



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Gentle Movement—Ch.920 2:00 Gentle Yoga—Ch. 920 2:00 Cards & Games—AR 3:00 The Great Courses: The Aging Brain Episode 7&8	1 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Shopping at Publix 10:00 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX 2:00 Ladies Book Club—AR 2:00 Life Bio Workshop—P 4:00 Ladies Bible Study—P 7:00 BINGO—P	2 9:30 Tai Chi—GX 10:15 Lunch at The Yellow Deli & Tour of Milky Way Farm 10:30 Aqua Flow—AQ 11:30 Sit & Fit—GX 1:30 Water Walking—AQ 2:00 Handcrafters—L 2:30 City of Brentwood Update with Mayor Rhea Little—PH 6:30 Bridge & Rook—P/AR	3 9:00 Morning Mixup—GX 9:30 Blood Pressure Check—C 9:30 Aqua Fit—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fitness Fusion—GX 11:15 Free Concert at Plaza Mariachi 1:30 Gentle Yoga—GX 2:30 Cards & Games—AR 2:30 Double Deck Canasta—AR 6:15 Jesus Christ Superstar at TPAC	4 9:30 Tai Chi—GX 9:45 Flower Power Pals—AR 10:00 Pool Party—AQ 11:30 Sit & Fit—GX 1:00 Mahjongg & Rummikub—AR 1:00 Town Hall with Eddie Tomlinson—PH 1:30 Water Walking—AQ 4:00 Bible Study—P 7:00 Music with Lou Galterio—PH	5 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Brentwood Library & Shopping at Wal Mart 10:00 Landscape Committee 10:00 Short Mountain Distillery 10:30 Fitness Fusion—GX 2:30 Cards & Games—P 3:00 Glee Club—PH 6:15 Nashville Symphony	6 9:00 Wii Bowling Practice—P 1:00 Mahjongg & Rummikub—AR 1:30 Better Balance—Ch. 920 6:00 An Indian Musical Evening —PH
10:00 Gentle Movement—Ch.920 10:00 Fabulous Fifties Show 2:00 Gentle Yoga—Ch. 920 2:00 Cards & Games—AR 3:00 The Great Courses: The Aging Brain Episode 8&9	8 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Shopping at Publix 10:00 Shopping at Kroger 10:30 Fitness Fusion—GX 1:00 Library Committee 1:30 Gentle Yoga—GX 2:00 Life Bio Workshop—P 4:00 Ladies Bible Study—P 7:00 BINGO—P	9 9:30 Tai Chi—GX 9:30 Bill Wilkerson Hearing Clinic—C 10:00 Genealogy Group—IR 10:00 Drama Club—STL 10:30 Aqua Flow—AQ 11:00 Resident IT Assistance—STL 11:30 Sit & Fit—GX 1:30 Water Walking—AQ 2:00 Handcrafters—L 2:30 The Great Circle Trip with Pete & Sarah Kopcsak—PH 6:30 Bridge & Rook—P/AR	10 9:00 Morning Mixup—GX 9:30 Blood Pressure Check—C 9:30 Aqua Fit—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX3 2:30 Cards & Games—AR 2:30 Double Deck Canasta—AR 3:00 Beyond Fitness Kick Off—PH 7:00 Movie: Judy—Ch. 920	11 9:30 Tai Chi—GX 10:30 Aqua Flow—AQ 11:00 Food & Beverage Committee 11:30 Sit & Fit—GX 1:00 Mahjongg & Rummikub—AR 1:00 Activity Committee 1:30 Water Walking—AQ 3:00 Caregiver Support Group—CR 4:00 Bible Study—P 6:15 Nashville Symphony	12 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Brentwood Library & Shopping at Trader Joe's 10:30 Fitness Fusion—GX 1:30 Wellness Committee 2:30 Cards & Games—P 3:00 Glee Club—PH 7:15 Nashville Symphony	13 9:00 Wii Bowling Practice—P 10:00 Art with Elaine—AR 1:00 Mahjongg & Rummikub—AR 1:30 Better Balance—Ch. 920 5:00 Happy Hour with Patsy & The Boys—PH
10:00 Gentle Movement—Ch.920 12:15 Gourmet Getaway: Brunch at The Old School 2:00 Gentle Yoga—Ch. 920 2:00 Cards & Games—AR 3:00 The Great Courses: The Aging Brain Episode 9&10	15 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Shopping at Publix 10:00 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX 2:00 Facility Services Committee 2:00 Life Bio Workshop—P 4:00 Ladies Bible Study—P 7:00 BINGO—P	16 9:00 Mystery Outing 9:30 Tai Chi—GX 10:30 Aqua Flow—AQ 11:30 Sit & Fit—GX 1:00 Line Dance Class—AR 1:30 Water Walking—AQ 2:00 Handcrafters—L 2:30 