

# Sunday

# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

# Saturday

1  
9:00 Morning Stretching  
9:30 Monthly Gazettes  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Music: Church Hymns  
11:00 Cognitive: Brain Fitness  
11:30 Travelogue Yellowstone National park  
1:00 Individual program  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Glenn Miller Show  
6:00 Sunday night movie: Far from Heaven  
6:00 Board/ Card games  
7:00 Snack & Refreshments  
7:30 Evening Stretching

2  
9:00 Morning Stretching  
9:30 History of Doctor Seuss  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobics  
11:00 Cat in the Hat Stories  
1:30 Scenic Ride with Sally  
1:30 Individual program  
2:00 Travelogue of CT.  
2:30 Golden Guys: Spa Day  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Words  
4:30 Sports: Walking Club  
6:00 Music: Rhythm Stick  
6:30 Exercise: Yoga  
7:00 Snack & Refreshments  
7:30 Reminiscing with Rita

3  
9:00 Morning Stretching  
9:30 Time Magazine published  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Kick -Boxing  
11:00 Music: Rhyme stick  
1:00 Sports: Roll the Dice game  
2:00 Individual program  
2:00 Jack Pot BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Name that Tune  
6:30 Exercise: Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Mad Libs

4  
9:00 Morning Stretching  
9:30 Reader Digest Stories  
10:00 Catholic Mass on TV & Communion  
10:00 Coffee Chat  
10:30 Exercise: Zumba  
11:00 Cognitive: Simon Says  
1:00 Sports: Bocce Teams  
2:00 Golden Guys: Model Airplane  
2:00 Crafts Corner Shamrock Crafts  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Arts and Crafts  
7:00 Snack & Refreshments  
7:30 Exercise: Light Stretching

5  
9:00 Morning Stretching  
9:30 National Name tag Day  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Golden Guys: Model Airplane  
10:30 Culinary: Making Sugar Cookies  
11:00 Individual program  
1:30 Scenic Ride with Sally  
2:00 Music with Larry Batter @ SSQ  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Sing- along  
7:00 Snack & Refreshments  
7:30 Cognitive: Mad libs

6  
9:00 Morning Stretching  
9:30 Documentary on Michelangelo  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Weight Lifting  
11:00 Sports: Rhythm Stick  
1:00 Sports: Ring Toss  
2:00 Individual programs  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Word  
4:30 Sports: Walking Club  
6:00 Music: Name that Tune  
6:30 Evening Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Finish the Line

7  
9:00 Morning Stretching  
9:30 Reader Digest Stories  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Thera- Band  
11:00 Sports: Cornhole  
1:00 History National Peace Corps  
2:00 Cognitive: Crossword Puzzle  
2:00 Individual programs  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Music: Name that sound  
6:00 Exercise: Stretching  
6:30 Movie Night : My girl  
7:00 Snack & Refreshments  
7:30 Cognitive: Riddles and jokes

8  
9:00 Morning Stretching  
9:30 Current Events  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Music: Church Hymns  
11:00 Cognitive: Brain Fitness  
1:00 History of Daylight Saving time  
2:00 Individual program  
2:00 Jack Pot BINGO  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Glenn Miller Show  
6:00 Sunday night movie: Peggy Sue Got Married  
6:00 Board/ Card games  
7:00 Snack & Refreshments  
7:30 Evening Stretching

9  
*Purim Begins!*  
9:00 Morning Stretching  
9:30 Name that Sound  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobics  
11:00 Cognitive: Hangman  
1:30 Scenic Ride with Sally  
1:30 Travelogue to Florida  
2:00 Individual program  
2:30 Golden Guys: Spa Day  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Words  
4:30 Sports: Walking Club  
6:00 Music: Sing a long  
6:30 Exercise: Yoga  
7:00 Snack & Refreshments  
7:30 Reminiscing with Rita

10  
9:00 Morning Stretching  
9:30 Hartford Current news  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Kick -Boxing  
11:00 Cognitive: Brain Fitness  
1:00 Musical Bean Bag Toss  
2:00 Individual program  
2:00 Jack Pot BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Painting Shamrock Pins  
6:00 Individual program  
6:30 Exercise: Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: What I'm I?

11  
9:00 Morning Stretching  
9:30 Cognitive: Brain Fitness  
10:00 Catholic Mass on TV & Communion  
10:00 Coffee Chat  
10:30 Exercise: Zumba  
11:00 Cognitive: Think more  
1:00 Sports: Parachute  
2:00 Culinary: Irish Soda Bread  
2:00 Golden Guys: Model Airplane  
2:00 Individual program  
3:00 Afternoon Social Hour  
4:00 Cognitive: This and that trivia  
4:30 Sports: Walking Club  
6:00 Shamrock Art  
7:00 Snack & Refreshments  
7:30 Exercise: Light Stretching

12  
9:00 Morning Stretching/ Today News  
9:30 Documentary Alfred Hitchcock  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Crafts Corner Shamrock Crafts  
10:30 Golden Guys: Model Airplane  
11:00 Individual program  
1:30 Scenic Ride with Sally  
2:00 Afternoon Travelogue  
2:00 Music with Willie Ninger @ SSQ  
3:00 Monthly Birthday Party  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Sing- along  
7:00 Snack & Refreshments  
7:30 Cognitive: Picture this?

