

The Hearth at Hendersonville
 419 East Main St
 Hendersonville, TN 37075

Special Days in September
 September is Newspaper Month
 Labor Day—9/6
 International Chocolate Day—9/13
 Oktoberfest Begins—9/22-10/7

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

September 2021

Keepsake Village Activities



KSV Activity Director
 Heather Allen

KSV Activity Staff
 Destiny Tinker
 Kaila Johnson
 Barbara Lewis
 Ann Marie Worthington

Morning Activities

9:00 Morning Video
 9:15 Daily Devotional
 9:30 Daily Chronicle
 9:45 Active Brain Trivia
 10:00 Snack and Chat
 10:30 Morning Exercise
 11:00 Lunch

Afternoon Activities

4:30 Dinner
 5:00 Meditation/Relaxation
 5:30 Games
 6:00 Evening Stretching
 6:30 Calming Story
 7:00 Snack and Chat
 7:30 Relaxation Video

1
 12:00 Music & Meditation
 12:15 Afternoon Stretching
 1:00 **Fact or False**
 1:30 What Am I? Game
 2:00 Snack and Chat
 3:00 Bingo
 3:30 Balloon Volley

2.
 12:00 **Meditation**
 12:30 **Sit and Stretch**
 1:00 **Ice cream Social**
 1:30 **Name that Tune**

3 **College Color Day**
 12:00 Music & Meditation
 12:15 Scarf Dancing
 1:00 Hand Massages
 1:30 Bowling
 2:00 **Kitchen Kraft**
 3:00 Snack and Chat
 3:30 Think More

4
 12:00 Music & Meditation
 12:15 Saturday Stretching
 1:00 Pictionary
 1:30 Magnetic Darts
 2:00 Bing Crosby Video
 3:00 Snack and Chat
 3:30 Sing Along



5
 12:00 Music & Meditation
 12:15 Active Exercise
 1:00 Sing Along
 1:30 Mr. Donut Washer Toss
 2:00 Reminiscing Game
 2:30 Balloon Volleyball
 3:00 Snack and Chat
 3:30 Memory Streets Trivia

6
 12:00 Music & Meditation
 12:15 Afternoon Exercise
 1:00 Ribbon Dancing
 1:30 Tabletop Bowling
 2:00 Social time with Friends
 2:30 Exercise Time
 3:00 Apple Tree Reminiscing
 Happy Birthday Dylan

7
 9:30 **Scenic Bus Ride**
 12:00 Music & Meditation
 12:30 Mr. Donut Washer Toss
 1:00 **Ray Newman Sings**
 2:00 Snack and Chat
 2:30 Family Feud
 3:30 Finish the Phrase

8 **Happy Birthday Helen**
 12:00 Music & Meditation
 12:15 Afternoon Stretching
 1:30 Basketball
 2:00 **Travis Wetzel sings**
 3:00 Snack and Chat
 3:30 Think More
 Happy Birthday Sheri

9. **Happy Birthday Bobbie**
 12:00 Music & Meditation
 12:15 Move More
 1:00 Music and Coloring
 2:00 **Ice Cream Outing/Social**
 2:30 Chocolate Trivia
 3:00 Weird Facts of the day
 3:30 Spa Time

10
 12:00 Music & Meditation
 12:15 Scarf Dancing
 1:30 Exercise with Heather
 2:00 **Snack and Chat**
 3:00 Hi or Low
 3:30 Senior sing along
 3:30 Memory Streets

11
 12:00 Music & Meditation
 12:15 Saturday Stretching
 1:00 Pictionary
 1:30 Basketball
 2:00 The Andy Griffith Show
 3:00 Snack and Chat
 3:30 Sing Along



12
 10:00 TV Sermon
 12:00 Music & Meditation
 12:15 Active Exercise
 1:00 Sing Along
 1:30 Balloon Volleyball
 2:00 Reminiscing Game
 2:30 Mr. Donut Washer Toss
 3:00 Snack and Chat
 3:30 Memory Streets Trivia

13 **Happy Birthday Juanita S.**
Rockin the 50's
 12:00 Music & Meditation
 12:15 Afternoon Exercise
 1:00 Tabletop Bowling
 1:30 Magnetic Darts
 2:00 **Rock and Roll Ice cream Party**
 3:00 Family Feud
 3:30 **Bingo**

