

Live More

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# SEPTEMBER 2017



## The Hearth at Gardenside Senior Living

**Director of Activities**  
Linda Capaubo

**Activities Assistants**  
Dana Butler  
Dominic Consiglio  
Ethelyn Joiner  
Catherine Longyear  
Susan Pannella  
Shaynese George-Williams  
**Van Driver**  
Robert Hohman

**PROGRAM LOCATION**

GR - Game Room  
DR - Dining Room  
SC - Spiritual Center  
ING - Ing Room  
(Lower Level)

SCK - Stony Creek Kitchen  
Pub - Indian Neck Café  
L - Lobby  
P - Parlor (First Floor)



A Caregiver Support Group called **Comfort Connections** meets the last Tuesday of each month at 5:00 p.m. in the ING Room.

This group is free of charge and is open to the family members and friends of the Gardenside residents as well as the community.

**Rescue Bank** is the September **Causely** charity. We're partnering with **Rescue Bank** to help provide food for animals.

Every check-in at Gardenside on Facebook will provide 4 bowls of food for a shelter animal.



**OUT-TRIPS**

September 7 - Maritime Aquarium  
September 11 - Fire Headquarters  
September 13 - Animal Shelter  
September 14 - Yale Peabody Museum  
September 21 - Mohegan Sun Casino  
September 28 - Lunch at Cafe Fiore

**Scenic Van Ride**  
Every Wednesday at 9:45 a.m.



[www.facebook.com/TheHearth/](http://www.facebook.com/TheHearth/)

**1 COLLEGE COLORS DAY**

9:30 Greeting & Good News - GR  
10:00 Mass, Communion & Rosary with Sheila from St. Mary's - GR  
10:45 Basketball Challenge - GR  
1:00 High Stakes Bingo - GR  
2:30 College Colors Day Social Hour - GR  
3:45 September IQ and Who Wants to be a Millionaire - GR  
6:30 Movie - GR

**2 JIGSAW PUZZLES IN THE PUB! WORD PUZZLES IN THE COFFEE ROOM!**

9:30 Greeting & Good News - GR  
10:00 Heart Healthy Exercise and Strengthening with Hand Weights - GR  
10:30 Linkee Game - GR  
12:30 Saturday Matinee - GR  
12:45 English Muffin Pizzas - SCK  
3:00 Bingo - GR  
6:30 Movie - GR

**3**

10:30 Transportation to St. Mary's Church  
10:00 Catholic Mass on Channel 11 - GR  
12:30 Sunday Matinee - GR  
1:00 The Needlecrafters (Share your Skills) - Pub  
3:00 Bingo - GR  
6:30 Movie - GR

**4 SHOPPING DAY LABOR DAY**

9:30 Trip to Dollar Tree, Big Y & CVS  
9:30 Greeting & Good News - GR  
10:00 Move to the Beat! - GR  
10:30 About Labor Day & Trivia - GR  
11:00 THINK MORE Groups 2 & 4 - SCK  
1:00 Trip to Walmart & Branford Center  
1:00 Lobby Social Circle  
2:45 Bingo - GR  
4:00 Gardenside Chorus - GR  
6:30 Movie - GR

**5**

9:30 Greeting & Good News - GR  
10:00 Strength and Stamina - GR  
10:30 TV & Jeopardy Trivia - GR  
10:30 Ladies Limber Up Group with Christy on the 2nd Floor  
11:00 Spelling Bee - GR  
12:45 You, Me & Wii (Bowling) - GR  
1:00 Afternoon Devotions - SC  
1:30 Men's Muscle Up Group with Christy on the 2nd Floor  
2:30 Special Social Hour - GR  
6:30 Movie - GR

**6**

9:30 Greeting & Good News - GR  
9:45 Scenic Van Ride  
10:00 Giant Crossword Puzzle - GR  
11:00 The Ramblers Walking Group - L  
12:45 You, Me & Wii (Bowling) - GR  
2:15 Easy Veggie Topped Baked Spuds - SCK  
3:30 Wii Golf - GR  
3:30 Wine Wednesday - Lobby  
6:30 Movie - GR

