

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Cleaning Place Mats 3:30 Aroma Therapy 5:00 Evening Wind Down w/ Wellness	2 9:45 The Perk 10:00 YouTube Yoga 10:30 Pet therapy w/Nelly 1:30 Manicures 3:30 The Johnstons Performance (IL) 6:00 Puzzle Hour	3 9:45 The Perk 10:00 Morning Movement 10:30 Hymns w/Lillian 1:30 Tuesday Bingo 3:30 Music w/Julie 5:00 Evening Wind Down w/ Wellness	4 9:45 The Perk 10:30 Shadow Box Show and Tell 1:30 Word Game 2:00 Music w/Johnson & Johnson 5:00 Evening Wind Down w/ Wellness	5 9:45 The Perk 10:00 BINGO w/ Friends 1:30 Decorating Flower Pot 3:30 Gentle Stretching 5:00 Evening Wind Down w/ Wellness	6 9:45 Perk Puzzle 10:00 Morning Movement 1:30 Musical Ball Toss 3:15 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	7 10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
Daylight Saving 8 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	9 9:45 The Perk 10:00 Morning Movement 10:30 Sing Fit 1:30 Hand Massages 3:00 Lite Snack 6:00 Evening Wind Down w/ Wellness	10 9:45 The Perk 10:00 Morning Movement 10:30 Dolly Parton Bingo 1:00 Dolly Parton Singalong 3:00 Soft music and revivify therapy 6:00 Evening Wind Down w/ Wellness	11 9:45 The Perk 11:00 Music with Joseph 1:30 St. Patrick Craft 3:30 Let's Listen to Records 6:00 Evening Wind Down w/Wellness	12 9:45 The Perk 10:00 Sweet Eye Coffee Outing 1:00 Gentle Stretching 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	13 9:45 The Perk 10:30 Morning Movement 11:00 Parachute Exercise 3:30 Music w/ Tim (IL) 6:00 Evening Wind Down w/ Wellness	14 10:00 The Perk 10:30 Drop-Off Eggs Community Service 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
15 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Hand in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	16 9:45 The Perk 10:00 Morning Movement 11:00 Music with Joseph 2:00 Shamrock Shakes Party 3:00 Minute to Win It Game 6:00 Evening Wind Down w/ Wellness	St. Patrick's Day 17 9:45 The Perk 10:00 Morning Movement w/weights 10:30 Bingo 2:00 Music w/Joe Boogie 6:00 Evening Wind Down w/ Wellness	18 10:00 The Perk 10:30 Morning Movement 1:30 Bowling Fun 3:00 Hand Jive Exercise 6:00 Evening Wind Down w/ Wellness	19 9:45 The Perk 10:00 BINGO w/ Friends 1:30 Backyard Games and Fun 3:30 Afternoon Stretching 6:00 Family Night	First Day Of Spring 20 10:00 Perk Pick Up 10:30 Morning Movement 11:00 Zinnia Quiz 2:00 Memory Walk 3:30 March Maddness Kick off 6:00 Evening Wind Down w/ Wellness	21 10:00 The Perk 10:30 Morning Movement 1:00 Conversation Cards 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
22 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Short Stories 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	23 9:45 The Perk 10:00 Morning Movement 10:30 Let's Make a Royal Mask 1:15 Weather w/Joey 2:00 Chip and Dip 6:00 Evening Wind Down w/ Wellness	24 9:45 The Perk 10:00 Morning Movement 10:30 BINGO 1:00 Schwab/Museum Outing 3:30 Soft Music and aroma therapy 6:00 Evening Wind Down w/ Wellness	25 10:00 The Perk 10:30 Sing Fit 2:00 Jig Jaw Puzzle 3:00 Ring Toss 6:00 Evening Wind Down w/ Wellness	26 10:00 Bingo w/Friends 11:00 Music with Joseph 1:30 Royal Cake Decorating Class 3:00 Afternoon massages 6:00 Evening Wind Down w/ Wellness	27 10:00 The Perk 10:30 Cinderella Movie Showing 2:30 Afternoon snack and Story time 3:30 Royal Masquerade Ball 6:00 Evening Wind Down w/ Wellness	28 10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Watercoloring 6:00 Evening Wind Down w/ Wellness
Palm Sunday 29 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Short Stories 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	30 10:00 Morning Movement 10:30 Manicure Monday 1:30 Gentle Stetching 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	31 9:45 The Perk 10:00 Morning Movement 10:30 BINGO 11:30-ROMEIO Club Pizza & Beer -(L) 1:30 Zinnia Quiz 3:30 Tim the Pianist 6:00 Evening Wind Down				

Connection Points
Neighborhood

Life Enrichment Director:
Janet Hall

Connection Points Director-
Jessica Balfour

Address: 1600 Appling Rd,
Cordova, TN 38016

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