








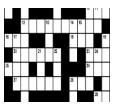
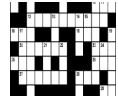






Live More



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
 <h1>October</h1> <h2>The Hearth at Gardenside Senior Living</h2>				<p><u>Director of Activities</u> Linda Capaubo</p> <p><u>Activities Assistants</u> Catherine, Emily, Mara, Shenell, Shirley, Teryn, Tulie and Zenia</p> <p><u>Van Driver</u> Robert Hohman</p>	<p><u>PROGRAM LOCATION</u></p> <p>GR - Game Room SCK - Stony Creek Kitchen DR - Dining Room L - Lobby Ing - Lower Level Pub - First Floor SC - Spiritual Center (Flr. 3) 2nd Floor - Exercise Area Parlor - First Floor (Next to Game Room)</p>				
 <p>LIKE US ON </p> <p>www.facebook.com/TheHearth/</p>									
				<p>1</p> <p>10:00 Pokeno - GR 12:45 Linkee and Around the World - GR 2:00 Music 'n Motion - GR 2:45 All About Sukkot and Simchat Torah plus Word Teasers - GR 3:30 Thursday Social Hour Group - GR</p>		<p>2 SUKKOT (BEGINS AT SUNDOWN) WORLD SMILE DAY</p> <p>10:00 Simple Stretch plus Brain Games - GR  12:45 Bingo - GR 2:00 Alphabets & More! - GR 2:45 20 Questions - GR 3:30 Friday Social Hour Group - GR</p>			
<p>4</p> <p>10:00 Televised Mass - (Channel 11) (View in your apartment)</p>		<p>5 WORLD TEACHERS' DAY</p> <p>10:00 Timeless Trivia (Video) Advertising Slogans, Jingles and Taglines (Limited Capacity) - GR 12:45 Virtual Reality Program - Fall Traditions Worldwide (Limited Capacity) - GR 2:00 Residents who were Teachers Share their Stories (Limited Capacity) - GR 3:00 Wii Bowling - GR </p>		<p>6</p> <p>10:00 Aerial America New England Collection (Video) - Connecticut (Limited Capacity) - GR 12:45 Bingo - GR 2:00 Body and Mind Fitness - GR 3:30 Tuesday Social Hour Group - GR</p>		<p>7 BOOST YOUR BRAIN DAY</p> <p>10:00 Mind Joggers - GR  12:45 The Great Courses (Video) - Optimizing Brain Fitness - How your Brain Works and How your Brain Changes (Limited Capacity) - GR 2:00 Bingo - GR 2:00 Scenic Van Ride (Limited Seating) 3:30 Wednesday Social Hour Group - GR</p>		<p>8</p> <p>10:00 Who Wants to be a Millionaire - GR 12:45 Giant Crossword Puzzle - GR 2:00 Shuffleboard and Trivia - GR 3:30 Thursday Social Hour Group - GR</p> 	
<p>11</p> <p>10:00 Televised Mass - (Channel 11) (View in your apartment)</p>		<p>12 COLUMBUS DAY</p> <p>10:00 History of Columbus Day and Columbus Day Puzzles - GR 12:45 Stars & Stripes Fitnessize - GR 2:00 The Great Courses (Video) - Optimizing Brain Fitness - Care & Feeding of the Brain and Creativity & the Playful Brain (Limited Capacity) - GR 3:00 Wii Bowling - GR</p>		<p>13</p> <p>10:00 Sing-along with Susie Q - GR 12:45 Bingo - GR 2:00 Giant Crossword Puzzle - GR 3:30 Tuesday Social Hour Group - GR</p> 		<p>14</p> <p>10:00 Easy Tai Chi - GR 12:45 Aerial America New England Collection (Video) - Maine (Limited Capacity) - GR 2:00 Bingo - GR 2:00 Scenic Van Ride (Limited Seating) 3:00 Wednesday Social Hour Group - GR </p>		<p>15</p> <p>10:00 Song Bingo - GR 12:45 Linkee and Name That...! - GR 2:00 Ronald Reagan - The Life and Legacy Video (Limited Capacity) - GR 3:30 Thursday Social Hour Group - GR</p>	
<p>18</p> <p>10:00 Televised Mass - (Channel 11) (View in your apartment)</p>		<p>19</p> <p>10:00 Virtual Reality Program - Cars Throughout the Ages (Limited Capacity) - GR 12:45 Around the World - GR 2:00 Alphabets & More! - GR 3:00 Wii Bowling - GR</p>		<p>20</p> <p>10:00 Small Words in the Big Word - GR 12:45 Bingo - GR 2:00 Fittersitters - GR 3:30 Tuesday Social Hour Group - GR</p>		<p>21</p> <p>10:00 The Common Factor and Brain Teasers - GR 12:45 Who Wants to be a Millionaire - GR 2:00 Bingo - GR 2:00 Scenic Van Ride (Limited Seating) 3:30 Wednesday Social Hour Group - GR</p>		<p>22</p> <p>10:00 This and That Trivia - GR 12:45 Move More! - GR 2:00 Aerial America New England Collection (Video) - New Hampshire (Limited Capacity) - GR 3:30 Thursday Social Hour Group - GR</p>	
<p>25</p> <p>10:00 Televised Mass - (Channel 11) (View in your apartment)</p>		<p>26</p> <p>10:00 Giant Crossword Puzzle - GR 12:45 Kwizniac plus More to Strengthen your Brain - GR 2:00 Word Pictures - GR 3:00 Wii Bowling - GR</p> 		<p>27</p> <p>10:00 Easy Tai Chi - GR 12:45 Bingo - GR 2:00 Reverse Dictionary and Mind Joggers - GR 3:30 Tuesday Social Hour Group - GR </p>		<p>28</p> <p>10:00 Think Fast - GR 12:45 Shuffleboard and Trivia - GR 2:00 Bingo - GR 2:00 Scenic Van Ride (Limited Seating) 3:30 Wednesday Social Hour Group - GR</p>		<p>29</p> <p>10:00 Pokeno - GR 12:45 About Halloween and a Halloween Quiz - GR 2:00 Virtual Reality Program - Flashback to the 1950's (Limited Capacity) - GR 3:30 Thursday Social Hour Group - GR</p>	
				<p>30 WEAR A COSTUME TODAY AND TOMORROW!</p> <p>10:00 Sit-Down Dancing - GR 12:45 Bingo - GR 2:00 "Fright" Night and Halloween Costume Pass It On Puzzles - GR 2:00 Scenic Van Ride (Limited Seating) 3:30 Friday Social Hour Group - GR</p>		<p>31 HALLOWEEN WEAR A COSTUME</p> <p>10:00 Haunted House Mining and Boo! Double "O" Puzzle - GR 12:45 Brain Drain, State-ography and Joggin' your Noggin' - GR 2:00 Witch Bingo - GR </p>			