



BELVEDERE COMMONS OF FRANKLIN

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

Your Team

John Pugh. Executive Director
Cynthia Brooks// Business Office Manager
Ashley Walker// Sales Director
Brian Sanson// Maintenance Director
Bethany Shivley// Director of Nursing
Nikita Haynes//Village Program Coordinator
Debbie Lye// Village Program Manager
David Hutton// Life Enrichment Director
Fye Cartwright// Food Service Director

Resident Birthdays

HAPPY BIRTHDAY!!

Helen C. 11/16

Staff Birthdays

Happy Birthday!!

John P. 11/2

Nikita H. 11/30

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.

Emma P.

Gerri P.

Jim M.

June B.

Marjorie C.

Mary S.

John D.

Harry P.

Jarvis S.

Steve R.

Natasha R.

Buzz L.

<div><div></div><div>BELVEDERE COMMONS OF FRANKLIN A GRACE MGMT COMMUNITY</div></div>		<div><h1>NOVEMBER 2021</h1><div>Belvedere Commons of Franklin- Village Program</div></div>				<div><div>303 South Royal Oaks Boulevard Franklin, Tennessee 37064 615-794-6693 www.belvederecommonsfranklin.com</div></div>							
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div>CO - Cognitive</div><div>CR - Creative</div><div>E - Emotional</div><div>PY - Physical</div><div>PR - Purposeful</div><div>SE - Sensory</div><div>SO - Social</div><div>SP - Spiritual</div></div>		<div>1</div> <div><div>PY 10:15 Pump it Up</div><div>SP 10:30 Sing-a-long w/ Nikita</div><div>PY 11:00 Walk Club</div><div>CR 1:30 Thankful Tree</div><div>CO 3:30 Coffee and Chronicle</div></div>	<div>2</div> <div>Election Day</div> <div><div>CO 10:30 Book Club</div><div>CO 11:00 Who Am I?</div><div>SO 1:30 Bingo</div><div>CO 2:30 Everyday Trivia</div><div>PY 3:30 Frisbee Fun</div></div>	<div>3</div> <div><div>SP 10:15 Devotions</div><div>PY 10:30 Aerobics</div><div>CR 1:30 No-Sew Turkey Craft</div><div>PY 3:30 Balloon Volleyball</div></div>	<div>4</div> <div><div>CO 9:30 On This Day</div><div>SO 10:00 Movie Matinee</div><div>PR 11:00 Helping Hands</div><div>SO 1:30 Men's Club</div><div>SE 3:30 Cookies and Hot chocolate</div></div>	<div>5</div> <div><div>SP 10:15 Devotions</div><div>PY 10:45 Aerobics</div><div>SO 1:30 Bingo</div><div>SO 3:30 Bus Ride to McDonald's</div></div>	<div>6</div> <div><div>PY 10:15 Sit and Stretch</div><div>PY 10:45 Hydrate Your Thirst</div><div>CO 1:30 "I Spy"</div><div>SO 3:00 Snack and Chat</div><div>PY 3:30 Horse Shoe Challenge</div></div>						
<div>7</div> <div>Daylight Saving Ends</div> <div><div>SP 10:00 Worship</div><div>SO 11:00 Fellowship Hour</div><div>PY 1:30 Charades</div><div>CO 3:00 Trivia</div><div>PY 3:30 Ring Toss</div></div>		<div>8</div> <div><div>PY 10:15 Yoga and Mimosa</div><div>SP 10:30 Sing-a-long w/ Nikita</div><div>CO 11:00 "Picture It"</div><div>CR 1:30 Corn Craft</div><div>SO 3:30 Coke Floats</div></div>	<div>9</div> <div><div>CO 10:30 Book Club</div><div>CO 11:00 What Am I?</div><div>SO 1:30 Bingo</div><div>CO 2:30 Call Out the Answer</div><div>PY 3:30 Ball Toss</div></div>	<div>10</div> <div><div>CR 10:15 Bake Wednesday</div><div>CO 10:30 Would You Rather?</div><div>CR 1:30 String Pumpkin Craft</div><div>PY 3:30 Connect 4</div></div>	<div>11</div> <div>Veterans Day</div> <div><div>SE 9:30 Sensory Room</div><div>SP 10:30 Bible Trivia</div><div>PY 11:00 Walk Club</div><div>CR 1:30 Veterans Day Celebration</div><div>CO 3:30 What's the Missing last Letter?</div></div>	<div>12</div> <div><div>SP 10:15 Devotions</div><div>PY 10:45 Aerobics</div><div>SO 1:30 Birthday Party</div><div>SO 3:30 Bus Ride to Sonic</div></div>	<div>13</div> <div><div>SP 10:15 Daily Devotions</div><div>PY 10:30 Ball Toss</div><div>CO 1:30 Finish the Phrase</div><div>CO 3:00 Coffee and Chronicles</div><div>PY 3:30 Jenga</div></div>						
