






<u>Sunday</u>	♥	<u>Monday</u>	♥	<u>Tuesday</u>	♥	<u>Wednesday</u>	♥	<u>Thursday</u>	♥	<u>Friday</u>	♥	<u>Saturday</u>
 american <b>HEART</b> month		<b><u>Birthdays</u></b>  Judy Green- 02/10 Betty Hull- 02/24 		<b><u>Our Heart Belongs to Keepsake Village!</u></b>		<b>1</b> 8:30– Move & Groove 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Balloon Badminton 10:30– Searching for February 11:00– Lunch with Friends 12:00– Freshen Up/Pretty Nails 1:00– Kickball 2:00– Snack and Chat 2:30–February IQ 3:00– Mindful Meditation 4:00– Dinner with Friends		<b>2</b> <b><u>Groundhog Day</u></b>  8:30– Sit & Stretch 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Watch Punxsutawney Phil Live 10:30– Bean Bag Toss 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Build A Bird House 2:00– Snack and Chat 2:30– Hymn Sing 3:00– Spelling Bee 4:00– Dinner with Friends		<b>3</b> <b><u>National Wear Red Day</u></b>  8:30– Balloon Fitness 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss & Catch 10:30– Brain Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Yarn Rollers 2:00– Heart Healthy Snack 2:30– Feed the birds 3:00– Arts & Crafts 4:00– Dinner with Friends		<b>4</b> <b><u>Rosa Parks Birthday</u></b> 8:30– Ribbon Dancing 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Target Throwing 10:30– About Rosa Parks 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Basketball 2:00– Snack and Chat 2:30– Sing A Long 3:00– Tea Social 4:00– Dinner with Friends
<b>5</b> 8:30– Chair Zumba 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– Weather Sensory Bottles 2:00– Snack and Chat 2:30– Ring Toss 3:00– Movie Matinee 4:00– Dinner with Friends		<b>6</b> 8:30– Tai Chi 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss and Catch 10:30– Word Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Virtual Caribbean Tour 2:00– Mindful Meditation 2:30– KSV Creation: Cookie Decorating 3:00– Taste Creation 4:00– Dinner with Friends		<b>7</b> 8:30– Chair Yoga 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Bean Bag Toss 10:30– Finish the lines 11:00– Lunch with Friends 12:00– Freshen Up 1:00– <b><u>Music with Ray Newman</u></b> 2:00– Snack and Chat 2:30– Neighbor Reminiscing 3:00– Nutmeg Hot Chocolate Social 4:00– Dinner with Friends		<b>8</b> 8:30– Move & Groove 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– <b><u>Music with Gabe Lamog</u></b> 11:00– Lunch with Friends 12:00– Freshen Up/Pretty Nails 1:00– Hot Potato Game 2:00– Snack and Chat 2:30– Music & Maracas 3:00– Roll A Potato Head 4:00– Dinner with Friends		<b>9</b> 8:30– Sit & Stretch 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss & Talk 10:30– Brain Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Duck Race 2:00– Snack and Chat 2:30– Mindful Meditation 3:00– Sensory Boxes 4:00– Dinner with Friends		<b>10</b> 8:30– Balloon Fitness 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Bells & Music 10:30– Finish the Phrase 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Table Games 2:00– Snack and Chat 2:30– Rest & Relaxation 3:00– <b><u>Valentine's Party with Family</u></b> 4:00– Dinner with Friends		<b>11</b> 8:30– Ribbon Dancing 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Darts 10:30– Trivia 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Karaoke 2:00– Snack and Chat 2:30– Meditation & Stretching 3:00– Puzzles 4:00– Dinner with Friends
<b>12</b> <b><u>Super Bowl Sunday</u></b>  8:30– Chair Zumba 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– Football Toss 2:00– Snack and Chat 2:30– Super Bowl Reminiscing 3:00– Movie Matinee 4:00– Dinner with Friends		<b>13</b> 8:30– Tai Chi 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Darts 10:30– Table Topics 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Spa Day 2:00– Stretch & Music 2:30– Cat Facts 3:00– Cardboard Yarn Hearts 4:00– Dinner with Friends		<b>14</b> <b><u>Valentine's Day</u></b>  8:30– Chair Yoga 9:00– Daily Chronilces 9:15– Coffee and Conversation 10:00– Hearts & Darts 10:30– This or That 11:00– Lunch with Friends 12:00– Freshen Up 1:00– <b><u>Music with Ray Newman</u></b> 2:00– Snack and Chat 2:30– Valentine's Reminiscing 3:00– Bingo 