



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Activities are subject to change. Please check daily activity calendar for updates.</p>	 <p>Montgomery-Floyd Regional Library One stop, unlimited possibilities</p> <p>Movies, Mobile Library and Cover to Cover Book Conversations Sponsored by:</p>	<p>Calendar Codes SCLob – Showalter Lobby SCCR – Showalter Conference Room SCDR – Showalter Dining Room SC1st – ES - Elmwood Studio SC3rd - EN – Engleberry Nook SC 4th - TTL – Tree Top Lounge AC – Karr Activity Center VC – Village Center Events TOH - Tall Oaks Hall Carson Library – New River House</p>	<p>Calendar Codes Physical- ∞ Social- Λ Cognitive/Intellectual- Ω Productive- © Sensory- φ Reflective- • Outdoor- △ Nature- ≈ Community- ≡</p>			<p>1 9:30 – 10:15 AM (SC1st – ES) Λ Morning Social 11:00 – 11:30 AM (SC1st – ES) Λ ∞ Chair Stretches 2:00 – 4:00 PM (SC1st – ES) Λ Ω φ Afternoon Movie: The Mountain The Leisure Seeker 1 hr 52 mins, (Adventure, Comedy, Drama) (2017) R</p>
<p>2 2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble 2:00 – 4:00 PM (SC1st – ES) φ Movie Sunday: The Gay Divorcee, 1hr 47 mins (Comedy, Musical, Romance) (1934) Not Rated 6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship:</p>	<p>3 11:00 – 11:30 AM (SC1st – ES) ∞ DVD Fitness Toning 1:00 – 4:00 PM (SC 4th – TTL) Λ Bridge 1:30 – 2:15 PM (SC1st – ES) ∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers 6:45 – 8:30 PM (SC1st – ES) Λ Ω φ Monday Night Movie: Love Comes Softly, 1 hr. 24 mins, (Drama, Family, Romance) (2003) PG</p>	<p>4 11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training 1:30 – 2:30 PM (SCCR) \$ Λ Ω Bingo 6:00 – 7:30 PM (SC3rd) Λ Mini Manicures 6:30 – 7:15 PM (Sc1st ES) Λ Ω © Writers group 7:30 – 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p>5 10:00 – 10:30 AM (SC1st – ES) Λ Ω Catholic Communion 11:00 – 11:30 AM (SC1st – ES) ∞ DVD Fitness: 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 – 3:30 PM (SCCR) Λ Helping Hands of Showalter 4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers 7:30pm-9:00pm (AC) New River Bird Club Meeting</p>	<p>6 9:00 – 9:45 AM (SC4th – TTL) Beginning Bridge with Ted 10:00 AM – 12:00 PM (SC4th – TTL) Ω Refresher Bridge class with Anne and Ted 10:00 – 11:00 AM (VC) Headline News Discussion Group 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES) \$ Λ Ω Bingo 2:35 – 4:00 PM (SC1-ES) Λ Ω Bible Study 3:00 – 3:30 PM (SC Lob) Ω September Birthday Social/ Brain Aerobics 4:00 -5:15 PM (SCConf) Λ Ω • Cover to Cover Book Conversations 6:30 - 7:30 PM (SC1st - ES) Λ Ω © Game Time with Ruthie</p>	<p>7 10:00 – 10:45 AM (SC 4th – TTL) Knitting and Chatting 11:00 – 11:30 AM (SC1st – ES) Seated Exercise DVD 2:00 – 3:00 PM (SC1st – ES) Note Location Change . Gospel Sing-a-long with Robbie Vance 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 – 3:30 PM (SCDR) Λ Ω Wine and Cheese Happy Hour 4:00 – 5:00 PM (AC) 1st Friday Social Time/Village Birthday Social</p>	<p>8 9:30 – 10:15 AM (SC1st – ES) Λ Morning Social 11:00 – 11:30 AM (SC1st – ES) Λ ∞ Chair Stretches 2:00 – 4:00 PM (SC1st – ES) Λ Ω φ Afternoon Movie: Overboard 1 hrs 52 mins. (Comedy, Romance) (2018) PG-13</p>