**7 MARITIME AQUARIUM**

9:30 Greeting/Good News - GR  
10:00 Step On It Program - GR  
10:30 Ladies Limber Up w/Christy - 2nd  
11:00 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 The Last Man on the Moon - GR  
1:00 Bridge Club - Pub  
2:30 Rummy Card Game - Parlor  
1:30 Men's Muscle Up Group - 2nd Flr.  
3:15 You, Me & Wii (Bowling) - GR  
4:00 Fresh Flower Arranging - Parlor  
6:30 Movie - GR

**8**

9:30 Greeting & Good News - GR  
10:00 Mass and Communion with Sheila from St. Mary's - GR  
10:45 Get Fit & Strong! - GR  
1:00 High Stakes Bingo - GR  
2:30 Social Hour - GR  
3:45 Volleyball Game - GR  
6:30 Movie - GR

**9 ANNUAL PICNIC FOR RESIDENTS & THEIR FAMILY MEMBERS**

9:30 Greeting & Good News - GR  
10:00 Heart Healthy Exercise and Strengthening with Hand Weights - GR  
10:30 Small Words in the Big Word - GR  
11:00 The Ramblers Walking Group - L  
11:30-1:30 Picnic on the Patio with the Boogie Boys  
3:00 Bingo - GR  
6:30 Movie - GR

**10 GRANDPARENTS DAY NATIONAL ASSISTED LIVING WEEK BEGINS**

9:30 Transportation to St. Mary's Church  
10:00 Catholic Mass on Channel 11 - GR  
12:30 Sunday Matinee - GR  
1:00 The Needlecrafters (Share your Skills) - Pub  
2:00 Ice Cream Social - Lobby  
3:00 Bingo - GR  
6:30 Movie - GR

**11 SHOPPING DAY BOONE VISITS (DOG THERAPY) BRANFORD FIRE HEADQUARTERS PATRIOT DAY REMEMBRANCE**

9:30 Trip to Dollar Tree, Big Y & CVS  
9:30 Greeting & Good News - GR  
10:00 Linkee Game - GR  
10:30 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 Trip to Walmart & Branford Center  
2:45 Bingo - GR  
3:00 Men's Chew & Brew - SCK  
4:00 The Ramblers Group - L  
6:30 Movie - GR

**12 ENCOMPASS PRESENTATION TAI CHI PROGRAM**

9:30 Greeting/Good News - GR  
10:00 Encompass Presentation (Healthy Aging) - GR  
10:30 Ladies Limber Up w/Christy - Flr. 2  
11:00 Tai Chi Class with Suzanne - GR  
12:45 You, Me & Wii (Bowling) - GR  
1:00 Afternoon Devotions - SC  
1:30 Men's Muscle Up w/Christy - Flr. 2  
2:00 Entertainer Bob Giannotti - DR  
3:15 Dining Services Meeting - DR  
6:30 Movie - GR

**13 PAT THE LOCAL ARTIST DAN COSGROVE ANIMAL SHELTER**

9:30 Greeting & Good News - GR  
9:45 Scenic Van Ride  
10:00 Watercolor Program with Pat the Local Artist - GR  
11:00 Random Trivia - GR  
12:45 You, Me & Wii (Bowling) - GR  
2:15 Mom's Zucchini Pie - SCK  
3:30 Wine Wednesday - Lobby  
6:30 Movie - GR

**14 YALE PEABODY MUSEUM ALZHEIMER'S ASSOCIATION**

10:00 Step On It Program - GR  
10:30 Ladies Limber Up w/Christy - 2nd  
11:00 Alzheimer's Assoc. Program - GR  
12:45 Audiobook Club - SC  
1:00 Engelbert Humperdink - GR  
1:00 Bridge Club - Pub  
2:30 Farkle Dice Game - Parlor  
1:30 Men's Muscle Up Group - 2nd Flr.  
3:15 You, Me & Wii (Bowling) - GR  
4:00 Fresh Flower Arranging - Parlor  
6:30 Movie - GR

