

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2021

*Forest Hill Heights Memory Care*

<p>10:30am- Tea Time &amp; Coffee Chats 11am- Morning Stretch 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Sunday Football 2pm- Peace &amp; Coloring 2:30pm- Church Service Stream 3pm- Hydration Station 3:30pm- Tumble! 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Table Broom Hockey 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Crafty Hour: Free for All Draw! 2pm- Archery 2:30pm- Writing Refresh 3pm- Hydration Station 3:30pm- Velcro Catch 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Trivia Crack 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Don't Break the Ice! 1:30pm- Hangman 2pm- Bottle Toss 2:30pm- Playdough Hand Exercise 3pm- Hydration Station 3:30pm- in the Kitchen 4pm- Bad Mitten 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Jigsaw Puzzles 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Soccer 1:30pm- Crafty Hour: Winter Wonderland Creations 2:30pm- Bucket Toss 3pm- Hydration Station 3:30pm- Going Fishing 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- <b>Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Parachute 1:30pm- Hair Fix 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Scent Guessing Game 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Hangman 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Hot Potato 1:30pm- Crafty Hour: Hello 2021! 2:30pm- Shoot for the Hoop 3pm- Hydration Station 3:30pm- What's New in the Year of 2021? 4pm- Champagne Corks Mining Game 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation New Year's Day</p>	<p>10:30am- Tea Time &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Elefun 1:30pm- Button Sorting 2pm- Fly Swat 2:30pm- Fabric Feel 3pm- Hydration Station 3:30pm- Resident's Choice! 4pm- What in the World? 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Tea Time &amp; Coffee Chats 11am- Morning Stretch 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Sunday Football 2pm- Peace &amp; Coloring 2:30pm- Church Service Stream 3pm- Hydration Station 3:30pm- Deal Or No Deal 4pm- Hangman 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Table Broom Hockey 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Crafty Hour: Paper Snowflake Garland 2pm- Parachute 2:30pm- Writing Refresh 3pm- Hydration Station 3:30pm- Shoot for the Hoop 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- What in the World? 2pm- Archery 2:30pm- Playdough Hand Exercise 3pm- Hydration Station 3:30pm- Button Sorting 4pm- Head Hoop 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Jigsaw Puzzles 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat 1:30pm- Crafty Hour: Magic Scratch Art 2:30pm- Hot Potato 3pm- Hydration Station 3:30pm- Marshmallow Slingshot 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- <b>Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- A Short Story 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Soccer 1:30pm- <b>Snowball Fight!</b> 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Fabric Feel 4pm- Balloon Noodle Baseball 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Word Builder 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bad Mitten 1:30pm- Crafty Hour: DIY Snowman 2:30pm- Elefun 3pm- Hydration Station 3:30pm- Picture Match 4pm- Sing Along Songs 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Tea Time &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Trivia Crack 1:30pm- Folding Function 2pm- Ring Toss 2:30pm- Reminiscent Picture Books 3pm- Hydration Station 3:30pm- Resident's Choice! 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Tea Time &amp; Coffee Chats 11am- Morning Stretch 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Sunday Football 2pm- Peace &amp; Coloring 2:30pm- Church Service Stream 3pm- Hydration Station 3:30pm- Magic Water Painting 4pm- What in the World? 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Table Broom Hockey 11am- In the Kitchen 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Crafty Hour: Clay Creations 2pm- Fly Swat 2:30pm- The Write Word Game: MLK Edition 3pm- Hydration Station 3:30pm- Bad Mitten 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation Martin Luther King Day</p>	<p>10:30am- Chair Dancercise 11am- Deal Or No Deal 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Going Fishing 1:30pm- Word Builder 2pm- Hot Potato 2:30pm- Playdough Hand Exercise 3pm- Hydration Station 3:30pm- Fabric Feels 4pm- Balloon Noodle Baseball 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Jigsaw Puzzles 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Shoot for the Hoop 1:30pm- Crafty Hour: All About Me 2:30pm- Balloon Soccer 3pm- Hydration Station 3:30pm- Elefun 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- <b>Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- Hair Fix 2:30pm- Karaoke 3pm- Hydration Station 3:30pm- Folding Function 4pm- Archery 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Ring Toss 1:30pm- Crafty Hour: Confetti Snowflakes 2:30pm- Parachute 3pm- Hydration Station 3:30pm- Scent Guessing Game 4pm- Sing Along Songs 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Tea Time &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Head Hoop 1:30pm- Whack o Mole 2pm- Marshmallow Slingshot 2:30pm- Produce Organization 3pm- Hydration Station 3:30pm- Resident's Choice! 4pm- Trivia Crack 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Tea Time &amp; Coffee Chats 11am- Morning Stretch 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Sunday Football 2pm- Peace &amp; Coloring 2:30pm- Church Service Stream 3pm- Hydration Station 3:30pm- Button Sorting 4pm- Karaoke 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation Activity Professionals Week</p>	<p>10:30am- Table Broom Hockey 11am- Hangman 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Crafty Hour: Whipped Cream Art 2pm- Balloon Noodle Baseball 2:30pm- Writing Refresh 3pm- Hydration Station 3:30pm- Hot Potato 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Marshmallow Slingshot 1:30pm- What in the World? 2pm- Fly Swat 2:30pm- Playdough Hand Exercise 3pm- Hydration Station 3:30pm- Lincoln Log Creations 4pm- Balloon Soccer 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation Australia Day (observed)</p>	<p>10:30am- Chair Yoga 11am- Jigsaw Puzzles 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Parachute 1:30pm- Crafty Hour: Fork Painted Snowflakes 2:30pm- Archery 3pm- Hydration Station 3:30pm- Whack o Mole 4pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch 6pm- <b>Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Bowling 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bad Mitten 1:30pm- Hair Fix 2:30pm- Ring Toss 3pm- Hydration Station 3:30pm- Rhyme Time 4pm- Shoot for the Hoop 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Jigsaw Puzzles 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- <b>Beauty Station</b> 6pm- <b>Winter Ball</b></p>	<p>10:30am- Tea Time &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Going Fishing 1:30pm- In the Kitchen 2pm- Bottle Toss 2:30pm- Folding Function 3pm- Hydration Station 3:30pm- Resident's Choice! 4pm- Word Builder 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
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Activities are subject to change.