National Nutrition Month ®: Eat Right, Bite by Bite with Molly McDevitt—PH 4:30—7:30 St. Patrick's Day Buffet—FG *Reservations required for parties of 5 or more 6:30 Bridge & Rook—P/AR	17 9:00 Morning Mixup—GX 9:30 Blood Pressure Check—C 9:30 Aqua Fit—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX 2:00 Men's Book Club—IR 2:00 Ladies Tea Time: Secret Sister—PH 2:30 Cards & Games—AR 2:30 Double Deck Canasta—AR 7:00 Movie: Marriage Story—Ch. 920	18 9:30 Podiatrist—C 9:30 Tai Chi—GX 9:45 Flower Power Pals—AR 10:00 Marketing Committee 10:30 Aqua Flow—AQ 11:00 Welcoming Committee 11:30 Sit & Fit—GX 1:00 Mahjongg & Rummikub—AR 1:30 Water Walking—AQ 2:30 Antique Valuations with Connie Sue Davenport—PH 4:00 Bible Study—P 5:15 Nashville Symphony	19 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Brentwood Library & Shopping at Whole Foods 10:30 Fitness Fusion—GX 11:00—1:00 National Ravioli Day—SO 2:30 Cards & Games—P 3:00 Glee Club—PH 5:00 Happy Hour with Patsy & Craig—STL 6:15 Nashville Symphony	20 9:00 Wii Bowling Practice—P 1:00 Mahjongg & Rummikub—AR 1:30 Better Balance—Ch. 920 7:00 Movie: Harriet—Ch. 920
10:00 Gentle Movement—Ch.920 2:00 Gentle Yoga—Ch. 920 2:00 Cards & Games—AR 3:00 The Great Courses: The Aging Brain Episode 10&11	22 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Shopping at Publix 10:00 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX 2:00 Life Bio Workshop—P 2:30 Gentlemen's Guild—PH 4:00 Ladies Bible Study—P 7:00 BINGO—P	23 9:00 Rabbit Circle Farm Tour 9:30 Tai Chi—GX 10:30 Aqua Flow—AQ 11:00 Resident IT Assistance—STL 11:30 Sit & Fit—GX 1:00 Line Dance Class—AR 1:00 Resident Council 1:30 Water Walking—AQ 2:00 Handcrafters—L 2:00 Healthcare Presentation: CapTel Phones—PH 6:30 Bridge & Rook—P/AR	24 9:00 Morning Mixup—GX 9:30 Blood Pressure Check—C 9:30 Aqua Fit—AQ 9:30; 11:30; 1:30 Wii Bowling League—P 10:00 Shopping at Publix 10:30 Shopping at Kroger 10:30 Fitness Fusion—GX 1:30 Gentle Yoga—GX 2:30 Cards & Games—AR 2:30 Double Deck Canasta—AR 4:00 "Rescue from Latvia—1944" with Katrina Wilson—PH	25 9:30 Tai Chi—GX 10:00 Annual Cleaning Meeting: Villas, Duplex Villas, Garden Villas—P 10:30 Aqua Flow—AQ 11:30 Sit & Fit—GX 1:00 Mahjongg & Rummikub—AR 1:30 Water Walking—AQ 2:00 Executive Director Resident Update Meeting 4:00 Bible Study—P 6:15 Nashville Symphony	26 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Brentwood Library & Shopping at Sprouts 10:30 Fitness Fusion—GX 2:30 Cards & Games—P 3:00 Glee Club—PH 7:15 Nashville Symphony	27 9:00 Wii Bowling Practice—P 10:00 Art with Elaine—AR 1:00 Mahjongg & Rummikub—AR 1:30 Better Balance—Ch. 920 7:00 Movie: The Two Popes—Ch. 920
10:00 Gentle Movement—Ch.920 2:00 Gentle Yoga—Ch. 920 2:00 Cards & Games—AR 3:00 The Great Courses: The Aging Brain Episode 11&12	29 9:00 Morning Mixup—GX 9:20 Bridge—P 9:30 Aqua Fit—AQ 10:00 Shopping at Publix 10:00 Shopping at Kroger 10:30 Fitness Fusion—GX 1:00 Annual Cleaning Meeting: Villas, Duplex Villas, Garden Villas—P 1:30 Gentle Yoga—GX 2:00 Birthday Bash—PH 4:00 Ladies Bible Study—P 7:00 BINGO—P	30 9:30 Tai Chi—GX 10:30 Aqua Flow—AQ 11:30 Sit & Fit—GX 12:00—4:00 Senior Fitness Evaluation Workshop—PH 1:00 Line Dance Class—AR 1:30 Water Walking—AQ 1:30 Finance Committee 2:00 Handcrafters—L 6:30 Bridge & Rook—P/AR	31 Calendar Legend: Red = Meeting Green = Outing Blue = Food Event AQ = Pool AR = Art Room	C = Clinic CR = Conference Room FG = Fireside Grille GX = Group Exercise Studio IR = Iris Room	M= Market P = Parlor PH = Poplar Hall SO = Southern Oak STL = Steeplechase Lounge	