**15 VENTRILOQUIST PROGRAM**

9:30 Greeting & Good News - GR  
10:00 Mass and Communion with Sheila from St. Mary's - GR  
10:45 Movers and Shakers - GR  
1:00 High Stakes Bingo for the Alzheimer's Association - GR  
2:30 Social Hour to Celebrate Assisted Living Week - GR  
3:30 Larry Noiva's Ventriloquist Program - GR  
6:30 Movie - GR

**16 JIGSAW PUZZLES IN THE PUB! WORD PUZZLES IN THE COFFEE ROOM! OKTOBERFEST BEGINS (SEPTEMBER 16 - OCTOBER 3)**

9:30 Greeting & Good News - GR  
10:00 Heart Healthy Exercise and Strengthening with Hand Weights - GR  
10:30 Who Wants to be a Millionaire - GR  
11:00 Sing-along - GR  
12:30 Saturday Matinee - GR  
12:45 Cabbage and Kielbasa - SCK  
3:00 Bingo - GR  
6:30 Movie - GR

**17**

9:30 Transportation to St. Mary's Church  
10:00 Catholic Mass on Channel 11 - GR  
12:30 Sunday Matinee - GR  
1:00 The Needlecrafters (Share your Skills) - Pub  
3:00 Bingo - GR  
6:30 Movie - GR

**18 SHOPPING DAY**

9:30 Trip to Dollar Tree, Big Y & CVS  
9:30 Greeting & Good News - GR  
10:00 Strength & Balance - GR  
10:30 Spelling Bee - GR  
11:00 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 Trip to Walmart & Branford Center  
1:00 Lobby Social Circle  
2:45 Bingo - GR  
3:00 Men's Chew & Brew - SCK  
4:00 Gardenside Chorus - GR  
6:30 Movie - GR

**19**

9:30 Greeting & Good News - GR  
10:00 Get Moving! - GR  
10:30 Giant Crossword Puzzle - GR  
10:30 Ladies Limber Up w/Christy - Flr. 2  
11:00 THINK MORE Group 1 - SCK  
12:45 You, Me & Wii (Bowling) - GR  
1:00 Afternoon Devotions - SC  
1:30 Men's Muscle Up Group with Christy on the 2nd Floor  
2:30 Oktoberfest Celebration - GR  
3:45 Volleyball Game - GR  
6:30 Movie - GR

**20 ROSH HASHANAH (BEGINS AT SUNDOWN) ACTIVITY PLANNING MEETING**

9:30 Greeting & Good News - GR  
9:45 Scenic Van Ride  
10:00 About Rosh Hashanah plus a Puzzle - GR  
11:00 Activity Planning Meeting - GR  
12:45 You, Me & Wii (Bowling) - GR  
2:15 Rosh Hashanah Honey Cake - SCK  
3:30 Wii Golf - GR  
3:30 Wine Wednesday - Lobby  
6:30 Movie - GR

**21 MOHEGAN SUN CASINO WORLD ALZHEIMER'S DAY**

10:00 Step On It Program - GR  
10:30 Ladies Limber Up w/Christy - 2nd  
11:00 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 Mr. Holmes - GR / Bridge - Pub  
2:00 Board Members Meeting - SCK  
2:30 Pokeno - Parlor  
1:30 Men's Muscle Up Group - 2nd Flr.  
3:15 You, Me & Wii (Bowling) - GR  
4:00 Fresh Flower Arranging - Parlor  
6:30 Movie - GR

**22 FOX PRESENTATION FALL PREVENTION AWARENESS DAY AUTUMN BEGINS CENTENARIANS DAY**

9:30 Greeting & Good News - GR  
10:00 Mass and Communion with Sheila from St. Mary's - GR  
10:45 FOX Presentation (Fall Prevention) - GR  
1:00 High Stakes Bingo - GR  
2:30 Social Hour - GR  
3:45 Wii Wheel of Fortune - GR  
6:30 Movie - GR

