

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am- Tea Time & Coffee Chats <b>1</b> 11am- Balloon Noodle Baseball 12:30pm- Daily Chronicle & Fun Fact 1pm- Sunday Football 2:30pm- Can Toss 3pm- Hydration Station 3:30pm- Church Service Stream 4pm- Baby Corner 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation  Daylight Saving Time Ends	10:30am- Table Broom Hockey <b>2</b> 11am- Lego Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Reminiscing Picture Books 1:30pm- Crafty Hour: Ombre Fork Art 2:30pm- Parachute Prevail 3pm- Hydration Station 3:30pm- Sounds of the 40's 4pm- Mini Golf 5:30pm- Hangman 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise <b>3</b> 11am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 1:30pm- Nail Polishing & Hand Massages 2:30pm- Mid Day Stretch 3pm- Hydration Station 3:30pm- Puzzle Corner 4pm- Bucket Toss 5:30pm- After Dinner Stretch 6pm- Inside America's Most Famous Home 7pm- Evening Music Relaxation	10:30am- Chair Yoga <b>4</b> 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Elefun 1:30pm- Crafty Hour: Fall Foliage Painting 2:30pm- Hot Potato 3pm- Hydration Station 3:30pm- Whack-O-Mole 4pm- Writing Refresh 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10:30am- Bowling <b>5</b> 11am- Peace & Coloring 12:30pm- Daily Chronicle & Fun Facts 1pm- Creation Station 1:30pm- Hair Fix 2:30pm- Fly Swat 3pm- Hydration Station 3:30pm- Bad Mitten 4pm- Produce Organization 5:30pm- A Short Story 6pm- Target Practice 7pm- Evening Music Relaxation	10:30am- Balloon Keep it Up <b>6</b> 11am- Word Builder 12:30pm- Daily Chronicle & Fun Facts 1pm- Discussion Ball 1:30pm- Crafty Hour: Pumpkin Pie Creation 2:30pm- Walks & Talks 3pm- Hydration Station 3:30pm- Cha Cha Slide 4pm- Hangout with Dexter 5:30pm- Head Hoop 6pm- Family Feud 7pm- Evening Music Relaxation	10:30am- Tea Time & Coffee Chats <b>7</b> 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Residents Choice 1:30pm- Craft Wrap Up 2:30pm- Parachute 3pm- Hydration Station 3:30pm- Nail Polishing & Hand Massages 4pm- Board Games 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
10:30am- Tea Time & Coffee Chats <b>8</b> 11am- Throw Tic Tac Toe 12:30pm- Daily Chronicle & Fun Fact 1pm- Sunday Football 2:30pm- Mini Golf 3pm- Hydration Station 3:30pm- Church Service Stream 4pm- Folding Function 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation	10:30am- Table Broom Hockey <b>9</b> 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Free Rice 1:30pm- Crafty Hour: Straw Art 2:30pm- Bad Mitten 3pm- Hydration Station 3:30pm- Sounds of the 50's 4pm- Head Hoop 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise <b>10</b> 11am- Playdough Hand Exercise 12:30pm- Daily Chronicle & Fun Facts 1pm- Dance Freeze 1:30pm- Nail Polishing & Hand Massages 2:30pm- Mid Day Stretch 3pm- Hydration Station 3:30pm- Fabric Feel 4pm- Hungry Hungry Hippos 5:30pm- After Dinner Stretch 6pm- 5 Second Rule 7pm- Evening Music Relaxation	10:30am- Chair Yoga <b>11</b> 11am- Junk Drawer Detective 12:30pm- Daily Chronicle & Fun Facts 1pm- Fly Swat 1:30pm- <b>Veterans Recognition Social</b> 2:30pm- Parachute Prevail 3pm- Hydration Station 3:30pm- Velcro Catch 4pm- Writing Refresh 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation <small>Veterans Day Remembrance Day (Canada)</small>	10:30am- Bowling <b>12</b> 11am- Peace & Coloring 12:30pm- Daily Chronicle & Fun Facts 1pm- In the Kitchen 1:30pm- Hair Fix 2:30pm- Shoot for the Hoop 3pm- Hydration Station 3:30pm- Balloon Noodle Baseball 4pm- Baby Corner 5:30pm- A Short Story 6pm- Target Practice 7pm- Evening Music Relaxation	10:30am- Balloon Keep it Up <b>13</b> 11am- Hangman 12:30pm- Daily Chronicle & Fun Facts 1pm- Hot Potato 1:30pm- Crafty Hour: Turkey Decor 2:30pm- Walks & Talks 3pm- Hydration Station 3:30pm- Elefun 4pm- Hangout with Dexter 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation	10:30am- Tea Time & Coffee Chats <b>14</b> 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Residents Choice 1:30pm- Craft Wrap Up 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Nail Polishing & Hand Massages 4pm- Lincoln Log Creations 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