MARCH BIRTHDAYS

Caroline Dick	03/02
Bill Ousley	03/03
Janice Lowe	03/03
Zoe Evans	03/05
Paul Burros	03/06
Karen Bruton	03/06
Jan Ewing	03/08
Harry Lee Billington	03/11
Pat Wise	03/14
Orlene Makinson	03/20
Anne Faris	03/20
Sue Edwards	03/22
Doris Litchfield	03/25
Donna Ware	03/28
Nancy Hazlewood	03/31

**If you would like to have your birthday listed on the calendar, please complete a release form located at the receptionist desk.*

If you have any questions regarding this calendar, please contact Ashlie Burnett, Director of Community Life Services at 615-564-4918 or e-mail aburnett@TheHeritageLCS.com. Tune into Ch. 920 or consult the Touchtown app for the latest updates and information.

Sign up with the Concierge for these outings in March:

Lunch at The Yellow Deli & Tour of Milky Way Farm

Tuesday, March 3 • Bus departs at 10:00 a.m.

Located in Pulaski, TN, The Yellow Deli is a quirky spot that boasts sandwiches, soups and salads. The outing will begin with lunch followed by a tour of Milky Way Farm. The Milky Way Farm began because Frank Mars who purchased land in TN in the 1930's after the success of his Milky Way candy bar. Dessert and coffee will be served after the tour. Dessert + tour is \$25 and will be charged to your resident statement. You pay for lunch at The Yellow Deli.

Free Concert at Plaza Mariachi

Wednesday, March 4 • Bus departs at 11:15 a.m.

Plaza Mariachi exists to celebrate cultural diversity. Ketch Secor, a founding member of Old Crow Medicine Show will kick off this free concert series. There are food vendors at Plaza Mariachi. Lunch will be on your own from your vendor of choice. You can enjoy lunch while listening to the concert.

Jesus Christ Superstar at TPAC

Wednesday, March 4 • Bus departs at 6:15 p.m.

Jesus Christ Superstar is a gorgeous, thrilling, heavenly musical. Tickets are \$53 each and will be charged to your resident statement. Group tickets are located in the back section of the Orchestra level. If you wish to purchase your own ticket, please call Lindsay at 615-687-4324.

Short Mountain Distillery

Friday, March 6 • Bus departs at 10:00 a.m.