**23 JIGSAW PUZZLES IN THE PUB! WORD PUZZLES IN THE COFFEE ROOM!**

9:30 Greeting & Good News - GR  
10:00 Heart Healthy Exercise and Strengthening with Hand Weights - GR  
10:30 Hangman - GR  
11:00 The Ramblers Walking Group - L  
12:30 Saturday Matinee - GR  
12:45 Ham "N" Corn Scrambled Eggs - SCK  
3:00 Bingo - GR  
6:30 Movie - GR

**24 WALK TO END ALZHEIMER'S LIGHTHOUSE POINT PARK NEW HAVEN**

9:30 Transportation to St. Mary's Church  
10:00 Catholic Mass on Channel 11 - GR  
12:30 Sunday Matinee - GR  
1:00 The Needlecrafters (Share your Skills) - Pub  
3:00 Bingo - GR  
6:30 Movie - GR

**25 SHOPPING DAY**

9:30 Dollar Tree, Big Y & CVS  
9:30 Greeting & Good News - GR  
10:00 Chair Exercises to Music - GR  
10:30 Small Words in the Big Word - GR  
11:00 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 Trip to Walmart & Branford Center  
2:45 Bingo - GR  
3:00 Men's Chew & Brew - SCK  
4:00 The Ramblers Walking Group - L  
6:30 Movie - GR

**26 RESIDENT FORUM MEETING**

9:30 Greeting & Good News - GR  
10:00 Fall Craft - GR  
10:30 Ladies Limber Up w/Christy - Flr. 2  
11:00 The Ramblers Walking Group - GR  
11:00 THINK MORE Group 1 - SCK  
12:45 You, Me & Wii (Bowling) - GR  
1:00 Afternoon Devotions - SC  
1:30 Men's Muscle Up w/Christy - Flr. 2  
2:00 Entertainer Larry Batter - DR  
3:15 Resident Forum Meeting - DR  
6:30 Movie - GR

**27 NATIONAL WOMEN'S HEALTH AND FITNESS DAY**

9:30 Greeting & Good News - GR  
9:45 Scenic Van Ride  
10:00 Women's Fitness Group with Cristy the Wellness Aide - GR  
12:45 You, Me & Wii (Bowling) - GR  
2:00 Welcome Committee Meeting - SC  
2:15 Englishman's Trifle - SCK  
3:30 Wine Wednesday - L  
6:30 Movie - GR

**28 LUNCH AT CAFÉ FIORE**

10:00 Step On It Program - GR  
10:30 Ladies Limber Up w/Christy - 2nd  
11:00 THINK MORE Group 1 - SC  
11:00 THINK MORE Groups 2 & 4 - SCK  
12:45 Audiobook Club - SC  
1:00 Nat King Cole - GR / Bridge - Pub  
2:30 Left Center Right Game - Parlor  
1:30 Men's Muscle Up Group - 2nd Flr.  
3:15 You, Me & Wii (Bowling) - GR  
4:00 Fresh Flower Arranging - Parlor  
6:30 Movie - GR

**29 YOM KIPPUR (BEGINS AT SUNDOWN)**

9:30 Greeting & Good News - GR  
10:00 Mass and Communion with Sheila from St. Mary's - GR  
10:45 Simple Stretches - GR  
1:00 High Stakes Bingo - GR  
2:30 Social Hour - GR  
3:45 About Yom Kippur & Puzzle - GR  
6:30 Movie - GR

**30 GIRL SCOUT TROOP VISITS**

JIGSAW PUZZLES IN THE PUB! WORD PUZZLES IN THE COFFEE ROOM!

9:30 Greeting & Good News - GR  
10:00 Heart Healthy Exercise and Strengthening with Hand Weights - GR  
10:30 Linkee Game - GR  
12:30 Saturday Matinee - GR  
12:45 Banana Nut Cupcakes - SCK  
2:00 Girl Scout Troop Visits  
3:00 Bingo - GR  
6:30 Movie - GR

