



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div> <div>The Hearth at Gardenside - Keepsake village</div>				<div>ACTIVITIES COORDINATOR</div> <div>Robin Sellati</div> <div>ACTIVITIES ASSISTANTS</div> <div>Emily, Jayla, Mara, Shenell, Shirley, Teryn, Tulie and Zenia</div> <div>VAN DRIVER</div> <div>Robert Hohman</div>		
<div>LIKE US ON</div> <div>facebook</div> <div>www.facebook.com/theHearth/</div>		<div>Live More</div>		<div>Snacks Served Every Day:</div> <div>Sunday, Monday, Tuesday, Wednesday, Thursday, and Saturday 2:00 pm and 7:00 pm</div> <div>Friday - 3:00 pm and 7 pm</div> <div>Activity Calendar is subject to change</div>	<div>1 New Year's Day</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Simple Stretches</div> <div>1:30 Resistance Bands Exercise</div> <div>2:00 Can You Picture This Move?</div> <div>2:30 Shake Loose a Memory</div> <div>3:00 Happy Hour and Travelogue</div> <div>4:00 Funny New Year Resolutions</div> <div>5:30 Word Unscramble</div> <div>6:00 Chair Exercises</div> <div>6:30 Movie Extravaganza</div>	<div>2</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Noodle Balloon Swat</div> <div>1:30 Decoding Chicken Noodle Soup</div> <div>2:00 Snack and Lucy Episodes</div> <div>3:00 Paper Plate Dancercize</div> <div>3:30 Bingo</div> <div>5:30 Everyday Life Trivia</div> <div>6:00 Chair Yoga</div> <div>6:30 Motion Pictures</div>
<div>3</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Music, Memories & Motion</div> <div>1:30 January Easy Does It Trivia</div> <div>2:00 Snack and Sinatra Concert</div> <div>3:15 Fill in the Missing Letters</div> <div>4:00 Learn About "Who? Owls!"</div> <div>5:30 1940's Slang</div> <div>6:00 Simple Stretches</div> <div>6:30 Sunday Fun Day Cinema</div>	<div>4</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Senior Fitnessize</div> <div>1:30 Missing Letters</div> <div>2:00 Snack and Concert</div> <div>3:00 Noodle Balloon Swat</div> <div>3:30 Shake Loose a Memory</div> <div>3:30 Think More Group/Art</div> <div>5:30 Mining for Words</div> <div>6:00 Movin' to the 80's</div> <div>6:30 Monday Musical</div>	<div>5</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Hoop the Hoop Exercises</div> <div>1:30 "Bow!" Me Over</div> <div>2:00 Snack and Documentary</div> <div>3:00 Party Cleanup Detective</div> <div>3:30 Bingo</div> <div>5:30 Finish the Song Lyrics</div> <div>6:00 Chair Exercises</div> <div>6:30 The Silver Screen</div>	<div>6</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Resistance Bands Exercise</div> <div>1:30 Can You Picture This?</div> <div>2:00 Ice Cream Social & Concert</div> <div>3:00 Sing Along with Suzie Q</div> <div>3:30 Music, Memories & Motion</div> <div>4:00 The Chat Room</div> <div>5:30 Word Pairs</div> <div>6:00 Movements Made Simple</div> <div>6:30 Wild Westerns</div>	<div>7 Happy Birthday Catherine</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Senior Fitnessize</div> <div>1:30 Which Word Doesn't Belong?</div> <div>2:00 Snack and Lucy Episodes</div> <div>3:00 Music 'n Motion</div> <div>3:00 Think More Group</div> <div>3:30 Bingo</div> <div>5:30 Compound words</div> <div>6:00 Sit and Stretch</div> <div>6:30 Movie Billboard</div>	<div>8</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Music, Memories, & Motion</div> <div>1:30 The Chat Room</div> <div>2:00 Hoop the Hoop Exercise</div> <div>2:30 Fads of the 1940's</div> <div>3:00 Happy Hour and Travelogue</div> <div>4:00 Short Stories</div> <div>5:30 Spelling Bee</div> <div>6:00 Exercise to the 60's</div> <div>6:30 Cinema Night</div>	<div>9 Happy Birthday Winifred</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Sit and Be Fit</div> <div>1:30 The Price is Right: 1940's</div> <div>2:00 Snack and Music Concert</div> <div>3:00 Music 'n Motion</div> <div>3:30 Bingo</div> <div>5:30 This and That Trivia</div> <div>6:00 Fittersitters</div> <div>6:30 The Silver Screen</div>
