

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:45 Perk Puzzle 10:00 Morning Movement 1:30 Mock Mint Julip Party 2:10 Sea Biscuit Movie Showing 6:00 Evening Wind Down w/ Wellness	2 10:00 The Perk 10:30 Morning Movement 1:00 Show Horse Races 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
3 9:15 Bellevue Church Stream w/Easter Communion 11:00 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	4 9:45 The Perk 10:00 Morning Movement 10:30 Brain Teasers 1:30 Let's Bake Mexican Corn Bread 3:00 Lite Snack 6:00 Evening Wind Down w/ Wellness	5 Cinco De Mayo 9:45 The Perk 10:00 Morning Weights 10:30 Hymns with Lillian 1:30 Adult Coloring Sheets 4:30 Cinco De Mayo Pool Party- 6:00 Evening Wind Down w/ Wellness	6 9:45 The Perk 10:30 Ball Conversation 11:00 Music w/ Joseph 1:30 Let's Tell Jokes 2:30 Bucket Ball 5:00 Evening Wind Down w/ Wellness	7 9:45 The Perk 10:00 Bingo w/Friends 1:30 Flower Arranging class 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	8 9:45 The Perk 10:00 Mother's Day Photoshoot 1:30 Creative Aging performance 6:00 Evening Wind Down w/ Wellness	9 10:00 The Perk 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
10 Mother's Day 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness Noon-Mother's Day Brunch 1:00 Hand in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	11 9:45 The Perk 10:00 Morning Movement 11:00 Jig Jaw Puzzles 2:15 Water coloring Art 3:00 Easy Stretching 6:00 Evening Wind Down w/ Wellness	12 9:45 The Perk 10:00 Morning Movement w/weights 11:00 Music w/Joseph 3:00 Performance by Tim Minshaw 6:00 Evening Wind Down w/ Wellness	13 10:00 The Perk 10:30 Morning Movement 1:35 Sing Fit 3:00 Hand Massages 6:00 Evening Wind Down w/ Wellness	14 9:45 The Perk 10:00 BINGO w/ Friends 11:00-Dixie Garden/Lunch 3:30 Afternoon Stretching 6:00 Family Night	15 10:00 Perk Pick Up 10:30 Morning Movement 11:00 Seated Kickball 1:30 Lets Make Ice Cream 2:00 Patio and Popsicles 6:00 Evening Wind Down w/ Wellness	16 10:00 The Perk 10:30 Morning Movement 1:00 Conversation Cards 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
17 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	18 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Mondays 1:15 Youtube Yoga 2:30 Hand Massages 6:00 Evening Wind Down w/ Wellness	19 9:45 The Perk 10:00 Bingo 12:00 Waffle and Pancake house 2:30 Performance by J Boogie 3:30 Soft Music & aroma therapy 6:00 Evening Wind Down w/ Wellness	20 10:00 The Perk 10:30 Conversation Cards 1:30 Bake Devil food Cake 2:30Afternoon Strecting 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	21 9:45 Perk Chat 10:00 Bingo w/Friends 12noon May Birthday Party 3:00 Afternoon massages 6:00 Evening Wind Down w/ Wellness	22 9:45 Perk Puzzle 10:00 Morning Movement 11:30 Memorial Day cookout 1:30 Flower Wall 2:00 Name that Tune 6:00 Evening Wind Down w/ Wellness	23 10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Watercoloring 6:00 Evening Wind Down w/ Wellness
24 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	25 Memorial Day 10:00 Morning Movement 10:30 Manicure Monday 1:30 Gentle Stetching 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	26 9:45 The Perk 10:00 Morning Movement 10:30 BINGO 3:30 Tim the Pianist 6:00 Evening Wind Down	27 10:00 The Perk 10:30 Gentle Stretching 11:00 Music w/Joseph 1:30Creative Aging Performance 6:00 Evening Wind Down w/ Wellness	28 10:00 Bingo w/Friends 11:00 Zinnia Quiz 1:30 Patio Chat 2:30 Lets Play Jazz Records 3:30 Jigsaw Puzzle 6:00 Evening Wind Down w/ Wellness	29 9:45 Perk Puzzle 10:00 Morning Movement 10:30 Pet Therapy with baby lamb 2:30Parachute Fun 6:00Wind Down w/ Wellness	30 9:45 Perk Puzzle 10:00 Morning Movement 1:30 Cleaning Place mats 2:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness

Connection Points
Neighborhood

Life Enrichment Director:
Janet Hall

Connection Points Director-
Jessica Balfour

Address: 1600 Appling Rd,
Cordova, TN 38016

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