13  
9:00 Morning Stretching / World News  
9:30 Stories by George  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Rock and Roll fitness  
11:00 Music: Rhythm Stick  
1:00 Sport: Cornhole  
2:00 Individual programs  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Word  
4:30 Sports: Walking Club  
6:00 Making Shamrock Pins with Rita  
6:30 Evening Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Finish the Line

14  
*Pi Day!*  
9:00 Morning Stretching  
9:30 What is Pi Day?  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobic  
11:00 Sports: Ladder Toss  
1:00 Discussion: Potato Chip Day  
2:00 Cognitive: Crossword Puzzle  
2:00 Individual programs  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Music: Name that sound  
6:00 Exercise: Stretching  
6:30 Movie: Curly Sue  
7:00 Snack & Refreshments  
7:30 Cognitive: Riddles and jokes

15  
9:00 Morning Stretching  
9:30 Fun, Facts on Maine  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Music: Church Hymns  
11:00 Cognitive: Think More  
1:00 Documentary on Maine  
2:00 JACK POT BINGO  
2:00 Individual program  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Comedy Show Carol Burnett  
6:00 Sunday night movie: Grease  
6:00 Board/ Card games  
7:00 Snack & Refreshments  
7:30 Evening Stretching

16  
9:00 Morning Toning  
9:30 Win, Lose or Draw  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobics  
11:00 Cognitive: Think more  
1:30 Scenic Ride with Sally  
1:30 Travelogue to Spain  
2:00 Individual program  
2:30 Golden Guys: Spa Day  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Words  
4:30 Sports: Walking Club  
6:00 Musical Bean Bag Toss  
6:30 Exercise: Yoga  
7:00 Snack & Refreshments  
7:30 Reminiscing with Rita

17  
9:00 Morning Stretching  
9:30 Cognitive: Ireland trivia  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Culinary: Shamrock Cookies  
11:00 Travel to Ireland  
1:00 Fun Facts on Ireland  
2:00 Individual program  
2:00 Jack Pot BINGO  
3:00 St. Patrick day Party  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Name that Tune  
6:30 Exercise: Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Mad libs

18  
9:00 Morning Stretching  
9:30 Dear Abby Stories  
10:00 Catholic Mass on TV & Communion  
10:00 Coffee Chat  
10:30 Exercise: Zumba  
11:00 Cognitive: Roll the Dice Game  
1:00 Sports: Circle Soccer  
2:00 Water Color Painting  
2:00 Golden guys: Tool Time  
2:00 Individual program  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Arts and Crafts  
7:00 Snack & Refreshments  
7:30 Exercise: Light Stretching

19  
*First Day of Spring*  
9:00 Morning Stretching  
9:30 Facts on Spring Equinox  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Golden Guys: Model Airplane  
10:30 Culinary: Making Cinnamon Rolls  
11:00 Travelogue on Holland  
1:30 Scenic Ride with Sally  
1:30 Crafts Corner Spring Tulips  
2:00 Individual program  
3:00 Spring Tea & Coffee Social  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Sing- along  
6:30 Western Ct. Bird Club Group  
7:00 Snack & Refreshments  
7:30 Cognitive: Spring Trivia

20  
9:00 Morning Stretching  
9:30 Current Events  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Rock and Roll fitness  
11:00 Music: Rhythm Stick  
1:00 Sports: Basketball  
2:00 Individual programs  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Word  
4:30 Sports: Walking Club  
6:00 Music : Name that tune  
6:30 Evening Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Madlib

21  
9:00 Morning Stretching  
9:30 Bio: Dom Deluise  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Zumba  
11:00 Cognitive: Millionaire game  
1:00 Sports: Bocce  
2:00 Cognitive: Crossword Puzzle  
2:00 Individual programs  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Music: Name that sound  
6:00 Exercise: Stretching  
6:30 Movie night : Fatso  
7:00 Snack & Refreshments  
7:30 Saturday night Trivia

22  
9:00 Morning Stretching  
9:30 Discussion: Andrew Lloyd Webber  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Music: Church Hymns  
11:30 Cognitive: Brain Fitness  
1:00 Sports: Bean bag toss  
2:00 Individual program  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Comedy Show I Love Lucy  
6:00 Sunday night movie: Shall we Dance  
6:00 Board/ Card games  
7:00 Snack & Refreshments  
7:30 Evening Stretching

23  
9:00 Morning Stretching  
9:30 Boston Post news  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobics  
11:00 Cognitive: Spelling Bee  
1:30 Scenic Ride with Sally  
1:30 Travelogue of Boston  
2:00 Individual program  
2:30 Golden Guys: Spa Day  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Words  
4:30 Sports: Walking Club  
6:00 Music: Sing a long  
6:30 Exercise: Yoga  
7:00 Snack & Refreshments  
7:30 Reminiscing with Rita

