


DECEMBER

Keepsake Village 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keepsake Village Staff: Tiffany Delay Live More Coordinators: Kyshana Partee Barb Lewis AnnMarie Worthington Rhonda McClain	419 East Main Street Hendersonville, TN 37075 (615) 264-0779 www.theheartthhendersonville.com www.facebook.com/ theheartathhendersonville	All activities are subject to change based on the needs of the residents *Scenic bus rides every Tuesday Morning See the activity board for evening programs		1 8:30- Tai Chi 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Kickball 10:30- December IQ 11:00- Lunch with Friends 12:00- Freshen Up 1:00-Music with Rick Applegate 2:00- Snack and Chat 2:30- Mindful Meditation 3:00- Word Games 4:00- Dinner with Friends 5:00- Evening Programs	2 8:30- Chair Yoga 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Bowling 10:30- Famous Dogs 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Arts & Crafts 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Small Groups/1:1's 4:00- Dinner with Friends 5:00- Evening Programs 	3 8:30- Move & Groove 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Ring Toss 10:30- Word Search 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Football Social 2:00- Snack and Chat 2:30- Mindful Meditation 3:00- Hot Coca & Reminisce 4:00- Dinner with Friends 5:00- Evening Programs
4 8:30- Ribbon Dancing 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Prayers and Devotion 10:30- TV Sermon 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Balloon Volley 2:00- Snack and Chat 2:30- Memory Streets Trivia 3:00- Ball Toss 4:00- Dinner with Friends 5:00- Evening Programs 	5 8:30- Pass the present 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Parachute 10:30- Christmas Quiz 11:00- Lunch with Friends 12:00- Freshen Up 1:00- KSV Creations 2:00- Snack and Chat 2:30- Would you rather? 3:00- Christmas Movie 4:00- Dinner with Friends 5:00- Evening Programs 	6 8:30- Jingle Bell Rock 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Bean Bag Toss 10:30- Word Games 11:00- Lunch with friends 12:00- Freshen Up 1:00- Music with Ray Newman 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Christmas Carol Cards 4:00- Dinner with Friends 5:00- Evening Programs	7 8:30- Sit and Stretch 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Music with Bill Sleeter 11:00- Lunch with Friends 12:00- Freshen Up/Pretty Nails 1:00- Matching Mittens 2:00- Cookies & Chat 2:30- Mindful Meditation 3:00- Everglades Video 4:00- Dinner with Friends 5:00- Evening programs 	8 8:30- Tai Chi 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Balloon Toss 10:30- Words that start with DEC 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Christmas Sing A Long 2:00- Snack and Chat 2:30- Mindful Meditation 4:00-7:30- Family Gathering 	9 8:30- Chair Yoga 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Toss & Talk 10:30-Finish the Christmas phrase 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Arts & Crafts 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Small Groups/1:1's 4:00- Dinner with Friends 5:00- Evening Programs	10 8:30- Move & Groove 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Table Bowling 10:30- Finish the lyrics 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Football Social 2:00- Snack and Chat 2:30- Mindful Meditation 3:00- Word Games/Puzzles 4:00- Dinner with Friends 5:00- Evening Programs
11 8:30- Ribbon Dancing 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Prayers and Devotion 10:30- TV Sermon 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Painting 2:00- Snack and Chat 2:30- Music & Motion 3:00- Resident Choice 4:00- Dinner with Friends 5:00- Evening Programs	12 8:30- Pass the present 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Ring Toss 10:30- Christmas Riddles 11:00- Lunch with Friends 12:00- Freshen Up 1:00- KSV Creations 2:00- Snack and Chat 2:30- Coloring Poinsettias 3:00- Christmas Movie 4:00- Dinner with Friends 5:00- Evening Programs	13 8:30- Jingle Bell Rock 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Kickball 10:30- String Popcorn 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Music with Ray Newman 2:00- Snack and Chat 2:30- Meditation Video 3:00- Pass the Gift Game 4:00- Dinner with Friends 5:00- Evening Programs	14 8:30- Sit and Stretch 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Music with Debbi & Friends 11:00- Lunch with Friends 12:00- Freshen Up/Pretty Nails 1:00- Cooking with Sheri 2:00- Tea & Talk 2:30- Word Search 3:00- Snowball Kickball 4:00- Dinner with Friends 5:00- Evening Programs 	15 *Grinch Day 8:30- Tai Chi 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Darts 10:30- Grinch Short Story 11:00- Lunch with Friends 12:00- Freshen Up 1:00-Music with Rick Applegate 2:00- Snack and Chat 2:30- Pin the Heart on the Grinch 3:00- Grinch Movie & Snacks 4:00- Dinner with Friends 5:00- Evening Programs 	16 *Ugly Christmas Sweater 8:30- Chair Yoga 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Color Toss 10:30- Christmas Quiz 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Table Games 2:00- Snack and Chat 2:30- Fold & Sort 3:00- Christmas Photos 4:00- Dinner with Friends 5:00- Evening Programs 	17 8:30- Move & Groove 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Parachute 10:30- Word Games 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Football Social 2:00- Snack and Chat 2:30- Sing A Long 3:00- Small Groups/1:1's 4:00- Dinner with Friends 5:00- Evening Programs
