

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



FOREST HILL HEIGHTS

# January 2021

*Forest Hill Heights Assisted Living*

<p>9:30am- Tea Time &amp; Coffee Chats 10am- Morning Stretches 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Head Hoop 1pm- Sunday Football 1pm- Yahtzee 2pm- Balloon Noodle Baseball 2:30pm- What in the World? 3pm- Word-Scapes 4pm- Parachute Prevail 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Cone Toss 1pm- iPad Games 1:30pm- Hair Fix 2:30pm- Corn Hole 3pm- Playdough Hand Exercise 3:30pm- Balloon Soccer 4pm- Rhyme Time 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Bad Mitten 12pm- <b>Lunch in from The Lodge(\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Hot Potato 3pm- Crafty Hour: Clothespin Snowflakes 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble &amp; Games 10:15am- <b>Food Committee Meeting</b> 10:30am- Skee Ball 11am- Hangman 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- <b>Resident Meeting</b> 11am- Velcro Catch 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee &amp; Games 2pm- Table Broom Hockey 2:30pm- Crafty Hour: Make Your Own Soap! 4pm- Shoot for the Hoop 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Champagne Corks Mining Game 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Mini Golf 3:30pm- What's New in the Year 2021? 4pm- Fly Swat 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge</p> <p>New Year's Day</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice! 1pm- Rummikub and Board Games 2pm- Bottle Toss 2:30pm- Hangman 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Tea Time &amp; Coffee Chats 10am- Morning Stretches 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Bottle Toss 1pm- Sunday Football 1pm- Yahtzee 2pm- Elefun 2:30pm- Hangman 3pm- Giant Ring Toss 4pm- Deal Or No Deal 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Table Broom Hockey 1pm- iPad Games 1:30pm- Hair Fix 2:30pm- Deer Pong 3pm- Playdough Hand Exercise 3:30pm- Head Hoop 4pm- Sing a Long Songs 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes &amp; Board Games 11am- Velcro Catch 12pm- <b>Lunch in from Looney's Pub(\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Fly Swat 3pm- Crafty Hour: Simple Paint by Number 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- 5 Alive 10:30am- Balloon Noodle Baseball 11am- Word Builder 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Parachute 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee &amp; Board Games 2pm- Mini Golf 2:30pm- <b>Snowball Fight!</b> 4pm- Cone Toss 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Balloon Soccer 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Target Practice 3:30pm- In the Walls a Fab Forties Bungalow: A Short Story 4pm- Shoot for the Hoop 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge</p> <p><b>Elvis Day!</b></p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice! 1pm- Rummikub and Board Games 2pm- Parachute Prevail 2:30pm- Rhyme Time 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Tea Time &amp; Coffee Chats 10am- Morning Stretches 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Deer Pong 1pm- Sunday Football 1pm- Yahtzee 2pm- Target Practice 2:30pm- Free Rice! 3pm- Giant Connect 4 4pm- Spot the Difference! 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Marshmallow Slingshot 1pm- The Write Word Game: MLK Day Edition 1:30pm- Hair Fix 2:30pm- Fly Swat 3pm- Playdough Hand Exercise 3:30pm- Parachute 4pm- Hangman 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p>Martin Luther King Day</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes &amp; Board Games 11am- Skee Ball 12pm- <b>Lunch in from Enotria(\$)</b> 1:30pm- <b>Crocheting with Kylie</b> 2:30pm- Shoot for the Hoop 3pm- <b>Ladies Tea &amp; Men's Social</b> 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble &amp; Games 10:30am- Discussion Ball 11am- Rhyme Time 11:30am- Peace &amp; Coloring 1:30pm- Bingo 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 11am- Bad Mitten 11:30am- Hangout with Winston &amp; Shirley Jr. 1pm- Yahtzee &amp; Board Games 2pm- Corn Hole 2:30pm- <b>Crafty Hour: Painting with Natalie</b> 4pm- Marshmallow Slingshot 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes &amp; Board Games 11am- Table Broom Hockey 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Archery 3:30pm- Word-Scapes 4pm- Velcro Catch 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- <b>Movie Night!</b> 7pm- Evening Music in Lounge</p>	<p>9:30am- Tea Time &amp; Coffee Chats 10am- Simon Says, "wake Up!" 10:30am- Craft Wrap Up 11:30am- Resident's Choice! 1pm- Rummikub and Board Games 2pm- Mini Golf 2:30pm- Family Feud 3pm- Nail Polishing &amp; Hydration Station 4:30pm- Daily Chronicle &amp; Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
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