

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



# November 2021



**Special Days in November**  
Roy Rogers Birthday—11/5  
Veterans Day—11/11  
Thanksgiving Day—11/25

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|--|---|--|---|--|
| <p><u>KSV Activity Director</u><br/>Heather Allen<br/><u>KSV Activity Staff</u><br/>Catherine Riddell<br/>Barbara Lewis<br/>Ann Marie Worthington<br/>Jessica Johnson</p>  | <p><b>1</b><br/>9:00 Morning Activities<br/>12:00 Meditation<br/>12:30 Basketball<br/>1:00 Short Story Corner<br/>1:30 Ring Toss<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Dick Van Dyke show</p>                       | <p><b>2</b><br/>9:30 <b>Fall Scenic Bus ride</b><br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>12:30 Trivia<br/>1:00 <b>Ray Newman Sings</b><br/>2:00 <b>Snack and Chat</b><br/>2:30 Parachute game<br/>3:00 Puzzle Time</p>  | <p><b>3</b><br/>10:00 <b>Bill Sleeter Sings</b><br/>12:00 Meditation<br/>12:30 Afternoon Stretching<br/>1:00 Music Trivia<br/>1:30 Fun Facts<br/>2:00 <b>Snack</b><br/>2:30 Ring Toss<br/>3:00 Trivia</p>   | <p><b>4</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>1:00 <b>Ice Cream Social</b><br/>1:30 Alphabetics Trivia<br/>2:00 <b>Snack time</b><br/>2:30 Fall Facts<br/>3:00 Spa day<br/>3:30 Trivia</p>                            | <p><b>5</b> <b>Bee Kind Day</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Scarf Dancing<br/>1:00 <b>KSV creation: peanut butter honey sandwiches</b><br/>2:00 <b>Snack</b><br/>2:30 <b>Exercise</b><br/>3:00 Washer Toss<br/>3:30 Think More</p> | <p><b>6</b><br/>10:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Saturday Stretching<br/>1:00 Bingo<br/>2:00 Magnetic Darts<br/>2:30 Memory Streets Trivia<br/>3:00 Snack and Chat<br/>3:30 The Lawrence Welk Show</p>                    |
| <p><b>7</b> <b>Happy Birthday Jane</b><br/>10:00 Morning Activities<br/>10:00 Gospel Hymns<br/>12:00 Music &amp; Meditation<br/>12:15 Active Exercise<br/>1:00 Picture This Discussion<br/>2:00 Balloon Volleyball<br/>2:30 Card Matching Game<br/>3:00 Snack and Chat<br/>3:30 Word Games</p> | <p><b>8</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Afternoon Exercise<br/>1:00 <b>Hot Chocolate Social</b><br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Noodleball</p>                     | <p><b>9</b><br/>9:30 <b>Scenic Bus Ride</b><br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>12:30 Trivia<br/>1:00 <b>Ray Newman Sings</b><br/>2:00 <b>Snack and chat</b><br/>3:00 Bingo<br/>3:30 Name 5 you don't<br/><b>HAPPY BIRTHDAY DESTINY</b></p>                     | <p><b>10</b><br/>9:00 Morning Activities<br/>12:00 <b>Rockin to the Music</b><br/>1:00 Music and Coloring<br/>2:00 <b>Snack and Chat</b><br/>2:30 Finish the Phrase<br/>3:00 Beach ball toss<br/>3:30 Think More</p>  | <p><b>11</b> <b>Veterans Day</b><br/><b>Happy Birthday Jean Judd</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>1:00 Music and Watercolor<br/>2:00 <b>Ice Cream Social</b><br/>2:30 Spa Day<br/>3:00 Trivia<br/>3:30 Bingo</p> | <p><b>12</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Scarf Dancing<br/>12:30 Stretch time<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Bingo<br/>3:30 Think More</p>   | <p><b>13</b> <b>World Kindness Day</b><br/>10:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Saturday Stretching<br/>1:00 Bingo<br/>2:00 Donut Washer Toss<br/>2:30 Memory Streets Trivia<br/>3:00 Snack and Chat<br/>3:30 I Love Lucy</p> |
| <p><b>14</b> <b>Pickle Day</b><br/>10:00 Morning Activities<br/>10:00 Gospel Hymns<br/>12:00 Music &amp; Meditation<br/>12:15 Active Exercise<br/>1:00 Picture This Discussion<br/>2:00 Balloon Volleyball<br/>2:30 Matching Dominoes<br/>3:00 Snack and Chat<br/>3:30 Word Games</p>          | <p><b>15</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Afternoon Exercise<br/>1:00 Short Story Corner<br/>1:30 Balloon Toss<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Noodle ball</p>      | <p><b>16</b><br/>9:00 Morning Activities<br/>10:00 <b>Field trip to the Bowling Alley</b><br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>12:30 Picture