



Jaine Colley

Director of Independent Living

Question: What types of activities are offered at AdamsPlace Independent Living?

Answer: This is a question I love to answer! AdamsPlace Independent Living keeps a full

calendar of activities for residents to choose from. Most weekday mornings begin with an exercise class of some sort. We offer aerobics, T'ai Chi, and Yoga classes complete with instructors in our well-equipped gym. We also have an indoor heated pool with bi-weekly water aerobic classes.

In recent days, the residents enjoyed a tour of the Governor's Mansion, an evening at the Center of the Arts to see Cole Porter's 'Anything Goes', and an upcoming outing with the Murfreesboro Symphony is later in September. We have local talent that entertains us with musical skills. Several residents are members of bridge clubs who enjoy hosting their club with lunch in the soda shop and cards in the club room. Of course we offer lunch outings, handicrafts, puzzle groups, wine and cheese Happy Hours, and the always popular PRIZE Bingo!

The opportunity for socialization is just another reason why our residents choose AdamsPlace Independent Living!

Call Jaine Colley today to learn even more! 615-904-9100
1925 Memorial Blvd.
Murfreesboro, TN 37129
615-904-7100
www.adamsplace.org

ADAMSPLACE
Murfreesboro, Tennessee