

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# The Hearth at Glastonbury



**1 Ice Cream Sundaes**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise rm.  
 1pm-2pm **Sundae's Cart**  
 2:30 **Think More!** -Activity Rm  
 4:00 Rummikub—AR  
 6:30 **Guy's Night** -Activity rm.

**2 BINGO**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise Room  
 1:00 Strength Training -AR  
 2:30 **BINGO-Activity rm**  
 ~10 cents /card per game.  
 6:30 **Ladies Night -AR**  
 50's Music, Dancing, & celeb bio

**3 Rendeavor-Virtual Reality**  
 10:00 Exercise— Activity rm.  
 10:45 **Bocce**—Exercise Rm.  
 1:00 Rummikub—Activity rm.  
 2:30 **Think More!**-Activity rm  
 3:30 **Rendeavor**—Travel series  
 (Virtual Reality) -Activity Rm

**4 Guided Meditation & Calm music**  
 10:00 Exercise— Activity rm.  
 10:45 **Guided Meditation**—Theatre  
 & calming music (Youtube)  
 1:00 Strength Training w/weights-AR  
 2:00 **"The Heart of the Hearth"**  
**Expressive writing group-** activity Rm.  
 3:30—3:30 **Happy Hour Cart**

**5 BINGO TODAY!**  
 9:00 **Brisk Walk ~Lobby**  
 ~Weather permitting  
 10:30 **BOCCE**- Exercise rm.  
 1:00 Basic Exercise -Activity rm  
 2:30 **BINGO**—Dining rm  
 ~10 cents /card per game.  
 4:00 Rummikub Tourney-AR

**6 Rummikub Tourney**  
 9:00 **Morning Walk**—lobby  
 10:30 **Exercise**—Activity Rm.  
 10:45 **BOCCE**—Activity rm.  
 1:30 Scenic Ride-meet in lobby  
 2:30 **Rummikub tourney AR**  
 3:30-4 **Happy Hour Cart**

**7 Autumn Painting-1st group**  
 10:00 Exercise— Activity rm.  
 10:45 **Jeopardy** -Activity Room  
 1:00 Strength Training with weights  
 2:30 **Autumn Painting-1st group**  
 (1st Session)-Activity Room. Sign-up  
 at the front desk. **SIGN-UP'S ONLY**  
 4:00 **Scrabble**—Activity Room

**8 Resident Birthday Party**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE-Activity rm  
 2:15 **September's Resident**  
**Birthday Party**  
 4:00 Rummikub-Activity rm  
 6:30 **Guy's Night** -Activity rm.

**9 BINGO**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise Room  
 1:00 Strength Training -AR  
 2:30 **BINGO-Activity rm**  
 ~10 cents /card per game.  
 6:30 **Ladies Night -AR**  
 Music, dancing, & 1955 Trivia

**10 Rendeavor-Virtual Reality**  
 10:00 Exercise— Activity rm.  
 10:45 **Bocce**—Exercise Rm.  
 1:00 Rummikub—Activity rm.  
 2:30 **Think More!**-Activity rm  
 3:30 **Rendeavor**, Ireland  
 (Virtual reality)—Activity rm

**11 Guided Meditation & Calm music**  
 10:00 Exercise— Activity rm.  
 10:45 **Guided Meditation**—Theatre  
 & calming music (Youtube)  
 1:00 Strength Training w/weights-AR  
 2:00 **"The Heart of the Hearth"**  
**Expressive writing group-** activity Rm.  
 3:30—3:30 **Happy Hour Cart**

**12 BINGO TODAY!**  
 9:00 **Brisk Walk ~Lobby**  
 ~Weather permitting  
 10:30 **BOCCE**- Exercise rm.  
 1:00 Basic Exercise -Activity rm  
 2:30 **BINGO**—Dining rm  
 ~10 cents /card per game.  
 4:00 Rummikub Tourney-AR

**13 Rummikub Tourney**  
 9:00 **Morning Walk**—lobby  
 10:30 **Exercise**—Activity Rm.  
 10:45 **BOCCE**—Activity rm.  
 1:30 Scenic Ride-meet in lobby  
 2:30 **Rummikub tourney AR**  
 3:30-4 **Happy Hour Cart**

**14 Painting with Nancy-1st Group**  
 10:00 Exercise— Activity rm.  
 10:45 **Family Feud**-Activity Rm.  
 1:00 Strength Training with weights  
 2:30 **Autumn Painting-1st group**  
 (2nd Session) -Same Residents  
 from August 7th - Activity Room  
 4:00 **Scrabble**—Activity Room

**15 Ice Cream Sundaes**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE-Exercise rm.  
 1pm-2pm **Sundae's Cart**  
 2:30 **Think More!** -Activity Rm  
 3:30 1st Book Club meeting  
 6:30 **Guy's Night** -Activity rm.