<p style="text-align: right;">9</p> <p>2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble</p> <p>11:00 – 2:00pm Grandparents Day Luncheon</p> <p>2:00 – 4:00 PM (SC1st – ES) φ Sunday Movie: Funny Lady 2 hr, 16 mins (Biography, Comedy, Drama) (1975) PG</p> <p>6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">10</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞DVD Fitness Toning</p> <p>1:00 – 4:00 PM (SC4th - TTL) Λ Bridge</p> <p>1:30 – 2:15 PM (SC1st – ES)∞ British Drama: Agatha Christie's Poirot, Series 1</p> <p>2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p> <p>4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers</p> <p>6:45 – 8:30 PM (SC1st – ES) Λ Ω φ Monday Night Movie: Love's Enduring Promise 2 hrs (Drama, Family, Western) (2004) PG</p>	<p style="text-align: right;">11</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training</p> <p>1:30 – 2:30 PM(SC1st – Conference Room) Afternoon Prize Bingo</p> <p>3:00–3:30 PM (SC3rd)Λ Ω • Investigate the Bible</p> <p>4:00 – 5:15 (SCLob) Montgomery Regional Mobile Library brings books for you to check out.</p> <p>6:00 – 7:30 PM (SC3rd)Λ Mini Manicures</p> <p>6:30 – 7:15 PM (SC1st – ES) Λ Ω© Writers group</p> <p>7:30 – 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">12</p> <p>10:00 – 10:30 AM (SC1st – ES) Catholic Communion</p> <p>11:00 – 11:30 AM (SC1st – ES)∞ DVD Fitness:</p> <p>2:30 - 3:00 PM (SCDR)∞Fitness w/ David: Seated Aerobic</p> <p>3:00 – 3:30 PM (SCDR) Resident Meeting</p> <p>4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers</p>	<p style="text-align: right;">13</p> <p>9:00 – 9:45 AM (SC4th – TTL) Beginning Bridge with Ted</p> <p>10:00 – 10:30 AM (SCConf) Episcopal Communion</p> <p>10:00 AM – 12:00 PM (SC4th–TTL) Ω Beginning/Refresher Bridge class with Anne and Ted</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training</p> <p>1:30 – 2:30 PM(SC1st – ES)\$ Λ Ω Baby Shower</p> <p>2:35 – 4:00 PM (SC1-ES) Λ Ω Bible Study</p> <p>3:00 – 3:30 PM (4th – TTL) Brain Aerobics</p> <p>4:00 -5:15 PM (SCConf) Λ Ω • Cover to Cover Book Conversations</p> <p>6:30 – 7:30 PM(SC1st – ES)Λ Ω© Game Time/ Ruthie</p>	<p style="text-align: right;">14</p> <p>10:00 – 10: 45 AM (SC 4th – TTL) Knitting and Chatting</p> <p>11:00 – 11:30 AM (SC1st – ES) Seated Exercise DVD</p> <p>1:00 – 2:15 PM (SC1st - ES) What to Eat?</p> <p>2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p> <p>3:00 – 3:30 PM (SCDR) Λ Ω Resident and Staff Mixer</p>	<p style="text-align: right;">15</p> <p>9:30 – 10:15 AM (SC1st – ES) Λ Morning Social</p> <p>11:00 – 11:30 AM (SC1st – ES) Λ∞ Chair Stretches</p> <p>2:00 – 4:00 PM (SC1st-ES)Λ Ω φ Afternoon Movie: The Rider, 1 hr 44 mins (Drama, Western) (2017) R</p>
<p style="text-align: right;">16</p> <p>2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble</p> <p>2:00 – 4:00 PM (SC1st-ES) φ Movie Sunday: Presenting Lily Mars, 1 hr 44 mins (Comedy, Musical, Romance) (1943) Not Rated</p> <p>6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">17</p> <p>9:30-Noon (SC Conf) ∞Podiatrist</p> <p>11:00 – 11:30 AM (SC1st – ES)∞ DVD Fitness and Toning</p> <p>1:00 – 4:00 PM (SC4 - TTL) Λ Bridge</p> <p>1:00 – 2:00 PM (SCConf) Free Hearing Aid Clinic – Repair and Cleaning Free</p> <p>1:30 – 2:15 PM (SC1st – ES)∞ British Drama: Agatha Christie's Poirot, Series 1</p> <p>2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p> <p>4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers</p> <p>6:45 – 8:30 PM (SC1st – ES) Λ Ω φ Monday Night Movie: Love's Long Journey 2 hrs (Drama, Family, Western) (2005) PG</p>	<p style="text-align: right;">18</p> <p>10:00 – 10:45 (SC1st – ES) Λ Christian Fellowship - Methodist</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training</p> <p>1:30 – 2:30 PM(SCCR) Λ Ω Bingo</p> <p>6:00 – 7:30 PM (SC3rd)Λ Mini Manicures</p> <p>6:30 – 7:15 PM (SC1st - ES) Λ Ω© Writers group</p> <p>7:30 – 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">19</p> <p>10:00 – 10:30 AM (SC1st – ES) Λ Ω Catholic Communion – Fr. John, Catholic Mass</p> <p>11:00 – 11:30 AM (SC1st – ES)∞ DVD Fitness</p> <p>2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p> <p>3:00 – 3:30 PM (SC1st – ES) Tea Time with Nate</p> <p>4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers</p>	<p style="text-align: right;">20</p> <p>9:00 – 9:45 AM (SC4th – TTL) Beginning Bridge with Ted</p> <p>10:00 AM – 12:00 PM (SC4th – TTL) Ω Beginning/Refresher Bridge class with Anne and Ted</p> <p>10:00 – 11:00 AM (VC) Headline News Discussion Group</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training</p> <p>1:30 – 2:30 PM(SC1st – ES)\$ Λ Ω Bingo</p> <p>2:35 – 4:00 PM (SC1-ES) Λ Ω Bible Study</p> <p>3:00 – 3:45 PM (SC4th-TTL) Sing-A-Long with Diane</p> <p>4:00 -5:15 PM (SCConf) Λ Ω • Cover to Cover Book Conversations</p> <p>6:30 – 7:30 PM(SC1st – ES)Λ Ω© Game Time with Ruthie</p>	<p style="text-align: right;">21</p> <p>10:00 – 10: 45 AM (SC 4th – TTL) Knitting and Chatting</p> <p>11:00 – 11:30 AM (SC1st – ES) Seated Exercise DVD</p> <p>1:15 – 2:15 PM (SC1st) BBC Call the Midwife</p> <p>2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic</p> <p>3:00 – 3:30 PM (SCDR) Λ Ω Wine and Cheese Happy Hour.</p> <p>4:00 – 5:00 PM (VC) Story Hour/Happy Hour</p>	<p style="text-align: right;">22</p> <p>9:30 – 10:15 AM (SC1st – ES) Λ Morning Social</p> <p>11:00 – 11:30 AM (SC1st – ES) Λ∞ Chair Stretches</p> <p>2:00 – 4:00 PM (SC1st-ES)Λ Ω φ Afternoon Movie: The Second Coming of Christ 1 hr 32 mins (Action, Drama, Family) (2018) Not Rated</p>

