

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**The Hearth at Southbury Keepsake Village
Activity Calendar 2021**

JANUARY



1
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Discussion: On New Years Resolutions
1:00 Sports: Ring Toss
2:00 ' JACK POT BINGO '
2:00 Art's and Craft's
3:00 Afternoon Social hour
4:00 Cognitive: Spaghetti Word
4:30 Sports Walking Club
6:00 Music : Name that tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: You Be the Judge ?

2
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Weight Training
11:15 Cognitive: Hang-man
1:00 Sports: Corn Hole
2:00 Cognitive: Crossword Puzzle
2:00 Travelogue: Europe
3:00 Afternoon Social Hour
4:00 Sports Walking Club
4:30 Music: Name that Sound
6:00 Exercise: Chair Yoga
6:30 Movie Night: Driving Miss Daisy
7:00 Snack & Refreshments
7:30 Cognitive: Finishing Lines

January
2021
HAPPY Birthday
DELORES DEE
01 /04



3
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Ribbon Dancing
11:15 Documentary: On Alaska
1:00 Sports: Bean Bag Toss
2:00 Movie Matinee: Breakfast at Tiffany's
3:00 Afternoon Social Hour
4:00 Cognitive: This and that trivia
4:30 Sports: Walking Club
6:00 Cognitive: Roll The Dice
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Game Shows on TV

4
9:00 ~ 10:00 Morning Stretching / New
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: General Tom Thumb
1:00 Sports: Horse Shoes
1:30 Keepsake Trippers
1:30 Everybody Loves Raymond
2:00 Music and Water Colors
3:00 Afternoon Social Hour
4:00 Cognitive: Spaghetti Words
4:30 Sports: Walking Club
6:00 Music: Sing-along
6:30 Exercise: Yoga
7:00 Snack & Refreshments
7:30 Reminiscing with Rita

5
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Resistive Bands
11:15 Cognitive: Millionaire Game
1:00 Sports: Darts
2:00 Dean Martin
2:00 Men's and Ladies Spa Day
3:00 Afternoon Social Hour
4:00 Cognitive: Book Club
4:30 Sports: Walking Club
6:00 MUSIC: Name That Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Finishing Lines

6
Epiphany
9:00 ~ 10:00 Morning Stretching / New
10:00 Catholic Mass on TV
11:00 Exercise: TIA CHI
11:15 Documentary On The Epiphany
1:00 Sports: Parachute Fun
2:00 Travelogue: Bethlehem
2:00 Men's Club Crafts
3:00 Afternoon Epiphany Cake Social
4:00 Cognitive: Think more
4:30 Sports: Walking Club
6:00 Exercise: Chair Yoga
6:30 Movie Night: Four Wedding and Funeral
7:00 Snacks and Refreshment
7:30 Cognitive: Keep Them Laughing

7
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Resistive Bands
11:15 Documentary: Funny Basketball
1:00 Sports: Basketball
1:30 Keepsake Trippers
1:30 Honeymooners
2:00 Cognitive: Basketball Trivia
3:00 Afternoon Social hour
4:00 Cognitive: Think more
4:30 Sports Walking Club
6:00 Cognitive: Picture This
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Cognitive: What Am I

8
Elvis Lives Day
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Documentary: On Elvis Presley
1:00 Sports: Table Ball
2:00 ' JACK POT BINGO '
2:00 Arts and Crafts
3:00 Afternoon Social hour
4:00 Cognitive: Spaghetti Word
4:30 Sports Walking Club
6:00 Music : Name that tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: 52 Weeks of Trivia

9
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: On Connecticut
1:00 Sports: Kick Ball
2:00 Arts and Crafts
2:00 Death Valley Day
3:00 Afternoon Social Hour
4:00 Sports Walking Club
4:30 Music: Name that Sound
6:00 Exercise: Chair Yoga
6:30 Movie night: The Note Book
7:00 Snack & Refreshments
7:30 Cognitive: Riddles and Jokes

10
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Documentary: ON George Forman
1:00 Sports: Ring Toss
2:00 Movie Matinee: My Fair Lady
3:00 Afternoon Social Hour
4:00 Cognitive: This and that Trivia
4:30 Sports: Walking Club
6:00 Cognitive: Picture This
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Game Shows on TV

