Wibrant life

|  |  | BE VIBRANT. BE YOU.  |   |  | The Pointe at Lifespring Assisted Living  |   |  |
|--|--|--|---|--|---|---|--|
| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |  |
| 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ♥ Puzzle Hour  1:30 ♥ Resident Led Chair Exercise  2:00 ● Church Service with Temple Baptist  3:00 ♥ Dominoes  6:00 ₱ Wii Bowling   | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ★ Tennessee Theatre 1:30 ♥ Chair Exercise Class 2:00 ♠ Chicken Foot 2:30 ★ Walmart 6:00 ★ Hand & Foot Card Game   | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions with Generations  10:30 ♥ Whitney's Baby Shower  1:30 ♥ Chair Exercise Class  2:00 ♥ Birthday Celebration  2:45 ★ Netflix Documentary: The Crown  3:30 ₱ Bingo  6:00 ₱ Game Night    | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ₱ Rummikub 11:30 ₺ Lunch at Sitar Indian Cuisine 1:30 ♥ Chair Exercise Class 2:30 ❤ Wine Down Wednesday 3:30 ₱ Wii Games 6:00 ❤ Uno        | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ₩ Hand Spa & Manicures  1:00 ₩ Bridge Club  1:30 ♥ Chair Exercise Class  2:30 ₱ Skip-Bo  3:30 ₩ Bingo  6:00 ₱ Game Night    | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions 10:30 ► Tri-Ominos  11:30 ⑤ 'Seven Brides for Seven Brothers' Play at GCA  1:30 ♥ Chair Exercise Class  2:00 ₩ Happy Hour  2:30 ₩ Movie Matinee  6:00 ► Games of Choice | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions with Generations  10:30 ● Games with Generations  12:00 ❤ UT Men's Basketball vs. Auburn  1:30 ♥ Chair Exercise Class  2:00 ₱ King's in the Corner  3:30 ₱ Wii Bowling  6:00 ₱ Scrabble |  |
| Daylight Saving Time Begins  9:30  | Dorothy T. Birthday Salon Day 9:30   | 9:30   | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ► Rummikub 1:30 ♥ Chair Exercise Class 2:30 ★ Baskin Robbins 3:30 ► Wii Games 6:00 ★ Dominoes  | 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ♥ Finish Lines 1:00 ♥ Bridge Club 1:30 ♥ Chair Exercise Class 2:30 ₱ Balloon Badminton 3:30 ♥ Bingo 6:00 ₱ Game Night         | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ⑤ Dollar General  1:30 ♥ Chair Exercise Class  2:00 ₩ Happy Hour  2:30 ₩ Movie Matinee  6:00 ► Games of Choice   | 9:30 ♥ "Where in the World"   Walking Club  10:00 ★ Devotions with Generations  10:30 ♥ Games with Generations  1:30 ♥ Chair Exercise Class  2:00 ♠ Life Knox Church Service  3:00 ₱ Skip-Bo  6:00 ₱ Scrabble                                       |  |
| Ernie S. Birthday  9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ♥ Puzzle Hour  1:30 ♥ Resident Led Chair Exercise  2:00 ● Church Service with Temple Baptist  3:00 ♥ Dominoes  6:00 ♥ Wii Bowling                        | Becky L. Birthday Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions with Mr. Vic Howard 10:45 ♥ Pass the Pigs 1:30 ♥ Chair Exercise Class 2:00 ★ Manicures/Pedicures at Noire Nail Bar 3:00 ▼ Rummikub 6:00 ♥ Hand & Foot Card Game | St. Patrick's Day  9:30  | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ★ Target, Marshall's & Bed Bath & Beyond 1:30 ♥ Chair Exercise Class 2:30 ► NERF Gun Target Shooting 3:00 ★ Wine Down Wednesday 6:00 ★ Uno | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ♥ Bakeology  1:00 ♥ Bridge Club  1:30 ♥ Chair Exercise Class  2:30 ♠ Resident Council  3:30 ♥ Bingo  6:00 ♠ Game Night      | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ₱ Tri-Ominos  11:30 ₺ Lunch at Clancy's Tavern  2:00 ₩ Happy Hour  2:30 ₩ Movie Matinee  6:00 ₱ Games of Choice  | 9:30 ♥ "Where in the World" 21 Walking Club  10:00 ★ Devotions with Generations  10:45 ₱ Rummikub  1:30 ♥ Chair Exercise Class  2:00 ₱ Skip-Bo  3:30 ₱ Wii Bowling  6:00 ₱ Scrabble   |  |
| Gary C. Birthday  9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions  10:30 ♥ Puzzle Hour  1:30 ♥ Resident Led Chair Exercise  2:30 ♥ Activity of Choice  4:00 ♥ Church Service with Clapp's Chapel United Methodist  6:00 ★ Monopoly | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ♠ Calfee Farms 10:00 ♠ Devotions with Mr. Vic Howard 10:45 ❤ Book Club with Mr. Burpitt 1:30 ♥ Chair Exercise Class 2:30 ₱ Phase 10 3:00 ₱ Cornhole 6:00 ❤ Hand & Foot Card Game              | 9:30 "Where in the World" 24 Walking Club  10:00  Devotions with Generations  10:30 Mugs N' Muffins  1:30 Chair Exercise Class  2:00 Food for Thought Meeting  3:00 Puzzles & Games  3:30 Bonus Bingo  5:00 Lady Vols Softball Game vs.  Belmont | Salon Day 9:30 ♥ "Where in the World" Walking Club 10:00 ★ Devotions 10:30 ₱ Rummikub 1:30 ♥ Chair Exercise Class 2:30 ♠ Litton's Bakery & Desserts 3:30 ₱ Wii Games 6:00 ★ Dominoes                                  | 9:30 "Where in the World" 26 Walking Club  10:00 Devotions  10:30 Grandparent Talk  1:00 Bridge Club  1:30 Chair Exercise Class  2:00 Smoky Mountain Variety Show  3:30 Bingo  6:00 Game Night | 9:30 "Where in the World" 27 Walking Club  10:00 Devotions  10:30 Mexican Train Dominoes  1:30 Chair Exercise Class  2:00 New Resident Welcome Party  2:30 Movie Matinee  6:00 Games of Choice                                      | 9:30 ♥ "Where in the World" 28 Walking Club  10:00 ★ Devotions with Generations  10:30 ♥ Games with Generations  1:30 ♥ Chair Exercise Class  2:00 ₱ Skip-Bo  3:00 ₱ Scrabble  6:00 ♥ Lifespring Cinema   |  |
| 9:30 ♥ "Where in the World" 29 Walking Club  10:00 ★ Devotions  10:30 ♥ Puzzle Hour  1:30 ♥ Resident Led Chair Exercise  2:00 ● Church Service with Temple Baptist  3:00 ♥ Dominoes  6:00 ₱ Wii Bowling  | Salon Day 9:30   | 9:30 ♥ "Where in the World" Walking Club  10:00 ★ Devotions with Generations  10:30 ★ Crafty & Creative  1:30 ♥ Chair Exercise Class  2:00 ★ Raymond Akers Keyboard Specialist  3:30 ₱ Bingo 6:00 ₱ Game Night                                   | POINTE SAT LIFESPRING  SENIOR LIVING  | 4371 Lifespring Lane<br>Knoxville, TN 37918  |   | Be Adventurous  Be Challenged  Be Connected  Be Family  ★ Be Inspired  Be Social  Be Well   |  |