**16 BINGO**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise Room  
 1:00 Strength Training -AR  
 2:30 **BINGO-Activity rm**  
 ~10 cents /card per game.  
 6:30 **Ladies Night -Café**  
 Music, Dancing, & 50's celebri-

**17 Rendeavor-Virtual Reality**  
 10:00 Exercise— Activity rm.  
 10:45 **Bocce**—Exercise Rm.  
 1:00 Rummikub—Activity rm.  
 2:30 **Think More!**-Activity rm  
 3:30 **Rendeavor**—Travel series  
 (Virtual Reality) -Activity Rm

**18 Guided Meditation & Calm music**  
 10:00 Exercise— Activity rm.  
 10:45 **Guided Meditation**—Theatre  
 & calming music (Youtube)  
 1:00 Strength Training w/weights-AR  
 2:00 **"The Heart of the Hearth"**  
**Expressive writing group-** activity Rm.  
 3:30—3:30 **Happy Hour Cart**

**19 BINGO TODAY!**  
 9:00 **Brisk Walk ~Lobby**  
 ~Weather permitting  
 10:30 **BOCCE**- Exercise rm.  
 1:00 Basic Exercise -Activity rm  
 2:30 **BINGO**—Dining rm  
 ~10 cents /card per game.  
 4:00 Rummikub Tourney-AR

**20 Rummikub Tourney**  
 9:00 **Morning Walk**—lobby  
 10:30 **Exercise**—Activity Rm.  
 10:45 **BOCCE**—Activity rm.  
 1:30 Scenic Ride-meet in lobby  
 2:30 **Rummikub tourney AR**  
 3:30-4 **Happy Hour Cart**

**21 Painting w/ Nancy -2nd Group**  
 10:00 Exercise— Activity rm.  
 10:45 **20 Questions** -Activity Rm.  
 1:00 Strength Training with weights  
 2:30 **Painting w/ Nancy E. -AR**  
 -2nd group, 1st Session. Sign-up  
 at the front desk. **SIGN-UP'S ONLY**  
 4:00 **Scrabble**—Activity Room

**22 Ice Cream Sundaes**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE-Exercise rm.  
 1pm-2pm **Sundae's Cart**  
 2:30 **Think More!** -Activity Rm  
 4:00 Rummikub—AR  
 6:30 **Guy's Night** -Activity rm.

**23 BINGO**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise Room  
 1:00 Strength Training-AR  
 2:30 **BINGO-Activity rm**  
 ~10 cents /card per game.  
 6:30 **Ladies Night -Café**  
 Music, Dancing, & Trivia

**24 Veteran's Meeting**  
 10:00 Exercise— Activity rm.  
 10:45 **Bocce**—Exercise Rm.  
 1:00 Rummikub—Activity rm.  
 2:30 **Think More!**-Activity rm  
 3:30 **Veteran's Meeting**—  
 Activity Rm.

**25 Guided Meditation & Calm music**  
 10:00 Exercise— Activity rm.  
 10:45 **Guided Meditation**—Theatre  
 & calming music (Youtube)  
 1:00 Strength Training w/weights-AR  
 2:00 **"The Heart of the Hearth"**  
**Narrative writing group-** activity Rm.  
 3:30—3:30 **Happy Hour Cart**

**26 BINGO TODAY!**  
 9:00 **Brisk Walk ~Lobby**  
 ~Weather permitting  
 10:30 **BOCCE**- Exercise rm.  
 1:00 Basic Exercise -Activity rm  
 2:30 **BINGO**—Dining rm  
 ~10 cents /card per game.  
 4:00 Rummikub Tourney-AR

**27 Rummikub Tourney**  
 9:00 **Morning Walk**—lobby  
 10:30 **Exercise**—Activity Rm.  
 10:45 **BOCCE**—Activity rm.  
 1:30 Scenic Ride-meet in lobby  
 2:30 **Rummikub tourney AR**  
 3:30-4 **Happy Hour Cart**

**28 Painting w/ Nancy -2nd Group**  
 10:00 Exercise— Activity rm.  
 10:45 **Millionaire Game II-AR**  
 1:00 Strength Training with weights  
 2:30 **Painting w/ Nancy E. -AR**  
 (2nd Session)- -Same Residents  
 from August 21st - Activity Rm.  
 4:00 **Scrabble**—Activity Room

**29 Ice Cream Sundaes**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE-Exercise rm.  
 1pm-2pm **Sundae's Cart**  
 2:30 **Think More!** -Activity Rm  
 4:00 Rummikub—AR  
 6:30 **Guy's Night** -Activity rm.

**30 BINGO**  
 10:00 Exercise— Activity rm.  
 10:45 BOCCE—Exercise Room  
 1:00 Strength Training -AR  
 2:30 **BINGO-Activity rm**  
 ~10 cents /card per game.  
 6:30 **Ladies Night -Café**  
 Music, Dancing, & 50's biog-

**Activity Location Key**

<b>Café - C</b>	<b>Billiards Room(2nd Floor) -BR</b>
<b>Activity Room-AR</b>	<b>Exercise Room-ER</b>
<b>Theatre - TH</b>	<b>Chapel - C</b>
<b>Sun Room -3S</b>	<b>Library (2nd Floor) - L</b>
<b>Veterans Rm. -VR</b>	<b>Game Room -(3rd Floor)- GR</b>

\*All programs are subject to change without prior notice.