11
9:00 ~ 10:00 Morning Stretching / New
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: On Morse Code
1:00 Sports: Circle Soccer
1:30 Keepsake Trippers
1:30 Travelogue: Grand Canyon
2:00 Cognitive: Puzzles and Games
3:00 Afternoon Social Hour
4:00 Cognitive: Spaghetti Words
4:30 Sports: Walking Club
6:00 Music: Rhythm Sticks
6:30 Exercise: Chair Yoga
7:00 Snack & Refreshments
7:30 Reminiscing with Rita

12
9:00 ~ 10:00 Morning Stretching / New
10:00 Catholic Mass on TV
11:00 Exercise: Weight Training
11:15 Cognitive: Hang-man
1:00 Sports: Horse Shoes
2:00 Andy Griffith show
2:00 Men's and Ladies Spa Day
3:00 Afternoon Social Hour
4:00 Cognitive: Book Club
4:30 Sports: Walking Club
6:00 Music: Name that Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Tuesday Night Trivia

13
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: TIA CHI
11:15 Documentary: On Johnny Cash
1:00 Sports: Basketball
2:00 Bonanza
2:00 Men's Club Cards and Games
3:00 Afternoon Social Hour
4:00 Cognitive: Finishing Lines
4:30 Sports: Walking Club
6:00 Exercise: Chair Yoga
6:30 Movie Night: Walk The Line
7:00 Snack & Refreshments
7:30 Cognitive : You be the Judge

14
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Weight Training
11:15 Documentary: On Pez
1:00 Sports: Corn Hole
1:30 Keepsake Trippers
1:30 Superman
2:00 Cognitive: Book Club
3:00 Afternoon Social hour
4:00 Cognitive: Think more
4:30 Sports Walking Club
6:00 Music: Rhythm Sticks
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Cognitive: That's Right that's Wrong

15
9:00~ 10:00 Morning Stretching /News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Documentary: On Martin Luther King Jr.
1:00 Sports: Table Ball
2:00 ' JACK POT BINGO '
2:00 Arts and Crafts
3:00 Afternoon Social hour
4:00 Cognitive: Spaghetti Word
4:30 Sports Walking Club
6:00 Music : Name that tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Name Five and Ten

16
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Cognitive: Hang-man
1:00 Sports: Parachute Fun
2:00 Cognitive: Crossword Puzzle
2:00 W.C. Fields
3:00 Afternoon Social Hour
4:00 Sports Walking Club
4:30 Music: Name that Sound
6:00 Exercise: Chair Yoga
6:30 Movie night: Hitch
7:00 Snack & Refreshments
7:30 Cognitive: What Am I

17
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Ribbon Dancing
11:15 Documentary: On Snowflakes
1:00 Sports: Chair Hockey
2:00 Sunday Matinee: Funny Face
2:00 Snowflake Craft
3:00 Afternoon Coffee Social
4:00 Cognitive: Name the States
4:30 Sports: Walking Club
6:00 Cognitive: Everyday Trivia
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Game Shows on TV

18
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Cognitive: Martin Luther King Jr. I Have A Dream Speech
1:00 Sports: Volley Ball
1:30 Keepsake Trippers
1:30 Everybody Loves Raymond
2:00 Puzzles and Games
3:00 Afternoon Social Hour
4:00 Cognitive: Spaghetti Words
4:30 Sports: Walking Club
6:00 Music: Sing-along
6:30 Exercise: Chair Yoga
7:00 Snack & Refreshments
7:30 Reminiscing with Rita

19
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Resistive Bands
11:15 Documentary: On Coffee
1:00 Sports: Corn Hole
2:00 Men's and Ladies Spa Day
2:00 I Love Lucy
3:00 Afternoon Coffee Social
4:00 Cognitive: Book Club
4:30 Sports: Walking Club
6:00 Music: Name that Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Finishing Lines

20
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: TIA CHI
11:15 Documentary: On PENQUINS
1:00 Sports: Bean Bag Toss
2:00 Travelogue: On Canada
2:00 Men's Club Board games
3:00 Afternoon Social Hour
4:00 Cognitive: Picture This
4:30 Sports: Walking Club
6:00 Exercise: Chair Yoga
6:30 Movie Night: Mr. Popper's PENQUINS
7:00 Snack & Refreshments
7:30 Cognitive: Keep Them Laughing

