

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.

LIKE US ON
facebook
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
1:30 Men's Muscle Up Group - 2nd Flr.
2:30 Rummy Card Game - Parlor
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
1:30 Men's Muscle Up Group - 2nd
2:30 Farkle Dice Game - Parlor
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
1:30 Men's Muscle Up Group - 2nd Flr.
2:00 Board Members Meeting - SCK
2:30 Pokeno - Parlor
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
1:30 Men's Muscle Up Group - 2nd Flr.
2:30 Left Center Right Game - Parlor
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