<div>14</div> <div><div>SP 10:00 Worship</div><div>SO 11:00 Fellowship Hour</div><div>SO 1:30 Cinema Time</div><div>CO 3:00 Fact or Crap</div><div>PY 3:30 Bean Bag Toss</div></div>		<div>15</div> <div><div>PY 10:15 Pump it Up</div><div>SP 10:30 Sing-a-long w/ Nikita</div><div>E 11:00 Remember When?</div><div>PY 1:30 Corn Hole Toss</div><div>PY 3:30 Ring Toss</div></div>	<div>16</div> <div><div>CO 10:30 Book Club</div><div>CO 11:00 Who AM I?</div><div>SO 1:30 Bingo</div><div>CO 2:30 Spelling Bee</div><div>E 3:30 Reminisce</div></div>	<div>17</div> <div><div>SP 10:15 Devotions</div><div>PY 10:30 Aerobics</div><div>CR 1:30 Pumpkin Pie Craft</div><div>PY 3:30 Batter Up!</div></div>	<div>18</div> <div><div>CO 9:30 On This Day</div><div>SO 10:00 Movie Matinee</div><div>PR 11:00 Helping Hands</div><div>PY 1:30 Wheel of Fun</div><div>CO 3:30 What's the Missing First Letter?</div></div>	<div>19</div> <div><div>SP 10:15 Devotions</div><div>PY 10:45 Aerobics</div><div>SE 11:00 Fresh Fruit Friday</div><div>SO 1:30 Bingo</div><div>SO 3:30 Trivia</div></div>	<div>20</div> <div><div>PY 10:15 Seniorsize</div><div>PY 10:30 Hydrate Your Tihrst</div><div>PY 1:30 Frisbee Fun</div><div>SO 3:00 Cookies and Hot Chocolate</div><div>CO 3:30 Storytime</div></div>						
<div>21</div> <div><div>SP 10:00 Worship</div><div>SO 11:00 Fellowship Hour</div><div>PY 1:30 Sit-down-Soccer</div><div>CO 3:00 This and That</div><div>CO 3:30 Current Events</div></div>		<div>22</div> <div><div>PY 10:15 Yoga and Mimosa</div><div>SP 10:30 Sing-a-long w/ Nikita</div><div>CO 11:00 Hangman</div><div>PY 1:30 Air Hockey</div><div>CO 3:30 Name That Tune</div></div>	<div>23</div> <div><div>CO 10:30 Book Club</div><div>CO 11:00 What Am I?</div><div>SO 1:30 Bingo</div><div>CO 2:30 Blurt</div><div>PY 3:30 Bowling Match</div></div>	<div>24</div> <div><div>CR 10:15 Bake Wednesday</div><div>PY 10:30 Walk Club</div><div>CO 1:30 Pilgrim Hats Craft</div><div>PY 3:30 Going for Gold</div></div>	<div>25</div> <div>Thanksgiving</div> <div><div>SE 9:30 Sensory Room</div><div>CO 10:30 Finish the Phrase</div><div>CO 11:00 Star of the Month</div><div>PY 1:30 Tic-Tac-Toe</div><div>CR 3:30 Turkey Talk Game</div></div>	<div>26</div> <div>Black Friday</div> <div><div>SP 10:15 Devotion</div><div>PY 10:45 Aerobics</div><div>SO 1:30 Bingo</div><div>SO 3:30 Bus Ride to Taco Bell</div></div>	<div>27</div> <div><div>SP 10:15 Daily Devotional</div><div>CO 10:30 Guess Who?</div><div>PY 1:30 Noodle Volleyball</div><div>SO 3:00 Tea Time</div><div>PY 3:30 Connect 4</div></div>						
<div>28</div> <div>Hanukkah Begins</div> <div><div>SP 10:00 Worship</div><div>SO 11:00 Fellowship Hour</div><div>PY 1:30 Catch and Toss</div><div>CO 3:00 Name that Job</div><div>CO 3:30 Family Feud</div></div>		<div>29</div> <div><div>PY 10:15 Pump it UP</div><div>SP 10:30 Sing-a-long w/ Nikita</div><div>CO 11:00 Easy Does it Trivia</div><div>SO 1:30 lady Manicures</div><div>CO 3:30 Word Ladder</div></div>	<div>30</div> <div><div>CO 10:30 Book Club</div><div>CO 11:00 Who Am I?</div><div>SO 1:30 Bingo</div><div>CO 2:30 Wacky Wordies</div><div>PY 3:30 Bounce and Pass</div></div>										

Events are Subject to Change.

Did You Know?

HEALTH Tips

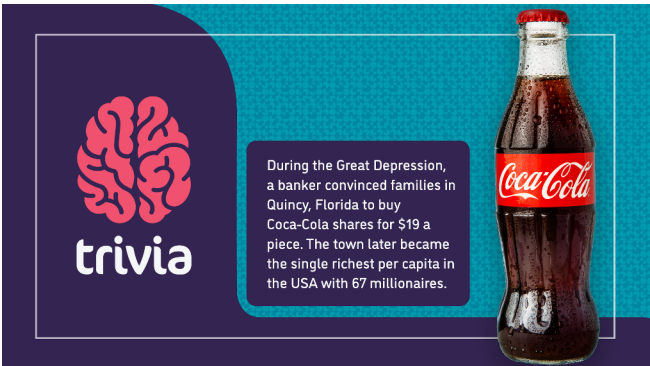
Chill Out!

Just two or three minutes under cool water in the shower can boost your mood.

HEALTH Tips

Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.





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