14 **Cowboy Day**
 9:30 **Scenic Bus Ride**
 12:00 Music & Meditation
 12:15 Move More
 1:00 **Ray Newman Sings**
 2:00 Snack and chat
 3:00 Jigsaw Puzzles & Music
 3:30 Name 5 you love

15 **Crazy Hat Day**
 12:00 Music & Meditation
 12:15 Afternoon Stretching
 1:00 **Bing Cosby Sing along**
 1:30 What Am I? Game
 2:00 Ring Toss
 2:30 Finish the Phrase
 3:00 Snack and Chat
 3:30 Think More

16 **Hawaiian Day**
 12:00 Music & Meditation
 12:15 Move More
 1:00 Hawaiian Party
 2:00 Bingo
 2:30 Spa Time
 3:00 Ring Toss
 3:30 **Trivia**

17 **Sports Day**
 12:00 Music & Meditation
 12:15 Scarf Dancing
 1:00 Hand Massages
 1:30 Basketball
 2:00 Snack and Chat
 3:00 Senior Sing along
 3:30 Think More

18
 12:00 Music & Meditation
 12:15 Saturday Stretching
 1:00 Autumn Trivia
 1:30 Magnetic Darts
 2:00 Bing Crosby Video
 3:00 Snack and Chat
 3:30 Sing Along



19
 10:00 TV Sermon
 12:00 Music & Meditation
 12:15 Active Exercise
 1:00 Sing Along
 1:30 Balloon Volleyball
 2:00 Reminiscing Game
 2:30 Mr. Donut Washer Toss
 3:00
 3:30 Memory Streets Trivia

20
 12:00 Music & Meditation
 12:15 Afternoon Exercise
 1:00 Brainstorm Board
 1:30 Tabletop Bowling
 2:00 **Snack and Chat**
 2:30 Exercise Time
 3:00 **Bingo**

21
 9:30 **Scenic Bus Ride**
 12:00 Music & Meditation
 12:30 Move More
 1:00 **Ray Newman Sings**
 2:00 Snack and Chat
 3:00 Jigsaw Puzzle & Music
 3:30 Finish the Phrase

22
 12:00 Music & Meditation
 12:15 Afternoon Stretching
 1:00
 1:30 Basketball
 3:00 Snack and Chat
 3:30 Think More

23
 12:00 Music & Meditation
 12:15 Move More
 1:00 Music and Watercolor
 2:00 **Ice Cream Outing/Social**
 2:30 Apple Picking Memories
 3:00 Spa Time
 3:30 Bingo

24
 12:00 Music & Meditation
 12:15 Scarf Dancing
 1:00 Hand Massages
 1:30 Beanbag Toss
 2:00 **Playing Pool (BR)**
 2:30 Exercise with Caitlin
 3:00 Snack and Chat
 3:30 Think More

25
 12:00 Music & Meditation
 12:15 Saturday Stretching
 1:00 Pictionary
 1:30 Basketball
 2:00 The Andy Griffith Show
 3:00 Snack and Chat
 3:30 Sing Along



26
 10:00 TV Sermon
 12:00 Music & Meditation
 12:15 Active Exercise
 1:00 Sing Along
 2:00 Reminiscing Game
 2:30 Mr. Donut Washer Toss
 3:00 Snack and Chat
 3:30 Memory Streets Trivia

27
 12:00 Music & Meditation
 12:15 Afternoon Exercise
 1:00 Brainstorm Board
 1:30 Tabletop Bowling
 2:00 **2-4 Hymm Sings**
 3:00 Snack and Chat
 3:30 **Fall Wreath Craft**

28
 9:30 **Scenic Bus Ride**
 12:00 Music & Meditation
 12:15 Move More
 1:00 **Ray Newman Sings**
 2:00 Snack and Chat
 3:00 Coloring and games
 3:30 Finish the Phrase

29
 12:00 Music & Meditation
 12:15 Afternoon Stretching
 1:00 The Lawrence Welk show
 1:30 Basketball
 2:00 Snack and Chat
 2:30 Ring Toss
 3:00 Snack and Chat
 3:30 Think More

30
 12:15 Move More
 1:00 Music and Watercolor
 2:00 **Ice Cream Social**
 2:30 Ring Toss
 3:00 Spa Time
 3:30 Beach Ball Conversa-
 tion

September Birthdays
 Helen Benjamin—9/8
 Bobbie Barbee—9/9
 Juanita Shank—9/13
September Events
 National Assisted
 Living Week—9/12—9/18
 First Day of Fall—9/22



FIRST DAY of autumn