

Join us at Helping Hands:

This program benefits residents of Forest Hill Heights! Each month we do themed specific projects for the residents. This program's purpose is to give back to the community, volunteer, and build relationships!



Church Services

In-person Church services are cancelled until further notice.



Every Sunday we will live stream a service on the TV.

As soon as the schedule can resume, we will let you know.



PLEASE CHECK OUT OUR FACEBOOK PAGE



Please Contact the Recreation Department with any questions or concerns!

410-893-3070

New Resident Highlight!

Welcome to Forest Hill Heights! We want to welcome all of our new residents into the community!

Please say hello and introduce yourself when you see a new face 😊



Dusty



Sherrill



Robert

ELECTION DAY



Thank You Veterans



November 2020

Forest Hill Heights Senior Living



A Letter from the Administrator

We are all so very happy to have been able to open for limited indoor visits towards the end of October. The visits seem to be going well, we just ask that everyone please keep an eye on the time as we must make sure that the visits are limited to 1 hour.

I know many are wondering about the holidays and visiting to family's homes. As of now, the health department has not released any official guidance, however, it was stated that since small family functions seem to be sparking outbreaks that more than likely anyone that does go to a family function would need to isolate in their room for 14 days after return to the facility. The 14 day isolation is to happen anytime someone leaves the building for a non-medical appointment.

We do all still need to continue to wear masks when out within the building and dining is still 50% capacity.

Chrissy Smith

Administrator
Chrissy Smith

Culinary Director
Rose Jorgenson

Office Manager
Jessica Slade

Admissions Director
Patty Nyitrai

Maintenance Director
Ben Jenkins

Recreation Director
Natalie Couchenour

Director of Personal Care
Karen Shauer
RN/CM/DM

Case Manager
Brittany Schoenagel



The Great Comet of 1680

For many of the 17th century, the appearance of a comet in the sky was something horrifying to behold. Comets were believed to be omens of disaster, foretelling earthquakes and storms, the death of kings, and the approach of disease. The year after a comet appeared over the skies of England in 1664, the Bubonic Plague killed 100,000 people in London. Then, in 1666, the Great Fire of London burned much of the central city to the ground. The word *disaster* comes from the Greek *dis*, meaning “bad,” and *aster*, meaning “star.” Indeed, many disasters were presaged by *bad stars*.



In November of 1680, a comet appeared in the heavens so big, so bright, and with such a long tail that it could be seen in the daytime. The appearance of the Great

Comet of 1680 threw many into confusion and dread. One letter from the time read: “God threatens us with dreadful punishments if we do not repent.” Others turned to science to explain the phenomenon.

The German astronomer Gottfried Kirch became the first man ever to see a comet from a telescope when he discovered the Great Comet on November 21, 1680. It came to be known as *Kirch's Comet*. A Spanish Jesuit priest, Eusebio Kino, charted the comet's course as he traveled from Cadiz, Spain, to Mexico City. His published account of the comet, the *Exposición astronómica de la cometa*, was one of the first scientific papers published in the New World. But the most famous investigator of the Great Comet was undoubtedly Isaac Newton.

Astronomer Johannes Kepler had previously argued that objects revolved around the sun in elliptical orbits. Alas, he never proved this theory. Newton, using data from the Royal Astronomer John Flamsteed, proved once and for all that the comet did indeed travel around the sun in an elliptical orbit. Newton's study of the Great Comet also led to his well-known theories of gravity.

Thirsty for Customers

The Monday after Thanksgiving is widely known as Cyber Monday. It was created in 2005 by the National Retail Federation as a way to encourage people to shop online. E-commerce businesses are sure to lure hungry holiday shoppers with exclusive Cyber Monday deals and sales. The gimmick worked better than anyone could have hoped. In 2019, online sales surpassed traditional brick-and-mortar store sales for the first time, showing just how far e-commerce has come in the past 15 years. But not all businesses shared the economic success.

Fed up with the declining revenues suffered by traditional stores, a local bookshop in New Hampshire renamed Cyber Monday as *Cider Monday* in 2015. In an effort to draw customers away from their computers and back to main street businesses, Toadstool Bookshops offered free apple cider to shoppers. It did not take long for not just bookshops but all manner of small businesses across the country to follow suit. If you venture out on November 30 to do some local shopping, arrive thirsty for some cider

PLEASE BE SURE TO SIGN UP FOR CRAFTY HOUR ON THURSDAY, NOVEMBER 19TH AT 3PM! WE WILL BE MAKING RESIN TRAYS! SUPPLIES ARE LIMITED TO 10 SPOTS AND VARY IN SIZE. SO YOU WILL HAVE YOUR CHOICE OF SUPPLIES BASED ON THE ORDER IN WHICH YOU SIGN UP!

Join us for our November Birthday Party!
Monday November 30th at 6pm!

