







Friday Sunday Monday Tuesday Wednesday Thursday **Saturday** February The Hearth at Gardenside - Keepsake Village 2 Groundhog Day **World Cancer Day Wear Red Day** 9:30-11:30 Morning Programs 1:00 Hoop the Hoop Exercises 1:00 Senior Fitnessize 1:00 Music, Memories & Motion 1:00 Paper Plate Dancercise (10:00 Televised Mass) 1:00 Noodle Balloon Swat 1:30 Groundhog Word Puzzle 1:30 Sing Along with Suzie Q 1:30 Name That Place/Thing 1:30 Name that Romance Movie Simple Stretches 1:30 Pictionary 2:00 Snack and Lucy Episodes 2:00 Snack and Concert 2:00 Snack and Music Concert 2:00 Snack and Documentary 1:30 Susie Q Move and Groove 2:00 Baking Cookies & Music 3:00 Music 'n Motion 3:00 Feed the Birds Day 3:00 Conversation Cards 3:00 Paper Plate Dancercise 3:00 Paper Plate Dancercize 2:00 Jeopardy Trivia 3:30 Bingo 3:30 Sit and Be Fit 3:00 Think More Group 2:30 Shake Loose a Memory 3:30 Bingo 3:30 Table Topics facebook 5:30 Categories 4:15 Table Topics 3:30 Bingo 5:30 Everyday Life Trivia 3:30 Think More Group/Art 3:00 Happy Hour and Travelogue 6:00 Simple Stretches 5:30 Short Stories 4:00 EZ Does it Trivia 5:30 Name 10 5:30 Opposites 6:00 Chair Yoga 6:00 Movements Made Simple 5:30 Word Unscramble 6:30 Featured Film 6:00 Paper Plate Dancercise 6:30 Motion Pictures 6:00 Movin' to the 80's www.facebook.com/the Hearth/ 6:30 The Big Screen 6:30 Western Legends 6:00 Chair Exercises 6:30 A Musical Favorite 6:30 Movie Extravaganza 10 11 Super Bowl Sunday Happy Birthday John **12** Chinese New Year Begins 9:30-11:30 Morning Programs (10:00 Televised Mass) 1:00 Susie Q Move and Groove 1:00 Senior Fitnessize 1:00 Sit and Be Fit 1:00 Hoop the Hoop Exercises 1:30 Can You Picture This? 1:00 Senior Fitnessize (10:00 Televised Mass) 1:00 Music, Memories & Motion 1:30 Have you Ever . . .? 1:30 Which Word Doesn't Belong? 1:30 Missing Letters 1:30 Pictionary 1:00 Music, Memories & Motion 1:30 Finishing the Lines 2:00 Snack and Concert 2:00 Snack and Documentary 2:00 Snack and Lucy Episodes 2:00 Ice Cream Social & Concert 1:30 History of Valentine's Day 2:00 Snack and Music Concert 3:00 Music 'n Motion 3:00 Exercise with Sponges 3:00 Music 'n Motion 2:00 Snack and Sinatra Concer 3:00 Sing Along with Suzie Q 2:00 Hoop the Hoop Exercise 2:30 Venice Valentine 3:00 Noodle Balloon Swat 3:15 Fill in the Missing Letters 3:30 Bingo 3:00 Think More Group 3:30 Bingo 3:30 Shake Loose a Memory 3:30 Music, Memories & Motion 5:30 Finish the Song Lyrics 4:00 Art Studio Detective 3:30 Bingo 5:30 Valentine's Day Jumble 4:00 The Chat Room 3:00 Happy Hour and Travelogue 3:30 Think More Group/Art 5:30 The Common Factor 6:00 Chair Exercises 5:30 Compound words 6:00 Fittersitters 5:30 Word Pairs 5:30 Mining for Words 4:00 Short Stories 6:00 Sit and Stretch 6:30 Movie Bill Board 6:30 The Silver Screen 6:00 Simple Stretches 6:00 Movements Made Simple 6:30 The Silver Screen 6:00 Movin' to the 80's 5:30 Spelling Bee 6:30 Sunday Fun Day Cinema 6:30 Wild Westerns 6:30 Monday Musical 6:00 Exercise to the 60's 6:30 Cinema Night 14 Valentine's Day 🚕 15 Presidents' Day Mardi Gras 17 18 19 9:30-11:30 Morning Programs (10:00 Televised Mass) 9:30-11:30 Morning Programs 1:00 Hoop the Hoop Exercises 1:00 Fittersitters 1:00 Paper Plate Dancercise (10:00 Televised Mass) 1:00 Noodle Balloon Swat 1:00 Noodle Balloon Swat 1:00 Sit and Be Fit 1:30 The Chat Room 1:30 Winter Trivia 2:00 Baking Cookies and Music 1:30 Pictionary **Noodle Balloon Swat** 1:30 Fascinating Facts 2:00 Snack & Documentary 3:00 Notable Women Trivia 1:30 Name That Place/Thing 2:00 Snack and Music Concert 1:30 Valentine's Day Detective 2:00 Snack and Lucy Episodes 2:00 Snack and Lucy Episode 3:00 Mardi Gras Detective 2:00 Conversation Cards 3:00 Music and Motion 3:30 Simple Stretches 3:00 Think More Group 3:00 Resistance Band Exercise 3:00 Sing Along with Suzie Q 3:30 Presidents' Day Puzzle 4:00 Unscramble the Word 2:30 Noodle Balloon Swat 3:15 Conversation Cards 3:30 Bingo 3:30 Bingo 5:30 Name 10 3:00 Happy Hour and Travelogue 5:30 Spelling Bee 3:30 Think More Group/Art 4:00 Love is in the Air Trivia 5:30 Word Puzzles 5:30 Word Pairs 4:00 Can You Picture This? 5:30 Short Stories 6:00 Movin' to the 80's 5:30 Valentine's Day Story 6:00 Simple Stretches 6:00 Music 'n Motion 6:30 Western Wednesday 5:30 Have you Ever . . .? 6:00 Chair Exercises 6:00 Chair Exercises 6:00 Movements Made Simple 6:30 Movie Magic 6:30 Movie Magic 6:30 A Musical Delight 6:30 Thursday Cinematics 6:30 The Big Screen 6:30 Friday Flick Night 22 23 24 26 Happy Birthday Anne 25 11:30 Morning Frog. ... (10:00 Televised Mass) 9:30-11:30 Morning Programs 1:00 Chair Yoga 1:00 Susie Q Move and Groove 1:00 Sit and Be Fit 1:00 Hoop the Hoop Exercises 1:00 Music, Memories & Motion (10:00 Televised Mass) 1:30 Name That Place/Thing 2:00 Snack and Documentary 1:30 Missing Letters 1:30 Words Beginning with . . . 1:30 Word Pairs 3:00 Music, Memories & Motion 2:00 Snack and Documentary 2:00 Snacks and Lucy Episodes 2:00 Snack and Music Concert 2:00 Snack and Music Concert 1:30 Sing Along with Susie Q 1:30 Missing Letters 3:00 The Chat Room 3:30 Common Factors 3:00 Noodle Balloon Swat 3:00 Finishing the Lines 3:00 Hoop the Hoop Exercises 2:00 2:00 Senior Fitnessize Snack & Pavarotti Concer 3:30 Think More Group/Art 3:30 Bingo 3:00 Think More Group 3:30 Bingo 3:30 Sing Along with Suzie Q 3:15 A to Z Trivia 5:30 Storytime 2:30 Word Puzzle on Board 5:30 Every Day Life Trivia 3:30 Bingo 5:30 Unscramble 3:45 Sing Along with Susie Q 3:00 Happy Hour and Travelogue 4:00 Every Day Trivia 5:30 Categories 6:00 Music and Exercise 5:30 Fascinating Facts 5:30 Spelling Bee 6:00 Paper Plate Dancercise 6:00 Movements Made Simple 6:00 Fittersitters 6:30 Musical Reminiscing SOUT 6:30 Tuesday Cinematics 6:30 The Wild West 6:00 Simple Stretches 6:30 Featured Film 6:00 Senior Exercise 5:30 Reminiscing Stories 6:30 Motion Pictures 6:30 Sunday Cinema 6:00 Chair Exercises SILVER 6:30 The Silver Screen



9:30-11:30 Morning Programs

2:00 Snack and Music Concert 3:15 The Chat Room 3:45 Simple Stretches

1:00 Noodle Balloon Swat

5:30 The Common Factor

6:00 Chair Exercises

6:30 Comedy Express

1:30 Missing Letters

(10:00 Televised Mass)

Sunday, Monday, Tuesday, Wednesday, Thursday, and Saturday 2:00 pm and 7:00 pm

Friday - 3:00 pm and 7 pm

Activity Calendar is Subject to change

ACTIVITIES COORDINATOR Robin Sellati

ACTIVITIES ASSISTANTS Emily, Jayla, Mara, Clive, Shirley, Teryn, Tulie and Zenia

> **VAN DRIVER** Robert Hohman







