




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>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</p> <p>New Year's Day</p>	<p>12:30-1:00 Rick Steve's Travel! 1:00-1:30 Abstract Art 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Walking Club 3:00-4:00 You be the Judge</p>	<p>12:30 Things to do in Tennessee 1:00 Pictionary 1:30 Card Game/Word Games 2:00 Snack/Music 2:30-3:00 Kickball 3:00-4:00 Hangman</p>	<p>12:30 Music and Meditation 1:00-2:00 Finish the Phrase! 2:00 Snack Break 2:30 Balloon Volleyball 3:00-4:00 Table games</p>	<p>12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Craft/ Snowman 3:00-4:00 Bingo</p>	<p>12:30 Midday Devotional 1:00 Exercise with Gloria 1:30 Cornhole Toss 2:00 Snack/Music 2:30-4:00 Craft with Sheryl 4:00-5:00 Dinner/Movie</p>	<p>12:30 Saturday Matinee 1:30-2:00 You Be The Judge 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo</p>
<p>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</p>	<p>12:30-1:00 Rick Steve's Travel! 1:00-1:30 Abstract Art 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Chair Yoga 3:00-4:00 Who's Line is it?</p>	<p>12:30 Things to do in California! 1:00 Let's get moving! 1:30 Racquetball 2:00 Snack/Brian Hanson 3:00-3:30 Think More 3:00-4:00 Word Search</p>	<p>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</p>	<p>12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Baking with the Techs! 3:00-4:00 Bingo</p>	<p>12:30 Midday Devotional 1:00 Exercise with Gloria 1:30 Frank Sinatra sing a long 2:00 Snack/Music 2:30-4:00 Craft with Sheryl 4:00-5:00 Dinner/Movie</p>	<p>12:30 Saturday Matinee 1:30-2:00 You Be The Judge 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo</p>
<p>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</p>	<p>12:30 Martin Luther King Documentary! 1:00-1:30 Abstract Art 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Chair Exercise 3:00-4:00 You be the Judge</p> <p>Martin Luther King Jr. Day</p>	<p>12:30 Things to do in Montana! 1:00 Let's get moving! 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Money counting game 3:00-4:00 Hangman</p>	<p>12:30 Music and Meditation 1:00-2:00 Finish the Phrase! 2:00 Snack Break 2:30 Balloon Volleyball 3:00-4:00 Table games</p>	<p>12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Baking with the Techs! 3:00-4:00 Bingo</p>	<p>12:30 Midday Devotional 1:00 Exercise with Gloria 1:30 Finish the Phrase 2:00 Snack/Music 2:30-4:00 Craft with Sheryl 4:00-5:00 Dinner/Movie</p>	<p>12:30 Saturday Matinee 1:30-2:00 You Be The Judge 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo</p>
<p>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</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>12:30-1:00 Rick Steve's Travel! 1:00-1:30 Abstract Art 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Chair Yoga 3:00-4:00 Who's Line is it?</p> <p>Activity Professionals Week</p>	<p>12:30 Things to do in Canada! 1:00 Let's get moving 1:30 Racquetball 2:00 Snack/Music 3:00-3:30 Adding numbers game 3:00-4:00 Unscramble</p>	<p>12:30 Music and Meditation 1:00-2:00 Finish the Phrase! 2:00 Snack Break 2:30 Balloon Volleyball 3:00-4:00 Table games</p>	<p>12:30 Midday Devotional 1:00 Pictionary 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Baking with the Techs! 3:00-4:00 Bingo</p> <p>Australia Day (observed)</p>	<p>12:30 Surprise Activity 1:00 Exercise with Gloria 1:30 Chit Chat and color 2:00 Snack/Music 2:30-4:00 Craft with Sheryl 4:00-5:00 Dinner/Movie</p>	<p>12:30 Saturday Matinee 1:30-2:00 You Be The Judge 2:00 Snack/Music 2:30 Racquetball/Craft 3:00-4:00 Bingo</p>
<p>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</p>	<p>12:30-1:00 Rick Steve's Travel! 1:00-1:30 Abstract Art 1:30 Sit and Get Fit 2:00 Snack/Music 2:30 Walking Club 3:00-4:00 Bingo</p>	<p>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 Word Search</p>	 <h1>January 2023</h1>			

January 2023

The Hearth at Franklin 1035 Fulton Greer Ln Franklin, TN 37064 (615) 567-3342 www.thehearth.net

