



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning Activities 9:30 Date and Weather 9:40 Daily Devotional 9:50 Daily Chronicle 10:00 Snack 10:30 Morning Exercise * Activities are subject to change*		12:30 Music and Meditation 1:00 Moving to Music 1:30 What's in the Bag 2:00 SNACK and Music 2:30 Think MORE! 3:00-4:00 Bingo	12:30 Nature Film 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30-3:00 Baking with Techs 3:00-4:00 Bingo	12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30-3:00 Baking with Techs Cinnamon Cookies 3:00-4:00 Bingo	12:30 Surprise Activity 1:00 Exercise with Sheryl 1:30 Travel to Asia 2:00 Snack/Music 2:30-4:00 Scenic Drive 4:00-5:00 Dinner/Movie	12:30 Sit and Get Fit! 12:30-1:00 Sit and Get Fit 1:00-2:00 Movie Matinee 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo	
12:30-1:30 Virtual Church Service 1:30 St. Paul's Episcopal Sing a long! 2:00 Snack/Music 2:30-3:00 Movie 4:00-5:00 Dinner <small>Daylight Saving Time Ends</small>	12:30-1:00 Rick Steve's Travel! 1:00-1:30 Chit Chat and Color 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Walking Club 3:00-4:00 Bingo	12:30 Music and Meditation 1:00 Scarf Dancing 1:30 You be the Judge! 2:00 Hot Coco and Cookies! 2:30 Brian Hanson 3:00-4:00 Craft Time	12:30 Sit and Get Fit 1:00 Nature Film 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Walking Club 3:00-4:00 Bingo	12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30-3:00 Baking with Techs Grateful Cookies 3:00-4:00 Bingo	12:30 Honor our Veterans 1:00 Veterans Program 1:30 Veteran Program 2:00 Snack/Music 2:30-4:00 Game Time 4:00-5:00 Dinner/Movie <small>Veterans Day Remembrance Day (Canada)</small>	12:30 Sit and Get Fit! 1:00-2:00 Movie Matinee 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo	
12:30-1:30 Virtual Church Service 1:30 St. Paul's Episcopal Sing a long! 2:00 Snack/Music 2:30-3:00 Movie 4:00-5:00 Dinner	12:30 Rick Steve's Travel 1:00 Joggin Your Noggin 1:30 Kickball with Sheryl 2:00 Hot Chocolate and Cookies 2:30 Fitness Fun 3:00-4:00 Word Games!	12:30 Music and Meditation 1:00 Beach Volleyball 1:30 Think More 2:00 Sandwiches and Coffee! 2:30 Everyday Trivia! 3:00-4:00 Craft Time	12:30 Sit and Get Fit 1:00 Nature Film 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Think More! 3:00-4:00 Bingo	12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30-3:00 Baking with Techs Pumpkin Cake 3:00-4:00 Bingo	12:30 Surprise Activity 1:00 Chair Yoga with Sheryl! 1:30 Travel to Route 66 2:00 Snack/Music 2:30-4:00 Scenic Drive 4:00-5:00 Dinner/Movie	12:30 Sit and Get Fit! 1:00-2:00 Movie Matinee 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo	
12:30-1:30 Virtual Church Service 1:30 St. Paul's Episcopal Sing a long! 2:00 Snack/Music 2:30-3:00 Movie 4:00-5:00 Dinner	12:30 Travel to Japan! 1:00 Chit Chat and Color 1:30 Beach Volleyball 2:00 Cinnamon Tea/cookies 2:30 You be the Judge! 3:30-4:00 Bingo	12:30 Music and Meditation 1:00 Chair Yoga 1:30 Fitness Fun 2:00 Coffee and Cookies 2:30 Inspirational Stories 3:00-4:00 Bingo	12:30 Sit and Get Fit 1:00 Nature Film 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Think More! 3:00-4:00 Bingo	12:30 Macy's Thanksgiving Day Parade! 1:00 Thanksgiving Program 1:30 Music with Frank Sinatra 2:00 Snack/Music 2:30-3:00 What are you thankful for? 3:00-4:00 Bingo <small>Thanksgiving Day (US)</small>	12:30 Surprise Activity 1:00 Chair Yoga with Sheryl! 1:30 York Pennsylvania 2:00 Snack/Music 2:30-4:00 Scenic Drive	12:30 Sit and Get Fit! 1:00-2:00 Movie Matinee 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo	
12:30-1:30 Virtual Church Service 1:30 St. Paul's Episcopal Sing a long! 2:00 Snack/Music 2:30-3:00 Movie 4:00-5:00 Dinner	12:30 Travel to Iceland 1:00 Spelling Bee Practice 1:30 Balloon Bash 2:00-2:30 Snack 2:30-3:00 Birthday Bash! 4:00-5:00 Dinner	12:30 Music and Meditation 1:00-2:00 Finish the Phrase! 2:00 Snack Break 2:30 Balloon Volleyball 3:00-4:00 Bingo	12:30 Sit and Get Fit 1:00 Nature Film 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Think More! 3:00-4:00 Bingo				<h1 style="text-align: center;">November 2022</h1> <p style="text-align: center;"> The Hearth at Franklin 1035 Fulton Greer Ln Franklin, TN 37064 (615) 567-3342 www.thehearth.net </p>