

**The Hearth at Franklin** 1035 Fulton  
Greer Ln Franklin, TN 37064 (615) 567-  
3342 [www.thehearth.net](http://www.thehearth.net)

12:30-1:00 The Undersea  
World of Jacques Cousteau  
**1:00-1:30 Trivia**  
**1:30 Sit and B-fit**  
2:00 Snack/Music  
2:30 You Be the Judge  
3:00-4:00 Sing with Frank  
Sinatra

12:30 Coffee and Devotion  
1:00 Let's get moving!  
1:30 Catch Phrase  
2:00 Snack/Music  
**2:30-3:00 Zumba Gold**  
3:00-4:00 Do you remember.

**10:00-11:00 Scenic Ride**  
11:00-12:30 Lunch  
12:30-1:00 Rick Steve's  
Travels  
1:00 Let's Get Moving  
1:30 Guess the Word  
2:00 Snack/Music  
**2:30-3:30 Baking with the  
Techs!**

12:30 Rick Steve's Travels  
1:00 Let's Get Moving  
1:30 Jog Your Noggin  
2:00 Snack/Music  
**2:30-3:00 Sip and Paint**  
4:00 Dinner Time

12:30 Relaxing Music  
1:00 What is Cinco De Mayo?  
1:30 The Real Story of Cinco  
de Mayo  
2:00 Snack/ Scenic Ride  
2:30 Cinco de Mayo Party  
3:00-4:00 Party/ Cinco de  
Mayo Trivia

**12:30-1:30 Movie and  
Relax**  
**1:30 Flower Watering/  
Seed planting**  
2:00 Snack/Music  
2:30 Chair Kickball  
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

12:30-1:00 Relaxing Music  
**1:00-1:30 Silver Sneaker  
Exercises**  
**1:30 Coffee and  
Crosswords**  
2:00 Snack/Music  
2:30 Trivia  
3:00-4:00 Chair Tai Chi/ Cool  
down!

12:30 Coffee and  
Devotion  
1:00 Let's get moving!  
1:30 Rock Painting  
2:00 Snack/Music  
**2:30-3:00 Zumba Gold**  
3:00-4:00 Bingo

**10:00-11:00 Scenic Ride**  
11:00-12:30 Lunch  
12:30-1:00 Rick Steve's  
Travels  
1:00 Let's Get Moving  
1:30 Guess the Word  
2:00 Snack/Music  
**2:30-3:30 Baking with the  
Techs!**

12:30 Rick Steve's Travels  
1:00 Let's Get Moving  
1:30 Jog Your Noggin  
2:00 Snack/Music  
**2:30-3:00 Sip and Paint**  
4:00 Dinner Time

12:30 Midday Devotional  
1:00 Name the Tune!  
1:30 Body Stretching  
2:00 Snack/Music/Scenic  
Ride  
**2:30 Sit and B-fit**  
3:00-4:00 Bingo

**12:30-1:30 Movie and  
Relax**  
**1:30 Moving to music**  
2:00 Snack/Music  
2:30 Socks Sorting  
3:00-4:00 Bingo

12:30-1:30 Virtual Church  
Service  
1:30 Gaither Sing a long!  
2:00 Snack/Music  
**2:30-3:00 Movie**  
4:00-5:00 Dinner

12:30-1:00 Relaxing Music  
**1:00-1:30 Walk and Roll to  
music!**  
**1:30 Sit and B-fit**  
2:00 Snack/Music  
2:30 Coffee and Crosswords  
3:00-4:00 Chair Tai Chi/ Cool  
down!

12:30 Coffee and  
Devotion  
1:00 Let's get moving!  
1:30 Painting Birdhouses  
2:00 Snack/Music  
**2:30-3:00 Zumba Gold**  
3:00-4:00 Finish the  
Phrase

**10:00-11:00 Scenic Ride**  
11:00-12:30 Lunch  
12:30-1:00 Rick Steve's  
Travels  
1:00 Let's Get Moving  
1:30 Guess the Word  
2:00 Snack/Music  
**2:30-3:30 Baking with the  
Techs!**

12:30 Rick Steve's Travels  
1:00 Let's Get Moving  
1:30 Jog Your Noggin  
2:00 Snack/Music  
**2:30-3:00 Sip and Paint**  
4:00 Dinner Time

12:30 Midday Devotional  
1:00 Name the Tune!  
1:30 Body Stretching  
2:00 Snack/Music/Scenic  
Ride  
**2:30 Sit and B-fit**  
3:00-4:00 Bingo

**12:30-1:30 Movie and  
Relax**  
**1:30 Table games**  
2:00 Snack/Music  
2:30 Moving to Music  
3:00-4:00 Bingo

12:30-1:30 Virtual Church  
Service  
1:30 Hymnal Sing a long with  
Liah!  
2:00 Snack/Music  
**2:30-3:00 Movie**  
4:00-5:00 Dinner

12:00-1:00 Relaxing Music  
**1:00-1:30 Kickball**  
**1:30 Sit and B-fit**  
2:00 Snack/Music  
2:30 Coffee and Crosswords  
3:00-4:00 Chair Tai Chi/ Cool  
down!

12:30 Coffee and  
Devotion  
1:00 Let's get moving!  
1:30 Art Creation  
2:00 Snack/Music  
**2:30-3:00 Zumba Gold**  
3:00-4:00 Bingo

**10:00-11:00 Scenic Ride**  
11:00-12:30 Lunch  
12:30-1:00 Rick Steve's  
Travels  
1:00 Let's Get Moving  
1:30 Guess the Word  
2:00 Snack/Music  
**2:30-3:30 Baking with the  
Techs!**

12:30 Rick Steve's Travels  
1:00 Let's Get Moving  
1:30 Jog Your Noggin  
2:00 Snack/Music  
**2:30-3:00 Sip and Paint**  
4:00 Dinner Time

12:30 Midday Devotional  
1:00 Name the Tune!  
1:30 Body Stretching  
2:00 Snack/Music/Scenic  
Ride  
**2:30 Sit and B-fit**  
3:00-4:00 Bingo

**12:30-1:30 Movie and  
Relax**  
**1:30 Volleyball**  
2:00 Snack/Music  
2:30 Bowling/ Cornhole  
Toss  
3:00-4:00 Bingo

12:30-1:30 Virtual Church  
Service  
1:30 Hymnal Sing a long!  
2:00 Snack/Music  
**2:30-3:00 Movie**  
4:00-5:00 Dinner

12:30-1:00 Midday Devotion  
**1:00-1:30 Memorial Day  
Program**  
**1:30 Chair Volleyball**  
2:00 Snack/Music  
2:30 Stretching with Hope  
3:00-4:00 Bob Hope USO

12:30 Coffee and  
Devotion  
1:00 Let's get moving!  
1:30 Art Creation  
2:00 Snack/Music  
**2:30-3:00 Zumba Gold**  
3:00-4:00 Sing along

**10:00-11:00 Scenic Ride**  
11:00-12:30 Lunch  
12:30-1:00 Rick Steve's  
Travels  
1:00 Let's Get Moving  
1:30 Guess the Word  
2:00 Snack/Music  
**2:30-3:30 Baking with the  
Techs!**  
3:00 Game Hour

**Morning Activities**  
9:30 Date and Weather  
9:40 Daily Devotional  
9:50 Daily Chronicle  
10:00 Snack  
10:30 Morning Exercise

# May 2023

Memorial Day

**Director: Kim Coleman   Activities Assistant: Sheryl McDowell, Hope Cox and Claire Rooker   Bus Driver: Greg Saddler**

**\* Activities are subject to change\***