24  
9:00 Morning Stretching  
9:30 Southbury news  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Kick -Boxing  
11:00 Cognitive: This and that trivia  
1:00 Sports: Table top Volleyball  
2:00 Individual program  
2:00 Jack Pot BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Name that Tune  
6:30 Exercise: Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Person, Place or Thing

25  
9:00 Morning Stretching  
9:30 Good news Today  
10:00 Catholic Mass on TV & Communion  
10:00 Coffee Chat  
10:30 Exercise: Zumba  
11:00 Cognitive: Person, place or thing  
1:00 Sports: Cornhole  
2:00 Ladies Spa day  
2:00 Golden guys Car Chat  
2:00 Individual program  
3:00 Afternoon Social Hour  
4:00 Cognitive: This and that trivia  
4:30 Sports: Walking Club  
6:00 Arts and Crafts  
7:00 Snack & Refreshments  
7:30 Exercise: Light Stretching

26  
9:00 Morning Stretching  
9:30 Daily Chronicle  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Golden Guys: Wood Working  
10:30 Culinary: Fudge Brownies  
1:30 Scenic Ride with Sally  
1:30 Individual program  
2:00 Travelogue on Niagara Falls  
2:00 Sponge Painting  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Sing- along  
6:30 Entertainment with Back in Play  
7:00 Snack & Refreshments  
7:30 Cognitive: Picture this?

27  
9:00 Morning Stretching  
9:30 Southbury News  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Rock and Roll fitness  
11:00 Sports: Basketball  
1:00 Musical Bean Bag Toss  
2:00 Individual programs  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Word  
4:30 Sports: Walking Club  
6:00 Music : Name that tune  
6:30 Evening Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: Finish the Line

28  
9:00 Morning Stretching  
9:30 Bio: Gloria Swanson  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Swinging to the oldies  
11:00 Sports: Volleyball  
1:00 Commercial from the past  
2:00 Cognitive: Crossword Puzzle  
2:00 Individual programs  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Music: Name that sound  
6:00 Exercise: Stretching  
6:30 Movie night : Secretariat  
7:00 Snack & Refreshments  
7:30 Cognitive: You be the Judge ?

29  
9:00 Morning Stretching  
9:30 Cognitive: Brain Fitness  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Music: Church Hymns  
11:30 Cognitive: Think More  
1:00 Documentary of Sam Walton  
2:00 Individual program  
2:00 JACK POT BINGO  
3:00 Afternoon Social Hour  
4:00 Sports: Walking Club  
4:30 Comedy Show Honeymooners  
6:00 Sunday night movie: Invincible  
6:00 Board/ Card games  
7:00 Snack & Refreshments  
7:30 Evening Stretching

30  
9:00 Morning Stretching  
9:30 Documentary on Van Gogh  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Aerobics  
11:00 Cognitive: Millionaire Game  
1:30 Scenic Ride with Sally  
1:30 Brush On Canovas Painting  
2:00 Individual program  
2:30 Golden guys: Spa Day  
3:00 Afternoon Social Hour  
4:00 Cognitive: Spaghetti Words  
4:30 Sports: Walking Club  
6:00 Music: Rhythm Stick  
6:30 Exercise: Yoga  
7:00 Snack & Refreshments  
7:30 Reminiscing with Rita

31  
9:00 Morning Stretching  
9:30 Cognitive: Brain fitness  
10:00 Catholic Mass on TV  
10:00 Coffee Chat  
10:30 Exercise: Ribbon  
11:00 Cognitive: Spelling Bee  
1:00 Travelogue : Rain Forest  
1:30 People Plant Connection  
2:00 Individual program  
3:00 Afternoon Social Hour  
4:00 Cognitive: Think more  
4:30 Sports: Walking Club  
6:00 Music: Name that Tune  
6:30 Exercise: Stretching  
7:00 Snack & Refreshments  
7:30 Cognitive: What AM I ?

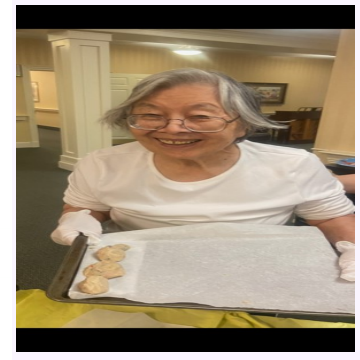
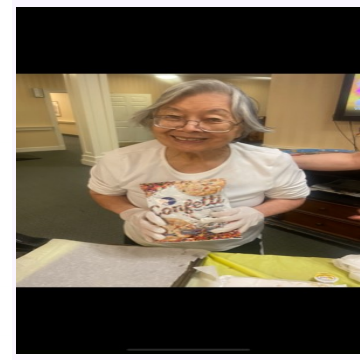
Keepsake Village  
Activity Calendar  
March 2020

# Spring 2020



### March Specials

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*Happy Birthday!*  
Anna 3/12  
Margaret H 3/22



All programs are subject to change