21
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Resistive Bands
11:15 Cognitive: The Year Was 1940
1:00 Sports: Ring Toss
1:30 The Carol Burnette Show
1:30 Keepsake Trippers
2:00 Cognitive: Game Time
3:00 Afternoon Social Hour
4:00 Cognitive: Think more
4:30 Sports: Walking Club
6:00 Music: Sing- along
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Wheel of fortune

22
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Cognitive: Millionaire Game
1:00 Sports: Table Ball
2:00 ' JACK POT BINGO '
2:00 Arts and Crafts
3:00 Afternoon Social Hour
4:00 Cognitive: Spaghetti Word
4:30 Sports Walking Club
6:00 Music: Name That Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Who Am I

23
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: On Casablanca
1:00 Sports: Kick Ball
2:00 Cognitive: Crossword Puzzle
2:00 Dean Martin
3:00 Afternoon Social Hour
4:00 Sports Walking Club
4:30 Music: Name that Sound
6:00 Exercise: Chair Yoga
6:30 Movie night: Casablanca
7:00 Snack & Refreshments
7:30 Cognitive: What Would You Do

24 / 31
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Cognitive: Hang-man
1:00 Sports: Darts
2:00 Travelogue: National Parks
2:00 Arts and Crafts
3:00 Afternoon Social Hour
4:00 Cognitive: Simon Says
4:30 Sports: Walking Club
6:00 Cognitive: Picture This
6:30 Exercise: Evening Stretching
7:00 Snack & Refreshments
7:30 Game Shows on TV

25
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: On Marshmallows
1:00 Sports: Chair Hockey
1:30 Keepsake Trippers
1:30 Journey of a Lifetime
2:00 Games: Bottoms up
3:00 Hot Chocolate & Marshmallows
4:00 Cognitive: Spaghetti Words
4:30 Sports: Walking Club
6:00 Music: Rhythm Sticks
6:30 Exercise: Chair Yoga
7:00 Snack & Refreshments
7:30 Reminiscing with Rita

26
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Weight Training
11:15 Cognitive: Millionaire Game
1:00 Sports: Balloon Volley
2:00 The Lone Ranger
2:00 Men's and Ladies Spa Day
3:00 Afternoon Social Hour
4:00 Cognitive: Book Club
4:30 Sports: Walking Club
6:00 Music: Name that Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Person, place or thing

27
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: TIA CHI
11:15 Documentary: Wintertime Activities
1:00 Sports: Basketball
2:00 Men's Club Activity
2:00 Travelogue: Switzerland
3:00 Tea and Coffee Social
4:00 Cognitive: Think more
4:30 Sports: Walking Club
6:00 Exercise: Light Stretching
6:30 Movie Night: Happy Feet
7:00 Snack & Refreshments
7:30 Cognitive: Name Five or Ten

28
9:00 ~ 10:00 Morning Stretching / New
10:00 Catholic Mass on TV
11:00 Exercise: Weight Training
11:15 Documentary: On Sundance Day
1:00 Sports: Bocce Ball
1:30 Keepsake Trippers
2:00 Wagon Train
2:00 Cognitive: Game Time
3:00 Afternoon Social Hour
4:00 Cognitive: Think more
4:30 Sports Walking Club
6:00 Music: Rhythm Sticks
7:00 Snack & Refreshments
7:30 Cognitive: What AM I

29
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Chair Zumba
11:15 Documentary: On Sunflower State
1:00 Sports: Table Ball
2:00 ' JACK POT BINGO '
2:00 Arts and Crafts
3:00 Monthly Birthday Party
4:00 Cognitive: Spaghetti Words
6:00 Music: Name That Tune
6:30 Exercise: Light Stretching
7:00 Snack & Refreshments
7:30 Cognitive: Riddles and Jokes

30
9:00 ~ 10:00 Morning Stretching / News
10:00 Catholic Mass on TV
11:00 Exercise: Noodle Workout
11:15 Documentary: On Zane Grey
1:00 Sports: Bean Bag Toss
2:00 Downton Abbey
2:00 Cognitive: Puzzles and Game Time
3:00 Afternoon Social Hour
4:00 Cognitive: Western Trivia
4:30 Sports: Walking Club
6:00 Exercise: Chair Yoga
6:30 Movie Night: Mc LINTOCK!
7:00 Snack & Refreshments
7:30 Cognitive: That's Right that's Wrong