18 8:30- Ribbon Dancing 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Prayers and Devotion 10:30- TV Sermon 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Toss & Catch 2:00- Snack and Chat 2:30- Painting 3:00- Resident Choice 4:00- Dinner with Friends 5:00- Evening Programs	19 8:30- Pass the present 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Balloon Volleyball 10:30- Hymn Sing 11:00- Lunch with Friends 12:00- Freshen Up 1:00- KSV Creations 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Jingle Bell Race 4:00- Dinner with Friends 5:00- Evening Programs 	20 8:30- Jingle Bell Rock 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Kickball 10:30- Word Search 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Music with Ray Newman 2:00- Snack and Chat 2:30- Mindful Meditation 3:00- Hot Chocolate Social 4:00- Dinner with Friends 5:00- Evening Programs	21 *1st Day of Winter 8:30- Sit and Stretch 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Darts 10:30- Winter Reminisce 11:00- Lunch with Friends 12:00- Freshen Up/Pretty Nails 1:00- Snowball Fight 2:00- Snack and Chat 2:30- Snowflake Craft 3:00- Games & Puzzles 4:00- Dinner with Friends 5:00- Evening Programs 	22 8:30- Tai Chi 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Toss & Catch 10:30- Word Games 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Christmas Songs 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Guess that Scent 4:00- Dinner with Friends 5:00- Evening Programs	23 8:30- Chair Yoga 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Big Mouth 10:30- Cards 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Eggnog Social 2:00- Snack and Chat 2:30- Kickball 3:00- Sing A Long 4:00- Dinner with Friends 5:00- Evening Programs	24 *Christmas Eve 8:30- Move & Groove 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Jingle Bell Rock 10:30- It Happened in December 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Hot Drink Social 2:00- Snack and Chat 2:30- Christmas Reminisce 3:00- Hang the Stocking Game 4:00- Dinner with Friends 5:00- Evening Programs 
25  8:30- Ribbon Dancing 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Prayers and Devotion 10:30- TV Sermon 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Christmas Carols 2:00- Snack and Chat 2:30- Christmas Movie 4:00- Dinner with Friends 5:00- Evening Programs	26 8:30- Sit and Stretch 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Ring Toss 10:30- Finish the Phrase 11:00- Lunch with Friends 12:00- Freshen Up 1:00- KSV Creations 2:00- Snack and Chat 2:30- Rest & Relaxation 3:00- Balloon Toss 4:00- Dinner with Friends 5:00- Evening Programs	27 8:30- Chair Zumba 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Baseball 10:30- Red or Black Game 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Music with Ray Newman 2:00- Snack and Chat 2:30- Mindful Meditation 3:00- Fold and Sort 4:00- Dinner with Friends 5:00- Evening Programs	28 8:30- Sit and Stretch 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Big Mouth Game 10:30- Finish the Lyrics 11:00- Lunch with Friends 12:00- Freshen Up/Pretty Nails 1:00- Move More Activities 2:00- Snack and Chat 2:30- Hymn Sing 3:00- Balloon Volleyball 4:00- Dinner with Friends 5:00- Evening Programs	29 8:30- Tai Chi 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Darts 10:30- Matching Pairs 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Music & Movement 2:00- Music with Pam Weston 3:00- Small Groups 4:00- Dinner with Friends 5:00- Evening Programs	30 8:30- Chair Yoga 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Toss & Catch 10:30- Mindful Meditation 11:00- Lunch with Friends 12:00- Freshen Up 1:00- Monthly Birthday Party 2:00- Music & Movement 2:30- New Year Resolution 3:00- Bowling 4:00- Dinner with Friends 5:00- Evening Programs 	31  8:30- Move & Groove 9:00- Daily Chronicles 9:15- Coffee and Conversation 10:00- Bean bag Toss 10:30- Finish the Phrase 11:00- Lunch with Friends 12:00- Freshen Up 1:00- New Year's Party 2:00- Rest & Relaxation 2:30- Music & Tea 3:00- Movie 4:00- Dinner with Friends 5:00- Evening Programs