Short Mountain Distillery is a craft, small-batch distillery and restaurant. We will tour the distillery and have lunch. Tour is \$10 and will be charged to your resident statement. You pay for lunch.

Fabulous Fifties Show

Sunday, March 8 • Bus departs at 10:00 a.m.

This is a multi-act show full of songs and dance from the 50s. Tickets are \$15 each and will be purchased in person at the show. YOU MUST PAY BY CHECK. You have to sign up by Monday, March 2 to reserve your ticket. We will have lunch before the show. *You pay for lunch.

Gourmet Getaway: Brunch at The Old School

Sunday, March 15 • Bus departs at 12:15 p.m.

The Old School Farm to Table prides itself on its local, hyper-seasonal and sustainable sourcing. The frequently changing menu highlights the freshest provisions from neighboring farms, as well as the non-profit farm that shares the property with the restaurant. You pay for brunch.

Mystery Outing

Tuesday, March 17 • Bus departs at 9:00 a.m.

Bright lights, big city, world-famous. This outing will require very little walking. There will be a meal involved. The outing is free of charge. You will pay for your meal.

Rabbit Circle Farm Tour

Tuesday, March 24 • Bus departs at 9:00 a.m.

Rabbit Circle Farm will include a tour of a hemp greenhouse, flower operations and a visit to see fainting goats. The flower facility at South Central Growers is a supplier for Lowe's and other large retail stores. The outing will conclude with lunch at Tesha's. Please bring \$20 cash for lunch and a tour guide gratuity.

THE HERITAGE HAPPENINGS

March 2020

Fitness Programs

Pool Party

Thursday, March 5 at 10:00 a.m.
in the Pool

Please join us for a luau themed pool party that will include refreshments, pool games and good company to experience all the pool has to offer!

Beyond Fitness Kick Off

Wednesday, March 11 at 3:00 p.m.
in Poplar Hall

The Heritage at Brentwood has been selected to participate in a partnership between LCS communities and NIFS (our fitness provider). The focus of the program is to measure resident fitness over time as a result of participating in fitness programs. Attend this kick off to learn more specifics of the program.

Senior Fitness Evaluation

Workshop

Tuesday, March 31 from 12:00 p.m.—4:00 p.m. in Poplar Hall

Complete your senior fitness evaluation to participate in the Beyond Fitness program. Please see the Concierge or call 615-564-47749 to sign up for a senior fitness evaluation.

Meetings during the month:

City of Brentwood Update

Tuesday, March 3 at 2:30 p.m. in Poplar Hall

All residents are invited to join Mayor Rhea Little for an update regarding the City of Brentwood

Town Hall with Eddie Tomlinson

Thursday, March 5 at 1:00 p.m. in Poplar Hall

Join Eddie Tomlinson for a Q&A session regarding maintenance, security and various facilities topics.

Annual Cleaning Meetings: Villas, Garden Villas & Duplex Villas

Thursday, March 26 at 10:00 a.m. in the Parlor

OR *Monday, March 30 at 1:00 p.m. in the Parlor*

Residents living in a Villa, Garden Villa or Duplex Villa are invited to an informational meeting with Willetta Page regarding the annual cleaning process. You do not need to attend both meetings.

Don't miss out on these music events:

Music with Lou Galterio

Thursday, March 5 at 7:00 p.m. in Poplar Hall

Lou Galterio entertains in the styles of the great crooners like Sinatra, Dean Martin, Tony Bennett and Bobby Darin. His booming voice allows him to perform tributes to artists like Bocelli, Pavarotti and Caruso.

Happy Hour with Patsy & The Boys

Saturday, March 14 at 5:00 p.m. in Poplar Hall

Join Patsy Kirby and a group of musicians as they turn Poplar Hall into a jazz club.

Happy Hour with Patsy & Craig

Friday, March 20 at 5:00 p.m. in Steeplechase Lounge

Enjoy lively music as you wait for your dinner table



St. Patrick's Day Buffet

Tuesday, March 17 • 4:30 p.m.—7:30 p.m. • Fireside Grille

*Reservations required for parties of 5 or more.