

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.



Check out our Facebook page to see our photos and updates!



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 ☺



Ms. Barbara



Ms. Bobbie



MARTIN LUTHER KING, JR. DAY

Activity Professionals Week



January 2021

Forest Hill Heights Senior Living

A Letter from the Administrator

A new year is upon us and this is a time that most like to start new, organize and have aspirations for the coming year. I know I for one am hoping that 2021 brings about a more normal life, like we had prior to March of 2020.

We are hoping to have our Covid-19 vaccination clinic sometime early within this month; however, we are at the mercy of the state's allocation and the pharmacies availability. Once a day is released, I will be sure to let you know. It is a 2-round vaccine which means we will be getting a second round about 21 days after the first round.

Here's to saying farewell to 2020

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 Schauer
RN/CM/DM

Case Manager
Brittany Schoenegal
RN/CM/DM



Peak Performer of 2020



Forest Hill Heights would like to recognize Tara Moore as Peak Performer for the year of 2020. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

Congratulate Tara 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.

Exercise that brain of yours with this month's

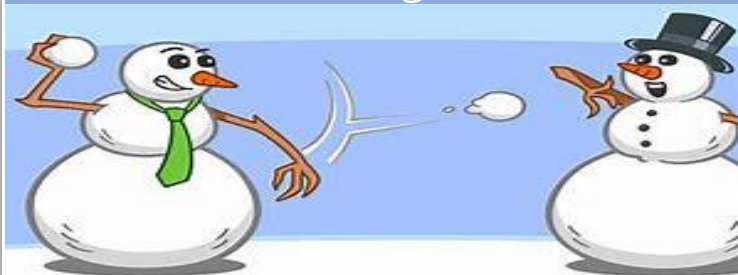
Quiz from Mr. John!

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



Snowball Fight!

Come and relive your childhood! On Thursday, January 14th, join us in the lounge at 2:30pm for a chance to launch snowballs at the managers and other staff of Forest Hill Heights!



Elvis Day!

Join us in celebration of the king's birthday!

Dress in your best 1950's attire!

There will be a diner-style lunch and a variety of festivities.



January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential.

Betsy Ross (upholsterer) – January 1, 1752
Diane Keaton (actress) – January 5, 1946
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Max Roach (drummer) – January 10, 1924
Martin Luther King Jr. (minister) – January 15, 1929
Michelle Obama (first lady) – January 17, 1964
Etta James (singer) – January 25, 1938
Oprah Winfrey (TV host) – January 29, 1954
Jackie Robinson (ballplayer) – January 31, 1919

Going Cuckoo



Each year beginning on January 11, fans of the comedic duo of Stan Laurel and Oliver Hardy celebrate Cuckoo Dancing Week in

honor of Laurel and Hardy's Cuckoo theme song. Marvin Hatley first composed the tune known as "The Dance of the Cuckoos" as an on-the-hour musical chime for the Hal Roach Studio's radio station in 1930. When Laurel heard the tune, he asked Hatley if he and Hardy could use it in their act. Laurel thought the tune perfectly captured their characters: pompous and dramatic for Hardy, while discordant and goofy for Laurel. The duo's slapstick comedy routines, featured in over 100 short films and features, gave Laurel and Hardy worldwide fame. And everywhere Laurel and Hardy went, "The Dance of the Cuckoos" followed. When they visited Ireland in 1953, the church bells of Cork's Cobh Cathedral rang out "The Dance of the Cuckoos" to welcome them.

Peak Performer



Forest Hill Heights would like to recognize Mary Lynch as Peak Performer for January of 2021. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. **Congratulate Mary 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!



Diane, our Beautician, is back and coming every week on Tuesdays and/or Wednesdays!

If you would like to get your hair done, please let the front desk or Natalie know!