<p style="text-align: right;">23</p> <p>2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble</p> <p>2:00 – 4:00 PM (SC1st- ES) φ Movie Sunday: For Me and My Gal 1 hr 44 mins (Musical, Romance, War) (1964) Not Rated</p> <p>6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship:</p>	<p style="text-align: right;">24</p> <p>11:00 – 11:30 AM (SC1st – ES) ∞DVD Fitness Toning 1:00 – 4:00 PM (SC4th – TTL) Λ Bridge 1:30 – 2:15 PM (SC1st – ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers 6:45 – 8:30 PM (SC1st – ES) Λ Ω φ Monday Night Movie: Love's Abiding Joy, 1 hr 27 mins (Drama) (2014) PG</p>	<p style="text-align: right;">25</p> <p>10:00 – 11:00 AM (SCCR) Λ Ω • Christian Fellowship – Presbyterian 11:00 – 11:30 AM (SC1st – ES) ∞ DVD-Fitness: Seated Strength Training 1:30 – 2:30 PM(SC1st –ES)\$ Λ Ω Bingo 3:00–3:30 PM (SC3rd) Λ Ω • Investigate the Bible 4:00 – 5:15 (SCLob) Montgomery Regional Mobile Library brings books for you to check out. 6:00 – 7:30 PM (SC3rd)Λ Mini Manicures with VT Students 6:30 – 7:15 PM (SC1st - ES) Λ Ω© Writers group 7:30 – 8:30 PM (SCConf) Λ AA Meeting for WHV</p>	<p style="text-align: right;">26</p> <p>10:00 – 10:30 AM (SC1st – ES) Λ Ω Catholic Communion 11:00 – 11:30 AM (SC1st – ES)∞ DVD Fitness 2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 – 4:45 PM (SC1st-ES) Warm Hearth Singers</p>	<p style="text-align: right;">27</p> <p>9:00 – 9:45 AM (SC4th – TTL) Beginning Bridge with Ted 10:00 AM – 12:00 PM (SC4th – TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω Bingo 2:35 – 4:00 PM (SC1-ES) Λ Ω Bible Study 3:00 – 3:30 PM (SC4-TTL) Brain Erobics 4:00 -5:15 PM (SCConf) Λ Ω • Cover to Cover Book Conversations 6:30 - 7:30 PM(SC1st - ES)Λ Ω© GameTime with Ruthie</p>	<p style="text-align: right;">28</p> <p>10:00 – 10: 45 AM (SC 4th – TTL) Knitting and Chatting 11:00 – 11:30 AM (SC1st – ES) Seated Exercise DVD 1:00 – 2:15 PM (SC1st - ES) What to Eat? 2:30 – 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 3:00 – 3:30 PM (SCDR) Λ Ω Wine and Cheese Happy Hour.</p>	<p style="text-align: right;">29</p> <p>9:30 – 10:15 AM (SC1st – ES) Λ Morning Social</p> <p>11:00 – 11:30 AM (SC1st – ES) Λ∞ Chair Stretches</p> <p>2:00 – 4:00 PM (SC1st-ES)Λ Ω φ Afternoon Movie: Lean on Pete, 2 hrs, 1 min. (Adventure, Drama) (2017) R</p>
<p style="text-align: right;">30</p> <p>2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble</p> <p>2:00 – 4:00 PM (SC1st- ES) φ Movie Sunday: Till the Clouds Roll By, 2 hrs, 12 mins. (Biography, Musical) (1946) Not Rated</p> <p>6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship:</p>		<p>9/9 12:00PM – Grandparents Day Luncheon (SCDR) 9/10 – Movie Matinee Christopher Robin/Puzzle 9/11 1:30 PM – Prize Bingo (ES) 9/12 - 9/13 1:30 PM – Baby Shower (ES) 9/14 3:00 PM – Resident and Staff Mixer (SCDR)</p>		<p style="text-align: center;">National Assisted Living Week is Sunday, September 9th – Saturday, September 15th. Please check out the additional flyer for programs and events that week!</p>	<p style="text-align: center;">Monday, September 3rd – Labor Day</p> <p style="text-align: center;">Monday, September 10th – Rosh Hashanah</p> <p style="text-align: center;">Wednesday, September 19th – Yom Kippur</p>	<p style="text-align: center;">For information regarding activities, please contact Jonathan Tate, ADC at jtate@warmhearth.org or 540-443-3411</p>