10:30am- Tea Time & Coffee Chats <b>15</b> 11am- Going Fishing 12:30pm- Daily Chronicle & Fun Fact 1pm- Sunday Football 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Church Service Stream 4pm- Produce Organization 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation	10:30am- Table Broom Hockey <b>16</b> 11am- Playdough Hand Exercise 12:30pm- Daily Chronicle & Fun Facts 1pm- In the Kitchen 1:30pm- Crafty Hour: Cornucopia Creations 2:30pm- Shoot for the Hoop 3pm- Hydration Station 3:30pm- Sounds of the 60's 4pm- Fly Swat 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise <b>17</b> 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Hot Potato 1:30pm- Nail Polishing & Hand Massages 2:30pm- Mid Day Stretch 3pm- Hydration Station 3:30pm- Folding Function 4pm- Parachute Prevail 5:30pm- After Dinner Stretch 6pm- 5 Second Rule 7pm- Evening Music Relaxation	10:30am- Chair Yoga <b>18</b> 11am- Puzzle Corner 12:30pm- Daily Chronicle & Fun Facts 1pm- Parachute 1:30pm- Crafty Hour: Bubble Art 2:30pm- Head Hoop 3pm- Hydration Station 3:30pm- Elefun 4pm- Writing Refresh 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10:30am- Bowling <b>19</b> 11am- Peace & Coloring 12:30pm- Daily Chronicle & Fun Facts 1pm- Lincoln Log Creations 1:30pm- Hair Fix 2:30pm- Can Toss 3pm- Hydration Station 3:30pm- Discussion Ball 4pm- Hangman 5:30pm- A Short Story 6pm- Target Practice 7pm- Evening Music Relaxation	10:30am- Balloon Keep it Up <b>20</b> 11am- Free Rice 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 1:30pm- Crafty Hour: Painted Rocks 2:30pm- Walks & Talks 3pm- Hydration Station 3:30pm- Mini Golf 4pm- Hangout with Dexter 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation	10:30am- Tea Time & Coffee Chats <b>21</b> 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Residents Choice 1:30pm- Craft Wrap Up 2:30pm- Table Broom Hockey 3pm- Hydration Station 3:30pm- Nail Polishing & Hand Massages 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
10:30am- Tea Time & Coffee Chats <b>22</b> 11am- Bad Mitten 12:30pm- Daily Chronicle & Fun Fact 1pm- Sunday Football 2:30pm- Bottle Toss 3pm- Hydration Station 3:30pm- Church Service Stream 4pm- Hangman 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation	10:30am- Table Broom Hockey <b>23</b> 11am- Reminiscing Picture Books 12:30pm- Daily Chronicle & Fun Facts 1pm- Puzzle Corner 1:30pm- Crafty Hour: Q-Tip Painting 2:30pm- Going Fishing 3pm- Hydration Station 3:30pm- Sounds of the 70's 4pm- Elefun 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise <b>24</b> 11am- Produce Organization 12:30pm- Daily Chronicle & Fun Facts 1pm- Fly Swat 1:30pm- Nail Polishing & Hand Massages 2:30pm- Mid Day Stretch 3pm- Hydration Station 3:30pm- Board Games 4pm- Balloon Noodle Baseball 5:30pm- After Dinner Stretch 6pm- 5 Second Rule 7pm- Evening Music Relaxation	10:30am- Chair Yoga <b>25</b> 11am- Playdough Hand Exercise 12:30pm- Daily Chronicle & Fun Facts 1pm- Mini Golf 1:30pm- Crafty Hour: I Am Thankful For... 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Shoot for the Hoop! 4pm- Writing Refresh 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10:30am- Bowling <b>26</b> 11am- Peace & Coloring 12:30pm- Daily Chronicle & Fun Facts 1pm- Gobble Gobble 1:30pm- Hair Fix 2:30pm- Wishbone Toss 3pm- Hydration Station 3:30pm- Ring Toss 4pm- Turkey Day Trivia 5:30pm- A Short Story 6pm- <b>Friendsgiving Social</b> 7pm- Evening Music Relaxation  <small>Thanksgiving Day (US)</small>	10:30am- Balloon Keep it Up <b>27</b> 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Dance Freeze 1:30pm- Crafty Hour: Snowman Creations 2:30pm- Walks & Talks 3pm- Hydration Station 3:30pm- Sensory Corner 4pm- Hangout with Dexter 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation	10:30am- Tea Time & Coffee Chats <b>28</b> 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle & Fun Facts 1pm- Residents Choice 1:30pm- Craft Wrap Up 2:30pm- Kick Bowling 3pm- Hydration Station 3:30pm- Nail Polishing & Hand Massages 4pm- Baby Corner 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
10:30am- Tea Time & Coffee Chats <b>29</b> 11am- Parachute Prevail 12:30pm- Daily Chronicle & Fun Fact 1pm- Sunday Football 1:30pm- Puzzle Corner 2pm- Throw Tic Tac Toe 2:30pm- Hot Potato 3pm- Hydration Station 3:30pm- Church Service Stream 4pm- Board Games 5:30pm- After Dinner Stretch 6pm- Snakes & Ladders 7pm- Evening Music Relaxation	10:30am- Table Broom Hockey <b>30</b> 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Hangman 1:30pm- Crafty Hour: Christmas Door Decor 2:30pm- Velcro Catch 3pm- Hydration Station 3:30pm- Sounds of the 80's 4pm- Can Toss 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	<h1 style="color: orange;">November 2020</h1> <h2 style="color: blue;">Forest Hill Heights Memory Care</h2>				