

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

Forest Hill Heights Assisted Living

9:30am- Tea Time & Coffee Chats 10am- Family Feud 11am- Balloon Noodle Baseball 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace & Coloring 4pm- Football Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Mini Can Toss 1pm- Word Scapes 2pm- Throw Tic Tac Toe 2:30pm- Hangman 3pm- Bottle Toss 3:30pm- Free Rice 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Target Practice 1pm- Shoot for the Hoop! 1:30pm- Crocheting with Kylie 2:30pm- Balloon Soccer 3pm- Crafty Hour: Spooky Plant Decor 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble 10:30am- Resident Meeting 11am- Fly Swat 11:30am- iPad Games 1:30pm- Bingo 3pm- Discussion Ball 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Parachute 11am- Planning Meeting 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee 2pm- International Day of Older Persons' Advice Activity 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Bowling 10am- Dominoes & Board Games 11am- Bad Mitten 11:30am- Peace & Coloring 1:30pm- Bingo 3pm- Elefun 3:30pm- Hangman 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music In Lounge National Denim/Plaid Day! Wear Your Denim & Plaid! Sukkot Begins	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Racko 2pm- Playdough Hand Exercise 2:30pm- Deal or No Deal 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge
9:30am- Tea Time & Coffee Chats 10am- Family Feud 11am- Balloon Noodle Baseball 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace & Coloring 4pm- Football Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Mini Can Toss 1pm- Word Scapes 2pm- Throw Tic Tac Toe 2:30pm- Hangman 3pm- Bottle Toss 3:30pm- Free Rice 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Target Practice 1pm- Shoot for the Hoop! 1:30pm- Crocheting with Kylie 2:30pm- Balloon Soccer 3pm- Crafty Hour: Spooky Plant Decor 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble 10:30am- Resident Meeting 11am- Fly Swat 11:30am- iPad Games 1:30pm- Bingo 3pm- Discussion Ball 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Garden Check Up 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee 2pm- Leapfrog Toss 2:30pm- Writing Refresh 3pm- Crafty Hour: Pumpkin Pen Holder 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Bowling 10am- Dominoes & Board Games 11am- Table Broom Hockey 11:30am- Peace & Coloring 1:30pm- Bingo 3pm- Don't Break the Ice! 3:30pm- Word Builder 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music In Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- 5 Alive 2pm- Playdough Hand Exercise 2:30pm- Spot the Difference! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge Simchat Torah Begins
9:30am- Tea Time & Coffee Chats 10am- 5 Second Rule 11am- Elefun 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace & Coloring 4pm- Bucket Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Balloon Soccer 1pm- Deal or No Deal 2pm- Ladder Ball 2:30pm- Word Scramble 3pm- Parachute 3:30pm- Crafty Hour: Mason Lid Pumpkin 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Columbus Day (US) Thanksgiving Day (Canada)	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Bottle Toss 12pm- Lunch in from Wendy's(\$) 1:30pm- Crocheting with Kylie 3pm- Ladies Tea & Men's Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble 10:15am- Food Committee Meeting 11:30am- Velcro Catch 1:30pm- Bingo 3pm- Pumpkin Bocce 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Head Hoop 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee 2pm- Mini Golf 2:30pm- Discussion Ball 3pm- Crafty Hour: Glitter Pumpkin 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Bowling 10am- Dominoes & Board Games 11am- Fly Swat 11:30am- Peace & Coloring 1:30pm- Bingo 3pm- Kick Bowling 3:30pm- Family Feud 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music In Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Rummikub 2pm- Playdough Hand Exercise 2:30pm- Word Scapes 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge
9:30am- Tea Time & Coffee Chats 10am- Deal or No Deal 11am- Shoot for the Hoop! 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace & Coloring 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Velcro Catch 1pm- Spot the Difference! 2pm- Don't Break the Ice! 2:30pm- Hangman 3pm- Giant Ring Toss 3:30pm- Free Rice 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Pumpkin Bocce 12pm- Lunch in from Red Lobster (\$) 1:30pm- Crocheting with Kylie 2:30pm- Kick Bowling 3pm- Crafty Hour: Halloween Wreath 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10am- Scrabble 11:30am- Table Broom Hockey 1:30pm- Bingo 3pm- Target Practice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Garden Check Up 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee 2pm- Giant Connect 4 2:30pm- Writing Refresh 3pm- Crafty Hour: Spooky Mason Jar Vase 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Bowling 10am- Dominoes & Board Games 11am- Balloon Soccer 11:30am- Peace & Coloring 1:30pm- Bingo 3pm- Corn Hole 3:30pm- Rhyme Time 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music In Lounge	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice 1pm- Head Bandz 2pm- Playdough Hand Exercise 2:30pm- Trivia Crack 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge
9:30am- Tea Time & Coffee Chats 10am- Word Scapes 11am- Head Hoop 11:30am- Random Trivia 1pm- Yahtzee 1pm- Sunday Football 2pm- Church Service Stream 2pm- Puzzle Corner 3pm- Peace & Coloring 4pm- Free Rice 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Giant Connect Four 1pm- Deal or No Deal 2pm- Fly Swat 2:30pm- Word Builder 3pm- Table Broom Hockey 3:30pm- Free Rice 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Parachute 12pm- Lunch in from Fishermen's Catch(\$) 1:30pm- Crocheting with Kylie 2:30pm- Parachute 3pm- Crafty Hour: Yarn Pumpkin Garland 4:30pm- Daily Chronicle & Fun Facts 6pm- October Birthday Party! 7pm- Evening Music in Lounge	9:30am- Chair Dancercise 10:30am- Scrabble 11:30am- Leapfrog Toss 1:30pm- Bingo 3pm- Balloon Soccer 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy! 7pm- Evening Music in Lounge	9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Kick Bowling 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee 2pm- Mini Golf 2:30pm- Writing Refresh 3pm- Crafty Hour: Beaded Pipe Cleaner Indian Corn 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	9:30am- Bowling 10am- Dominoes & Board Games 11am- Velcro Catch 11:30am- Peace & Coloring 1:30pm- Fall Festival Begins! 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music In Lounge Wear your Halloween Costume!	9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Pumpkin Bocce 1pm- Racko 2pm- Playdough Hand Exercise 2:30pm- Wheel of Fortune! 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music In Lounge Halloween

Forest Hill Heights LLC.

Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room & both stations.

410-893-3070