



**The Hearth at Hendersonville**  
419 E Main St, Hendersonville,  
TN 37075  
(615) 348-1970  
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**Daily Snack and Hydration at**  
10:00am, 2:00pm & 7:00pm  
**Meals: 7:30am, 11am, 4:30pm**  
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**Beauty Salon Hours:**  
Wed 9:00-2:30pm  
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**This month is**  
**Breast Cancer Awareness Month**  
**Physical Therapy Month**  
**Emotional Wellness Month**  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>October 2021</h1><h2>The Hearth at Hendersonville</h2></div>						
3 Mouseketeers Day 10:00 TV Sermon 12:00 Music and Meditation 12:15 Chair Zumba 1:00 Picture this discussion 1:30 In Shape Seniors 2:30 Bingo 3:30 Trivia  <b>Happy Birthday Abigail</b>	4 12:00 Afternoon Duties 12:30 Sit and Stretch 1:00 KSV Creations/Pumpkin Pie 1:30 Taste of KSV 2:00 Recipes and Reminisce 2:30 Move More: Yoga 3:00 Hang Man 3:30 Balloon Volley	5 12:00 Movin' Music 12:30 Ring Toss 1:00 <b>Ray Newman Sings</b>  2:00 Snack time 2:30 What's in the bag 3:00 Jokes and Riddles 3:30 Trip down memory lane	6 12:00 Afternoon Duties 12:30 Rockin to the Oldies 1:00 Mid Week Halloween Matinee 2:30 <b>Bowling with pumpkins</b> 3:00 Sit and Stretch 3:30 Table games	7 12:00 Movin' Music 12:30 Scarf Dancing 1:00 <b>Special Music by Rick</b> 2:30 Ice Cream Social 3:00 Move More/ Fishing 3:30 Spa Day	8 <b>Nuts about Squirrels Day</b> 12:00 Games and Puzzle time 12:30 Bean Bag Toss 1:00 Chair Zumba 1:30 Memory Streets 2:30 <b>Fit and Fabulous</b> 3:00 <b>Coffee, cookies and conversation</b> 3:30 GUESS WHO	9 <b>Happy Birthday Richard</b> 12:00 Movin' Music 12:30 Jumbo Game 1:00 BINGO 1:30 Noodle Exercise 2:30 Memory Streets Trivia 3:00 Volley the Clock! 3:30 Wood Block Painting
10 10:00 TV Sermon 12:00 Music and Meditation 12:15 Chair Zumba 1:00 Picture this discussion 1:30 In Shape Seniors 2:30 Bingo 3:30 Trivia  <b>Happy Birthday Ann Marie</b>	11 <b>Columbus Day</b> 12:00 Afternoon Duties 12:30 Sit and Stretch 1:00 Family Feud 1:30 Fact or Fiction 2:00 Bowling 2:30 Move More: Yoga 3:00 Hang Man 3:30 Balloon Volley	12 <b>Happy Birthday Collins</b> 12:00 Movin' Music  12:30 Bean bag toss 1:00 <b>RAY NEWMAN SINGS</b> 2:00 Social time 2:30 What's in the bag? 3:00 Jokes and Riddles 3:30 Trip down memory lane 	13 <b>Navy's Birthday</b> 12:00 Afternoon Duties 12:30 Rockin to the Oldies 1:00 Mid Week Matinee 2:30 Corn hole 3:00 Sit and Stretch 3:30 Table games 	14 <b>A Hoot of a Day</b> 12:00 Movin' Music 12:30 Scarf Dancing 1:00 Facts about Owls 1:30 Ice Cream Social 2:30 This Goes with That 3:00 Move More 3:30 Spa Day 	15 <b>Happy Boss's Day</b> 12:00 Music and Meditation 12:30 Brain Game 1:00 Chair Zumba 1:30 Food for Thought 2:30 <b>Fit and Fabulous</b> 3:30 GUESS WHO	16 12:00 Movin' Music 12:30 Jumbo Game 1:00 2:30 Memory Streets Trivia 3:00 Volley the Clock! 3:30 Adult Coloring Page
17 <b>Evel Knievel Day</b> 10:00 TV Sermon 12:00 Music and Meditation 12:15 Chair Zumba 1:00 Evel Knievel Documentary 1:30 In Shape Seniors 2:30 Bingo 3:30 Trivia 	18 12:00 Afternoon Duties 12:30 Sit and Stretch 1:00 KSV Creations/ Pumpkin Bread 1:30 Taste of KSV 2:00 Recipes and Reminisce 2:30 Move More: Yoga 3:00 Hang Man 3:30 Balloon Volley 	19 10:00 <b>Pumpkin Patch Field Trip</b> 12:00 Movin' Music  12:30 Bean bag toss 1:00 <b>RAY NEWMAN SINGS</b> 2:00 Social time 2:30 Balloon Volley 3:00 Jokes and Riddles 3:30 Trip down memory lane	20 12:00 Afternoon Duties 12:30 Rockin to the Oldies 1:00 Cake and Ice Cream Party 2:30 Corn hole  3:00 Sit and Stretch 3:30 Table games  <b>OCTOBER BIRHTDAY PARTY</b>	21 <b>Happy Birthday Carl</b> 12:00 Movin' Music 12:30 Scarf Dancing 1:00 <b>Special Music by Rick</b> 2:30 Ice Cream Social 3:00 Move More 3:30 Spa Day	22 12:00 Music and Meditation 12:30 Brain Game 1:30 <b>Coffee, Cookies and Conversation</b> 2:30 <b>Exercise with Noodles</b> 3:00 Bingo 3:30 GUESS WHO	23 <b>Wear Pink Day</b> 12:00 Movin' Music 12:30 Jumbo Game 1:00 BINGO 1:30 Noodle Exercise 2:30 Memory Streets Trivia 3:00 Volley the Clock! 3:30 Spooktacular Craft!
24 10:00 TV Sermon 12:00 Music and Meditation 12:15 Chair Zumba 1:00 Picture this discussion 1:30 In Shape Seniors 2:30 Bingo 3:30 Trivia	25 12:00 Afternoon Duties 12:30 Sit and Stretch 1:00 KSV Creations/ Cinnamon Croissants 1:30 Taste of KSV 2:00 Recipes and Reminisce 2:30 Move More: Yoga 3:00 Hang Man 3:30 Balloon Volley  <b>Happy Birthday Liz</b>	26 <b>National Pumpkin Day</b> 9:30 <b>Scenic Bus ride</b> 12:00 Pumpkin Decoration 12:30 Bean bag toss 1:00 <b>RAY NEWMAN SINGS</b>  2:00 Social time 2:30 What's in the bag? 3:00 Jokes and Riddles 3:30 Trip down memory lane 	27 <b>Senior Health Fitness Day</b> 12:00 Afternoon Duties 12:30 Rockin to the Oldies 1:00 Mid Week Matinee 2:30 Corn hole 3:00 Sit and Stretch 3:30 Table games	28 12:00 Movin' Music 12:30 Scarf Dancing 1:00 Active Trivia 1:30 Ice Cream Social 2:30 This Goes with That 3:00 Move More 3:30 Spa Day   <b>Happy Birthday Ashley Long</b>	29 12:00 Music and Meditation 12:30 Brain Game 1:00 Costume contest 1:30 Halloween Parade 2:00 Boo-licious party 3:30 Bingo  <b>Happy Birthday Amanda McRoberts</b> 	30 12:00 Movin' Music 12:30 Jumbo Game 1:00 BINGO 1:30 Noodle Exercise 2:30 Memory Streets Trivia 3:00 Pumpkin Bowling 3:30 Pumpkin Craft
31 <b>Happy Halloween</b> 12:00 Rockin to the Oldies 12:30 Move more: Yoga 1:00 Sunday Afternoon Matinee 2:30 Bingo 3:00 Noodle Ball	<u>KSV Activity Director</u> Heather Allen <u>KSV Activity Staff</u> Destiny Tinker Kaila Johnson Barbara Lewis Ann Marie Worthington Jessica Johnson	All activities are held in the KSV Activity Room unless otherwise indicated. <b>**Activities are subject to change</b>	<u>Morning Activities</u> 9:00 Morning activities 9:15 Daily devotional 9:30 Daily chronicle 10:00 Snack/Chat 10:30 Morning exercise 10:45 Daily Gratitude 11:00 LUNCH	<u>Afternoon Activities</u> 4:30 DINNER 5:00 Games 6:00 Sit and Stretch 6:30 Tv show of Choice 7:00 Snack and Chat 7:30 Nighttime Stretch	 <h2>Happy Birthday!</h2> <p><b>Richard- 10/09</b> <b>Collins-10/12</b> <b>Carl 10/21</b></p> 	