You are cordially
invited to attend
Forest Hill Height's
Winter Ball

*Taking place on the 29th day of
January, at 6 O' Clock in the
evening.*

*Step into a wintery wonderland.
Dress in your fanciest attire &
put on your dancing shoes. There
will be a fabulous dinner, music,
and so much more.*

Prior to the Festivities

*Please let us help you get ready the day
of the Winter Ball at our Beauty
Station. This will be held in the
Multi-Purpose Room. Beauty
Station doors open at 1 O' Clock
pm.*

JANUARY BIRTHDAYS

RESIDENTS

1/3- FRANK SEVICK
1/14- CHARLES WILSON
1/15- SANDY LONG
1/16- SUE MCGHEE
1/22- NANCY FERRELL
1/22- MARY JANE NEAL
1/27- CAROLYN BOHLI
1/27- EVELYN HENDRIX
1/27- EVELYN KREINER

STAFF

1/13- DAVID CHRISTENSEN
1/13 BEN JENKINS
1/14- VICTORIA GRESS
1/18- LYNN WHITEMAN
1/21- MARY BRAUN
1/23- PATRICIA NOGLE
1/27- MICHELE GRANDALL
1/29- JAMIE BOWEN
1/29- TARA MOORE
1/31- BARBARA BLAIR

ANNIVERSARIES

MICHELE GRANDALL- 10 YEARS
KRYSTIANA GIN- 3 YEARS
HEATHER ROBERTS- 2 YEARS

JOIN US IN THE LOUNGE ON JANUARY 26TH

AT 6PM TO CELEBRATE ALL OF
OUR BIRTHDAYS THIS MONTH!



Friendly
JANUARY
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** by the 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.

Activity Highlights:

1/1- Movie Night! @ 6pm
1/5- **Lunch in from The Lodge (\$) @ 12pm**
1/5- Crocheting with Kylie @ 1:30pm
1/6- Food Committee Meeting @ 10:15am
1/7- Resident Meeting @ 10:30am
1/8- Elvis Day!
1/8- Movie Night! @ 6pm
1/12- **Lunch in from Looney's Pub (\$) @ 12pm**
1/12- Crocheting with Kylie @ 1:30pm
1/14- Snowball Fight! @ 2:30pm
1/15- Movie Night! @ 6pm
1/19- **Lunch in from Enotria (\$) @ 12pm**
1/19- Crocheting with Kylie @ 1:30pm
1/19- Ladies Tea & Men's Social @ 3pm
1/21- **Crafty Hour: Painting with Natalie @ 2:30pm**
1/22- Movie Night! @ 6pm
1/26- Crocheting with Kylie @ 1:30pm
1/26- January Birthday Party @ 6pm
1/29- Beauty Station Doors Open @ 1pm
1/29- Winter Ball @ 6pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FOREST HILL
HEIGHTS

January 2021

Forest Hill Heights Assisted Living

<p>9:30am- Tea Time & 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 & 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 & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Bad Mitten 12pm- Lunch in from The Lodge\$) 1:30pm- Crocheting with Kylie 2:30pm- Hot Potato 3pm- Crafty Hour: Clothespin Snowflakes 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 10am- Scrabble & Games 10:15am- Food Committee Meeting 10:30am- Skee Ball 11am- Hangman 11:30am- Peace & Coloring 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Trivia 7pm- Evening Music in Lounge</p>	<p>9:30am- Balloon Keep it Up 10am- Puzzle Corner 10:30am- Resident Meeting 11am- Velcro Catch 11:30am- Hangout with Winston & Shirley Jr. 1pm- Yahtzee & Games 2pm- Table Broom Hockey 2:30pm- Crafty Hour: Make Your Own Soap! 4pm- Shoot for the Hoop 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes & Board Games 11am- Discussion Ball 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Marshmallow Slingshot 3:30pm- Elvis IQ 4pm- Target Practice 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge Elvis Day!</p>	<p>9:30am- Tea Time & 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 & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Tea Time & 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 & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- 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 & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes & Board Games 11am- Velcro Catch 12pm- Lunch in from Looney's Pub(\$) 1:30pm- Crocheting with Kylie 2:30pm- Fly Swat 3pm- Crafty Hour: Simple Paint by Number 4:30pm- Daily Chronicle & 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 & Coloring 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & 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 & Shirley Jr. 1pm- Yahtzee & Board Games 2pm- Mini Golf 2:30pm- Snowball Fight! 4pm- Cone Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Bowling 10am- