 10:00 Exercise 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Bingo 3:00 Popcorn Social</p>	<p>9 8:00 Walk about 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Live Music & Fellowship 1:30 Walmart / Salon 3:00 Letters & Lattes</p>	<p>10 8:00 Stretch 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Bible Study 1:00 Bingo w/Jerry 3:00 Popcorn Social</p>	<p>11 Strawberries! 8:00 Yoga 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Herb Garden 1:00 Strawberry Farm 2:30 Bridge, Dominoes, Checkers, Poker 3:00 Happy Hour</p>	<p>12 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Afternoon Matinee 2:30 Nails w/ Carrie 3:30 Popcorn in the lobby</p>
<p>13 Mothers Day 9:00 Church w/ Jim Rich 11:00 Herb Garden 1:00 Paraffin Wax Hand Treatment 2:00 Bingo 3:00 Popcorn in the Lobby</p>	<p>14 8:00 Tai Chi w/ Doc 10:00 Morning Exercise, 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Music & Dance! 1:30 Walmart / Salon Errands 3:30 Rec Room- Pool, Puzzles, Cards, Checkers</p>	<p>15 8:00 Weights 10:00 Exercise 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Bingo 3:00 Popcorn Social</p>	<p>16 8:00 Walk about 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Live Music & Fellowship 1:30 Walmart / Salon 2:30 Errands 3:00 Letters & Lattes</p>	<p>17 Family Dinner 8:00 Stretch 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Bible Study 1:00 Bingo w/Jerry 3:00 Popcorn Social 5:00 Mexican Fiesta Family Dinner</p>	<p>18 Opry Mills 8:00 Yoga 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Herb Garden 1:00 Opry Mills shopping day 2:30 Bridge, Dominoes, Checkers, 3:00 Happy Hour</p>	<p>19 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Afternoon Matinee 2:30 Nails w/ Carrie 3:30 Popcorn in the lobby</p>
<p>20 9:00 Church w/ Jim Rich 11:00 Herb Garden 1:00 Paraffin Wax Hand Treatment 2:00 Bingo 3:00 Popcorn in the Lobby</p>	<p>21 8:00 Tai Chi w/ Doc 10:00 Morning Exercise, 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Music & Dance! 1:30 Walmart / Salon Errands 3:30 Rec Room- Pool, Puzzles, Cards, Checkers</p>	<p>22 8:00 Weights 10:00 Exercise 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Bingo 3:00 Popcorn Social</p>	<p>23 8:00 Walk about 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Live Music & Fellowship 1:30 Walmart / Salon 2:30 Errands 3:00 Letters & Lattes</p>	<p>24 Council 8:00 Stretch 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Bible Study 1:00 Bingo w/Jerry 2:30 Auction & Popcorn Social 3:00 Council</p>	<p>25 Food Council 8:00 Yoga 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Herb Garden 1:00 Afternoon Matinee 2:30 Food Council 3:00 Happy Hour</p>	<p>26 Family Paint Day 10:00 Exercise 10:30 Balloon Volley 11:00:45 Puzzles & Snack 11:00 Flower Garden 1:30 Afternoon Matinee 2:30 Nails w/ Carrie 3:00 Family Paint</p>
<p>27 9:00 Church w/ Jim Rich 11:00 Herb Garden 1:00 Paraffin Wax Hand Treatment 2:00 Bingo 3:00 Popcorn in the Lobby</p>	<p>28 Memorial Day 8:00 Tai Chi w/ Doc 10:00 Morning Exercise, 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Music & Dance! 1:30 Walmart / Salon 3:30 Rec Room- Pool, Puzzles, Cards, Checkers</p>	<p>29 8:00 Weights 10:00 Exercise 10:30 Balloon Volleyball 10:45 Puzzles & Snack 11:00 Flower Garden 1:30 Bingo</p>	<p>30 8:00 Walk about 10:00 Exercise 10:30 Balloon Volley 10:45 Puzzles & Snack 11:00 Live Music & Fellowship 1:30 Walmart / Salon 2:30 Errands 3:00 Letters & Lattes</p>			

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