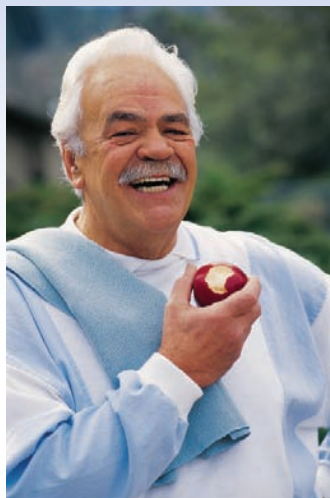


# ...for mind, body & spirit

## *For the Mind*

- Table/card games
- Arts & Crafts
- Trips/shopping
- Garden Club
- Volunteer opportunities
- Educational seminars
- Memory Workout
- Live entertainment
- Bingo
- Holiday celebrations
- Movie nights



## *For the Body:*

- B-Fit Exercise Program
- New fitness equipment designed especially for seniors. Training available.
- Tai Chi/Yoga
- Chair aerobics
- Free weights workout
- Walking Club
- Blood pressure/weight checks
- Fitness dancing
- Movement to Music
- Heart-healthy menu selections

## *For the Spirit:*

- Ice Cream Social
- Prayer group
- Weekly activities with children
- Bible study
- Pet therapy
- Weekly worship service
- Grief Support program



**Hearthstone Village**  
Independent and Assisted Living