<div>10 Happy Birthday Lorraine</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Noodle Balloon Swat</div> <div>1:30 January IQ Quiz</div> <div>2:00 Snack and Celtic Concert</div> <div>3:15 Conversation Cards</div> <div>4:00 Finishing the Lines</div> <div>5:30 True or False</div> <div>6:00 Movements Made Simple</div> <div>6:30 The Big Screen</div>	<div>11</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Hoop the Hoop Exercises</div> <div>1:30 The Chat Room</div> <div>2:00 Snack & Documentary</div> <div>3:00 Music and Motion</div> <div>3:30 What's Wrong with This?</div> <div>3:30 Think More Group/Art</div> <div>5:30 Short Stories</div> <div>6:00 Chair Exercises</div> <div>6:30 A Musical Delight</div>	<div>12</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Noodle Balloon Swat</div> <div>1:30 Fascinating Facts</div> <div>2:00 Snack and Lucy Episodes</div> <div>3:00 Indoor Garden Detective</div> <div>3:30 Bingo</div> <div>5:30 Word Puzzles</div> <div>6:00 Simple Stretches</div> <div>6:30 Movie Magic</div>	<div>13</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Fittersitters</div> <div>2:00 Baking Cookies and Music</div> <div>3:00 Winter Word Unscramble</div> <div>3:30 Simple Stretches</div> <div>4:00 Unscramble the Word</div> <div>5:30 Spelling Bee</div> <div>6:00 Movin' to the 80's</div> <div>6:30 Western Wednesday</div>	<div>14</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Paper Plate Dancercize</div> <div>1:30 Winter Trivia</div> <div>2:00 Snack and Music Concert</div> <div>3:00 Think More Group</div> <div>3:00 Sing Along with Suzie Q</div> <div>3:30 Bingo</div> <div>5:30 What Color Is It?</div> <div>6:00 Chair Exercises</div> <div>6:30 Thursday Cinematics</div>	<div>15</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Sit and Be Fit</div> <div>1:30 Name That Place/Thing</div> <div>2:00 Conversation Cards</div> <div>2:30 Noodle Balloon Swat</div> <div>3:00 Happy Hour and Travelogue</div> <div>4:00 Can You Picture This?</div> <div>5:30 Have you Ever ...?</div> <div>6:00 Simple Stretches</div> <div>6:30 Friday Flick Night</div>	<div>16</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Noodle Balloon Swat</div> <div>1:30 Old-Fashioned Oatmeal</div> <div>2:00 Snack and Lucy Episodes</div> <div>3:00 Resistance Band Exercise</div> <div>3:30 Bingo</div> <div>5:30 Guess the License Plate</div> <div>6:00 Music 'n Motion</div> <div>6:30 Movie Magic</div>
<div>17</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Music 'n Motion</div> <div>1:30 Missing Letters</div> <div>2:00 Snack & Pavarotti Concert</div> <div>3:15 A to Z Trivia</div> <div>3:45 Sing Along with Suzie Q</div> <div>5:30 Spelling Bee</div> <div>6:00 Senior Exercise</div> <div>6:30 Sunday Cinema</div>	<div>18 Martin Luther King Jr Day</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Sit and Be Fit</div> <div>1:30 Missing Letters</div> <div>2:00 Snack and Documentary</div> <div>3:00 Music, Memories,& Motion</div> <div>3:30 Common Factors</div> <div>3:30 Think More Group/Art</div> <div>5:30 Every Day Life Trivia</div> <div>6:00 Paper Plate Dancercize</div> <div>6:30 Musical Reminiscing</div>	<div>19</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Fit Xpress-Movement Made Simple</div> <div>1:30 Name That Place/Thing</div> <div>2:00 Snack and Music Concert</div> <div>3:00 Noodle Balloon Swat</div> <div>3:30 Bingo</div> <div>5:30 Storytime</div> <div>6:00 Music and Exercise</div> <div>6:30 Tuesday Cinematics</div>	<div>20</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Hoop the Hoop Exercises</div> <div>1:30 