This<br/>1:00 <b>Ray Newman Sings</b><br/>2:00 <b>Snack and Chat</b><br/>3:00 Bingo<br/>3:30 Finish the Phrase</p>  | <p><b>17</b> <b>Thanks giving Lunch</b><br/>9:00 Morning Activities<br/>11:00 <b>Lunch with Family and Friends</b><br/>12:00 Music &amp; Meditation<br/>12:15 Afternoon Stretching<br/>1:00 <b>Painting Craft</b><br/>1:30 Jokes and Riddles<br/>2:00 <b>Tavis Wetzel Sings</b><br/>2:30 Finish the Phrase<br/>3:00 Beach ball toss</p> | <p><b>18</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>1:00 <b>Ice Cream Social</b><br/>2:00 <b>Snack and Chat</b><br/>2:30 Spa day<br/>3:00 Trivia</p>   | <p><b>19</b> <b>Men's Day</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Scarf Dancing<br/>1:00 Sing Along<br/>2:00 <b>Snack Time</b><br/>2:30 <b>Exercise</b><br/>3:00 Snack and Chat<br/>3:30 Think More</p>                                    | <p><b>20</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Saturday Stretching<br/>1:00 Bingo<br/>2:00 Magnetic Darts<br/>2:30 Memory Streets Trivia<br/>3:00 Snack and Chat<br/>3:30 The Lawrence Welk Show</p>                    |
| <p><b>21</b><br/>10:00 Morning Activities<br/>10:00<br/>12:00 Music &amp; Meditation<br/>12:15 Active Exercise<br/>1:00 Picture This Discussion<br/>2:00 Balloon Volleyball<br/>2:30 Card Matching Game<br/>3:00 <b>Snack and Chat</b><br/>3:30 Word Games</p>                                 | <p><b>22</b><br/>12:00 Music &amp; Meditation<br/>12:15 Afternoon Exercise<br/>1:00 Trivia<br/>1:30 Tabletop Bowling<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Game of Choice<br/>Puzzle Time</p>                       | <p><b>23</b><br/>9:00 Morning Activities<br/>9:30 <b>Scenic Bus Ride</b><br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>12:30 Parachute Games<br/>1:00 <b>Ray Newman Sings</b><br/>2:00 <b>Snack and Chat</b><br/>3:00 Name 5 foods<br/><b>HAPPY BIRTHDAY KATHY</b></p>    | <p><b>24</b> <b>HAT DAY</b><br/>9:00 Morning Activities<br/>11:25 Afternoon Stretching<br/>1:00 Music and Coloring<br/>2:00 <b>Snack</b><br/>2:30 Finish the Phrase<br/>3:00 Musi Trivia<br/>3:30 Think More</p>  | <p><b>25</b> <b>Happy Turkey Day</b><br/>9:00 MACY'S DAY PARADE<br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>1:00 Music and Coloring<br/>2:00 <b>Ice Cream Social</b><br/>2:30 Hand Massages<br/>3:00 Spa Time<br/>3:30 Thanksgiving Trivia</p>              | <p><b>26</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Scarf Dancing<br/>1:00 Sing Along<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Table Top Bowling<br/>3:30 Think More</p>  | <p><b>27</b><br/>10:00 Portrait time<br/>12:00 Music &amp; Meditation<br/>12:15 <b>Stretching Time</b><br/>1:00 Bingo<br/>2:00 Donut Washer Toss<br/>2:30 Memory Streets Trivia<br/>3:00 Snack and Chat<br/>3:30 I Love Lucy</p>                             |
| <p><b>28</b><br/>10:00 Morning Activities<br/>10:00 TV Sermon<br/>12:00 Music &amp; Meditation<br/>12:15 Active Exercise<br/>1:00 Picture This Discussion<br/>2:00 Balloon Volleyball<br/>2:30 Matching Dominoes<br/>3:00 Snack and Chat<br/>3:30 Word Games</p>                               | <p><b>29</b><br/>9:00 Morning Activities<br/>12:00 Music &amp; Meditation<br/>12:15 Afternoon Exercise<br/>1:00 Brainstorm Board<br/>1:30 Tabletop Bowling<br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Exercise</b><br/>3:00 Snack and Chat</p> | <p><b>30</b><br/>9:00 Morning Activities<br/>10:00 <b>Trip to the Movie Theater</b><br/>12:00 Music &amp; Meditation<br/>12:15 Move More<br/>12:30 Parachute Games<br/>1:00 <b>Ray Newman Sings</b><br/>2:00 <b>Snack and Chat</b><br/>2:30 <b>Bowling</b><br/>3:00 Name 5 foods</p> | <p><b>Morning Activities</b><br/>10:00 Morning Video<br/>9:15 Daily Devotional<br/>9:30 Daily Chronicle<br/>9:45 Active Brain Trivia<br/>10:00 Snack and Chat<br/>10:30 Morning Exercise<br/>11:00 Lunch</p>  | <p><b>Afternoon Activities</b><br/>4:30 Dinner<br/>5:00 Meditation/Relaxation<br/>5:30 Games<br/>6:00 Evening Stretching<br/>6:30 Calming Story<br/>7:00 Snack and Chat<br/>7:30 Relaxation Video</p>  | <p><b>November Birthdays</b><br/>Jane Leiby<br/>11-7-25<br/>Jean Judd<br/>11-11-31</p>  |  |