4:00– Dinner with Friends		<b>15</b> 8:30– Move & Groove 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss & Catch 10:30– Fact or Fiction 11:00– Lunch with Friends 12:00– Freshen Up/Pretty Nails 1:00– Red or Black 2:00– Snack and Chat 2:30– Brain Games 3:00– Balloon Volley 4:00– Dinner with Friends		<b>16</b> 8:30– Sit & Stretch 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Ring Toss 10:30– Finish the Lyrics 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Bird Matching 2:00– Snack and Chat 2:30– Mindful Meditation 3:00– Table Games 4:00– Dinner with Friends		<b>17</b> 8:30– Balloon Fitness 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Big Mouth 10:30– Hang Man 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Heart Healthy Walk 2:00– Snack and Chat 2:30– Music & Maracas 3:00– Arts & Crafts 4:00– Dinner with Friends		<b>18</b> 8:30– Ribbon Dancing 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Kickball 10:30– Word Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Bowling 2:00– Snack and Chat 2:30– Hymn Sing 3:00– Rest & Relaxation 4:00– Dinner with Friends
<b>19</b> 8:30– Chair Zumba 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– Table Games/Puzzles 2:00– Snack and Chat 2:30– Music & Movement 3:00– Movie Matinee 4:00– Dinner with Friends		<b>20</b> <b><u>President's Day</u></b>  8:30– Tai Chi 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Balloon Volley 10:30– Word Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Guess A Letter 2:00– Spring Songs 2:30– KSV Creation: Icy Drinks 3:00– Taste Creation 4:00– Dinner with Friends		<b>21</b> <b><u>Mardi Gras</u></b>  8:30– Chair Yoga 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Bead Toss 10:30– Trivia 11:00– Lunch with Friends 12:00– Freshen Up 1:00– <b><u>Music with Ray Newman</u></b> 2:00– Mardi Gras Social 3:00– Music & Movement 4:00– Dinner with Friends		<b>22</b> <b><u>Ash Wednesday</u></b> 8:30– Move & Groove 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– <b><u>Music with Bill Sleeter</u></b> 11:00– Lunch with Friends 12:00– Freshen Up/Pretty Nails 1:00– Lent 101 2:00– Snack and Chat 2:30– Mindful Meditation 3:00– Move More Games 4:00– Dinner with Friends		<b>23</b> 8:30– Sit & Stretch 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss & Catch 10:30– Brain Games 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Jenga 2:00– Snack and Chat 2:30– Hymn Sing 3:00– Music & Movement 4:00– Dinner with Friends		<b>24</b> 8:30– Balloon Fitness 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Parachute 10:30– Picture this 11:00– Lunch with Friends 12:00– Freshen Up 1:00– <b><u>Monthly Birthday Party</u></b>  2:00– Music & Stretching 2:30– Trivia 3:00– Arts & Crafts 4:00– Dinner with Friends		<b>25</b> 8:30– Ribbon Dancing 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Bells & Music 10:30– Rainbow Detective 11:00–Lunch with Friends 12:00– Freshen Up 1:00– Coin Toss 2:00– Snack and Chat 2:30– Mindful Meditation 3:00– Bowling 4:00– Dinner with Friends
<b>26</b> 8:30– Chair Zumba 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– Bean Bag Number Toss 2:00– Snack and Chat 2:30– Table Topics 3:00– Music Bounce 4:00– Dinner with Friends		<b>27</b> 8:30– Tai Chi 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Toss & Talk 10:30– Word Search 11:00– Lunch with Friends 12:00– Freshen Up 1:00– Ice Cream Social 2:00– Meditation 2:30– Fun Facts 3:00– Noodle Ball 4:00– Dinner with Friends		<b>28</b> 8:30– Chair Yoga 9:00– Daily Chronicles 9:15– Coffee and Conversation 10:00– Kickball 10:30– Trivia 11:00– Lunch with Friends 12:00– Freshen Up 1:00– <b><u>Music with Ray Newman</u></b> 2:00– Snack and Chat 2:30– Hymn Sing 3:00– Hand Massages 4:00– Dinner with Friends		<b><u>Men's Group</u></b> Mondays and Thursdays  <b><u>Walking Club</u></b> Tuesdays and Fridays		<b>419 East Main Street</b> <b>Hendersonville , TN 37075</b>  (615) 264-0779  www.thehearthhendersonville.com  www.facebook.com/ thehearthathendersonville		<b><u>Keepsake Village Staff:</u></b>  Tiffany Delay  <b><u>Live More</u></b>  <b><u>Coordinators:</u></b>  Kyshana Partee  Barb Lewis  AnnMarie Worthington  Rhonda McClain	