Word Pairs</div> <div>2:00 Snack and Documentary</div> <div>3:00 Finishing the Lines</div> <div>3:30 Sing Along with Suzie Q</div> <div>5:30 Categories</div> <div>6:00 Movements Made Simple</div> <div>6:30 The Wild West</div>	<div>21</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Music, Memories, & Motion</div> <div>1:30 Conversation Cards</div> <div>2:00 Snacks and Lucy Episodes</div> <div>3:00 The Chat Room</div> <div>3:00 Think More Group</div> <div>3:30 Bingo</div> <div>5:30 Fascinating Facts</div> <div>6:00 Simple Stretches</div> <div>6:30 Motion Pictures</div>	<div>22</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Fittersitters</div> <div>1:30 Does it Jive in the 1940's?</div> <div>2:00 Resistance Bands Exercise</div> <div>2:30 Word Puzzle on Board</div> <div>3:00 Happy Hour and Travelogue</div> <div>4:00 Twenty Questions</div> <div>5:30 Reminiscing Stories</div> <div>6:00 Chair Exercises</div> <div>6:30 The Silver Screen</div>	<div>23</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Chair Yoga</div> <div>1:30 Words Beginning with ...</div> <div>2:00 Snack and Music Concert</div> <div>3:00 Hoop the Hoop Exercises</div> <div>3:30 Bingo</div> <div>5:30 Mixed Up Ski Trip</div> <div>6:00 Fittersitters</div> <div>6:30 Featured Film</div>
<div>24/31</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Noodle Balloon Swat</div> <div>1:30 Missing Letters</div> <div>2:00 Snack and Music Concert</div> <div>3:15 The Chat Room</div> <div>3:45 Simple Stretches</div> <div>5:30 The Common Factor</div> <div>6:00 Chair Exercises</div> <div>6:30 Comedy Express</div>	<div>25</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Hoop the Hoop Exercises</div> <div>1:30 Pictionary</div> <div>2:00 Baking Cookies & Music</div> <div>3:00 Paper Plate Dancercize</div> <div>3:30 Table Topics</div> <div>3:30 Think More Group/Art</div> <div>5:30 Name 10</div> <div>6:00 Movin' to the 80's</div> <div>6:30 A Musical Favorite</div>	<div>26</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Resistance Band Exercise</div> <div>1:30 What's Wrong with This?</div> <div>2:00 Snack and Concert</div> <div>3:00 Music 'n Motion</div> <div>3:30 Bingo</div> <div>5:30 Categories</div> <div>6:00 Simple Stretches</div> <div>6:30 Featured Film</div>	<div>27</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Music, Memories, & Motion</div> <div>1:30 Sing Along with Suzie Q</div> <div>2:00 Snacks and Music Concert</div> <div>3:00 Photographic memory</div> <div>3:30 Sit and Be Fit</div> <div>4:00 Table Topics</div> <div>5:30 Opposites</div> <div>6:00 Paper Plate Dancercize</div> <div>6:30 Western Legends</div>	<div>28</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Paper Plate Dancercize</div> <div>1:30 Name That Place/Thing</div> <div>2:00 Snack and Music Concert</div> <div>3:00 Conversation Cards</div> <div>3:00 Think More Group</div> <div>3:30 Bingo</div> <div>5:30 Short Stories</div> <div>6:00 Movement Made Simple</div> <div>6:30 The Big Screen</div>	<div>29</div> <div>9:30-11:30 Morning Programs (10:00 Televised Mass)</div> <div>1:00 Music, Memories & Motion</div> <div>1:30 Words Beginning With...</div> <div>2:00 Getting Your Driver's License</div> <div>2:30 Senior Fitnessize</div> <div>3:00 Happy Hour and Travelogue</div> <div>4:00 Conversation Cards</div> <div>5:30 Would You Rather?</div> <div>6:00 Simple Stretches</div> <div>6:30 Footlights</div>	<div>30</div> <div>9:30-11:30 Morning Programs</div> <div>1:00 Paper Plate Dancercize</div> <div>1:30 Pictionary</div> <div>2:00 Snack and Lucy Episodes</div> <div>3:00 Noodle Balloon Swat</div> <div>3:30 Bingo</div> <div>5:30 Everyday Life Trivia</div> <div>6:00 Music, Memories, & Motion</div> <div>6:30 Movie Extravaganza</div>