November Birthdays

In astrology, those born from November 1–21 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.

Will Rogers (cowboy) – November 4, 1879
William Wells Brown (writer) – November 6, 1814
Dorothy Dandridge (actress) – November 9, 1922
Neil Young (musician) – November 12, 1945
Whoopi Goldberg (comedian) – November 13, 1955
Danny DeVito (actor) – November 17, 1944
Dominique Dawes (gymnast) – November 20, 1976
Ricardo Montalban (actor) – November 25, 1920
Tina Turner (singer) – November 26, 1939
Samuel Clemens (writer) – November 30, 1835

Remembering Old Clem

November 23 is a special holiday for metalworkers and blacksmiths. It is St. Clement's Day, more casually known as Old Clem's Night, honoring Pope Clement I, the patron saint of metalworkers and blacksmiths. Celebrating the holiday, or “Clementing,” has died out in all but a few places. The festivities began at sundown with the firing of the anvil. Gunpowder was packed into a small hole in the anvil so when it was struck by a hammer, it exploded in a shower of sparks. Then the smith (or often an apprentice) dressed in a wig, cloak, and mask transformed himself into “Old Clem.” Old Clem led a procession through the streets, visiting tavern after tavern, soliciting donations of ale and money to pay for the holiday dinner.



Peak Performer



Forest Hill Heights would like to recognize Kaylee Hollinger as Peak Performer for November 2020. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Kaylee when you see her!

* If you feel that someone should be recognized for outstanding performance, please feel free to fill out a HIWART postcard, drop a note in the suggestion box or see a manager to nominate for Peak Performer or HIWART recognition pin.

Morning Exercise-

Every morning, Monday- Friday there will be Activity Led exercise at 9:30am (unless a scheduling conflict occurs, which will be on the Daily Bulletin). Please join us to start the day off the right way!



Exercise that
brain of yours with
this month's



Quiz from Mr. John!

**Please hand in your answered quiz to
activities staff by November 30th!**

**JOIN US FOR OUR
GOING ONCE,
GOING TWICE,
SOLD! EVENT**

**Thursday, November 12th at
3pm.**

No Money Required!

**Everyone will get a set
amount tokens to bid on a
variety of items with!**

? Guess Who ?

Take a look at the pictures of
fellow residents from back in the
day!

Make sure you give us your best

? guess! ?

Join us on November 19th at 2pm
to find out who's— who!

November Birthdays

Residents

11/2- Frances Lelonek
11/4- Sharron Trotta
11/12- Patsy Valenti
11/15- Jim Ferrell
11/16- Russel Atwood
11/16- Rose Marie Sweet
11/17- Toby McFaul
11/19- Nancy Palughi
11/21- Doris Hostetler
11/22- Tommy Ball
11/23- Robert Gebhardt
11/24- Al Hirsch
11/25- Joe Norris
11/26- Les Carter
11/28- Ruth Dorminy

Staff

11/1- Kirsten Blackwell
11/3- Karen Shauer
11/3- Jessica Sloman
11/20- Mary Lynch
11/25- Lori Hensley
11/27- Amy Hoover
11/27- Deborah Heyne

Anniversaries

Amy Hoover- 4 Years
Alice Phann- 1 Year

Friendly Reminders



- Always **Sign-up** on the Sheets on the Bulletin Board, seats go to first come first serve (within reason).
- Sign-up sheets for Lunches in and certain special events are on the **bulletin board** dining room.
- If your name is not on the list, we do not know you want to attend!!
- Also, do your best to show up for the events **on time**, we will do our best to start on time 😊
- If the list is full, sign up for the waiting list. There is **no guarantee** that you will be able to attend but chances will be given if available to those on the waiting list.
- **Everything in red** you need to sign up for!

**Safety is always our biggest concern.
We may cancel events due to weather or
other concerns for everyone's best
interest.**

November

Activity Highlights:

11/3- Election Day! Wear Your Red White & Blue
11/3- Crocheting with Kylie @ 1:30pm
11/3- Inside America's Most Famous Home @ 3pm
11/5- Resident Meeting @ 10:30am
11/6- Movie Night @ 6pm
11/10- **Lunch in from Red Robin (\$)**
11/10- Crocheting with Kylie @ 1:30pm
11/11- Food Committee Meeting @ 10:15am
11/11- Veterans Recognition Social @ 3:30pm
11/12- Going Once, Going Twice, Sold! Auction @ 3pm
11/13- Movie Night @ 6pm
11/17- Crocheting with Kylie @ 1:30pm
11/17- Ladies Tea & Mens Social @ 3pm
11/19- Guess Who Results @ 2pm
11/19- **Crafty Hour: Wooden Resin Tray @ 3pm**
11/20- Movie Night @ 6pm
11/24- **Lunch in from Tutto Fresco (\$) @ 12pm**
11/24- Crocheting with Kylie @ 1:30pm
11/26- Friendsgiving Social @ 6pm
11/27- Movie Night @ 6pm
11/30- November Birthday Party @ 6pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>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- Skee Ball 4pm- Hangman 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge Daylight Saving Time Ends</p> <p>1</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Fly Swat 1pm- Board Games 2pm- Parachute 2:30pm- What in the World? 3pm- Table Broom Hockey 3:30pm- Word Scapes 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>2</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Balloon Soccer 11:30am- Rhyme Time 1:30pm- Crocheting with Kylie 2:30pm- Hot Potato 3pm- Inside America's Most Famous Home 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Election Day! Wear Your Red White & Blue!</p> <p>3</p>	<p>9:30am- Chair Dancercise 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</p> <p>4</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Resident Meeting 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</p> <p>5</p>	<p>9:30am- Bowling 10am- Dominoes & Board Games 11am- Kick Bowling 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Target Practice 3:30pm- Family Feud 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p>6</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Residents Choice 1pm- Rumikub & Card Games 2pm- Afternoon Stretcher 2:30pm- Word Builder 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p>7</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretches 10:30am- Peace & Coloring 10:30am- Church Service Stream 11:30am- Ring Toss 1pm- Yahtzee 1pm- Sunday Football 2pm- Throw Tic Tac Toe 2:30pm- Word Scapes 3pm- Velcro Catch 3:30pm- Free Rice 4pm- Bad Mitten 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p>8</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Ladder Ball 1pm- Board Games 2pm- Archery 2:30pm- Hangman 3pm- Parachute Prevail 3:30pm- iPad Games 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>9</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Bottle Toss 12pm- Lunch in from Red Robin(\$) 1:30pm- Crocheting with Kylie 2:30pm- Head Hoop 3pm- Crafty Hour: Fall Foliage Painting 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>10</p>	<p>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 Veterans Day Remembrance Day (Canada)</p> <p>11</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Mini Golf 11:30am- Writing Refresh 1pm- Yahtzee & Board Games 2pm- Elefun 3pm- Going Once, Going Twice, SOLD! 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p> <p>12</p>	<p>9:30am- Bowling 10am- Dominoes & Board Games 11am- Giant Connect 4 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Shoot for the Hoop 3:30pm- Deal Or No Deal 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p>13</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Residents Choice 1pm- Rummy & Card Games 2pm- Bucket Toss 2:30pm- Rhyme Time 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p>14</p>
<p>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</p> <p>15</p>	<p>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</p> <p>16</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Mini Golf 11:30am- Bocce Ball 1:30pm- Crocheting with Kylie 2:30pm- Cone Toss 3pm- Ladies Tea & Men's Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>17</p>	<p>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</p> <p>18</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Fly Swat 11:30am- Writing Refresh 1pm- Yahtzee & Board Games 2pm- Guess Who Results 3pm- Crafty Hour: Wooden Resin Tray 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p> <p>19</p>	<p>9:30am- Bowling 10am- Dominoes & Board Games 11am- Table Broom Hockey 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Parachute Prevail 3:30pm- Word Scapes 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p>20</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Residents Choice 1pm- Rumikub & Card Games 2pm- Corn Hole 2:30pm- Word Scramble 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p>21</p>
<p>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</p> <p>22</p>	<p>9:30am- Chair Yoga 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</p> <p>23</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Skee Ball 12pm- Lunch in from Tutto Fresco(\$) 1:30pm- Crocheting with Kylie 2:30pm- Archery 3pm- Crafty Hour: DIY Canvas Tote Bag 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>24</p>	<p>9:30am- Chair Dancercise 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</p> <p>25</p>	<p>9:30am- Balloon Keep it Up 10am- Gobble Gobble 10:30am- Wishbone Toss 11am- Turkey Day Trivia 11:30am- Table Broom Hockey 1pm- Yahtzee & Board Games 2pm- Bocce Ball 3pm- Crafty Hour: Straw Art 4:30pm- Daily Chronicle & Fun Facts 6pm- Friendsgiving Social 7pm- Evening Music in Lounge Thanksgiving Day (US)</p> <p>26</p>	<p>9:30am- Bowling 10am- Dominoes & Board Games 11am- Fly Swat 11:30am- Playdough Hand Exercise 1:30pm- Bingo 3pm- Bucket Toss 3:30pm- Mad Libs Story Telling 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p>27</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Residents Choice 1pm- Rummy & Card Games 2pm- Elefun 2:30pm- Rhyme Time 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p>28</p>
<p>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</p> <p>29</p>	<p>9:30am- Chair Yoga 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</p> <p>30</p>	 <p>FOREST HILL HEIGHTS</p> <h1>November 2020</h1> <p>Forest Hill Heights Assisted Living</p>				