Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am- Tea Time & Coffee Chats 10am- Morning Stretches 10:30am- Peace & Coloring 10:30am- Church Service Stream 11:30am- Shoot for the Hoop 1pm- Yahtzee 1pm- Sunday Football 2pm-Bucket Toss 2:30pm- Deal or No Deal 3:30pm- Deal or No Deal 3:30pm- Skee Ball 4pm- Hangman 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge Daylight Saving Time Ends 9:30am- Tea Time & Coffee Chats 10:30am- Peace & Coloring 10:30am- Peace & Coloring 10:30am- Ring Toss 1pm- Yahtzee 1pm- Sunday Football 2pm- Throw Tic Tac Toe 2:30pm- Word Scapes 3pm- Velcro Catch 3:30pm- Fael Mitten 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno	<ul> <li>10am- Jewelry Making         <ul> <li>11am- Helping Hands</li> <li>11:30am- Fly Swat</li> <li>1pm- Board Games</li> <li>2pm- Parachute</li> <li>2:30pm- What in the World?</li> <li>3pm- Table Broom Hockey</li> <li>3:30pm- Word Scapes</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Bingo</li> <li>7pm- Evening Music in Lounge</li> </ul> </li> <li>8 9:30am- Chair Yoga         <ul> <li>10am- Jewelry Making</li> <li>11am- Helping Hands</li> <li>11:30am- Ladder Ball</li> <li>1pm- Board Games</li> <li>2pm- Archery</li> <li>2:30pm- Hangman</li> <li>3pm- Parachute Prevail</li> <li>3:30pm- iPad Games</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Bingo</li> </ul> </li> </ul>	<ul> <li>10am- Train Dominoes &amp; Board Games</li> <li>11am- Balloon Soccer</li> <li>11:30am- Rhyme Time</li> <li>1:30pm- Crocheting with Kylie</li> <li>2:30pm- Hot Potato</li> <li>3pm- Inside America's Most Famous</li> <li>Home</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Bingo</li> <li>7pm- Evening Music in Lounge</li> <li>Election Day!</li> <li>Wear Your Red White &amp; Blue!</li> </ul>	10am- Scrabble 11am- Corn Hole 11:30am- Hangout with Winston & Shirley Jr. 1:30pm- Bingo 3pm- Bad Mitten 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge 9:30am- Chair Dancercise 10am- 5 Alive 10:15am- Food Committee Meeting 11am- Table Broom Hockey 11:30am- Hangout with Winston & Shirley Jr. 1:30pm- Bingo 3pm- Parachute 3:30pm- Veterans Recognition Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	10am- Puzzle Corner 10:30am- <b>Resident Meeting</b> 11am- Velcro Catch 11:30am- Writing Refresh 1pm- Yahtzee & Board Games 2pm- Mini Golf 3pm- Crafty Hour: Modern Day Spin Art 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge	10am- Dominoes & Board Games 11am- Kick Bowling 11:30am- Playdough Hand Exercis 1:30pm- Bingo 3pm- Target Practice 3:30pm- Family Feud 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge 9:30am- Bowling 10am- Dominoes & Board Games 11am- Giant Connect 4 11:30am- Playdough Hand Exercis 1:30pm- Bingo 3pm- Shoot for the Hoop 3:30pm- Deal Or No Deal 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night!	<ul> <li>1pm- Rumikub &amp; Card Games</li> <li>2pm- Afternoon Stretchercise</li> <li>2:30pm- Word Builder</li> <li>3pm- Nail Polishing &amp; Hydration</li> <li>Station</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Mystery Bag Bingo</li> <li>7pm- Evening Music in Lounge</li> <li>9:30am- Tea Time &amp; Coffee Chats</li> <li>4:30am- Simon Says, "Wake Up!"</li> <li>10:30am- Craft Wrap Up</li> </ul>
7pm- Evening Music in Lounge 9:30am- Tea Time & Coffee Chats 10am- Morning Stretches 10:30am- Peace & Coloring 10:30am- Church Service Stream 11:30am- Table Broom Hockey 1pm- Yahtzee 1pm- Sunday Football 2pm- Archery 2:30pm- Don't Break the Ice! 3pm- Discussion Ball 3:30pm- Trivia Crack 4pm- Hot Potato 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	7pm- Evening Music in Lounge 9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Bad Mitten 1pm- Board Games 2pm- Head Hoop 2:30pm- Crafty Hour: I am Thankful For 3:30pm- Balloon Soccer 4pm- Family Feud 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	7pm- Evening Music in Lounge	Veterans Day Remembrance Day (Canada) 9:30am- Chair Dancercise 10am- Scrabble 11am- Ring Toss 11:30am- Hangout with Winston & Shirley Jr. 1:30pm- Bingo 3pm- Velcro Catch 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge		7pm- Evening Music in Lounge9:30am- Bowling2(10am- Dominoes & Board Games11am- Table Broom Hockey11:30am- Playdough Hand Exercise1:30pm- Bingo3pm- Parachute Prevail3:30pm- Word Scapes4:30pm- Daily Chronicle & FunFacts6pm- Movie Night!7pm- Evening Music in Lounge	7pm- Evening Music in Lounge 9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up
9:30am- Tea Time & Coffee Chats 10am- Morning Stretches 10:30am- Peace & Coloring 10:30am- Church Service Stream 11:30am- Balloon Noodle Baseball 1pm- Yahtzee 1pm- Sunday Football 2pm- Throw Tic Tac Toe 2:30pm- iPad Games 3:30pm- Hot Potato 4pm- Word Builder 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	22 9:30am- Chair Yoga 23 10am- Jewelry Making 11am- Helping Hands 11:30am- Ladder Ball 1pm- Board Games 2pm- Shoot for the Hoop 2:30pm- Free Rice 3pm- Discussion Ball 3:30pm- Deal Or No Deal 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge	<ul> <li>9:30am- Seated Exercise Video 24</li> <li>10am- Train Dominoes &amp; Board Games</li> <li>11am- Skee Ball</li> <li>12pm- Lunch in from Tutto Fresco(\$)</li> <li>1:30pm- Crocheting with Kylie</li> <li>2:30pm- Archery</li> <li>3pm- Crafty Hour: DIY Canvas Tote</li> <li>Bag</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Bingo</li> <li>7pm- Evening Music in Lounge</li> </ul>	9:30am- Chair Dancercise <b>25</b> 10am- 5 Alive 11am- Cone Toss 11:30am- Hangout with Winston & Shirley Jr. 1:30pm- Bingo 3pm- Bad Mitten 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jeopardy 7pm- Evening Music in Lounge	<ul> <li>9:30am- Balloon Keep it Up 10am- Gobble Gobble 10:30am- Wishbone Toss 11am- Turkey Day Trivia 11:30am- Table Broom Hockey 1pm- Yahtzee &amp; Board Games 2pm- Bocce Ball 3pm- Crafty Hour: Straw Art 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Friendsgiving Social 7pm- Evening Music in Lounge Thanksgiving Day (US)</li> </ul>	9:30am- Bowling 27 10am- Dominoes & Board Games 11am- Fly Swat 11:30am- Playdough Hand Exercis 1:30pm- Bingo 3pm- Bucket Toss 3:30pm- Mad Libs Story Telling 4:30pm- Daily Chronicle & Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge	<ul> <li>9:30am- Tea Time &amp; Coffee Chats</li> <li>9:30am- Simon Says, "Wake Up!"</li> <li>10:30am- Craft Wrap Up</li> <li>11:30am- Residents Choice</li> <li>1pm- Rummy &amp; Card Games</li> <li>2pm- Elefun</li> <li>2:30pm- Rhyme Time</li> <li>3pm- Nail Polishing &amp; Hydration</li> <li>Station</li> <li>4:30pm- Daily Chronicle &amp; Fun Facts</li> <li>6pm- Mystery Bag Bingo</li> <li>7pm- Evening Music in Lounge</li> </ul>
9:30am- Tea Time & Coffee Chats 10am- Morning Stretches 10:30am- Peace & Coloring 10:30am- Church Service Stream 11:30am- Ladder Ball 1pm- Yahtzee 1pm- Sunday Football 2pm-Head Hoop 2:30pm- What in the World? 3:30pm- Target Practice 4pm- Trivia Crack 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge	29 9:30am- Chair Yoga 30 10am- Jewelry Making 11am- Helping Hands 11:30am- Ring Toss 1pm- Board Games 2pm- Parachute Prevail 2:30pm- Hangman 3pm- Mini Golf 3:30pm- Family Feud 4:30pm- Daily Chronicle & Fun Facts 6pm- November Birthday Party! 7pm- Evening Music in Lounge	FOREST HILL HEIGHTS		ember 20		

Forest Hill Heights LLC.

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



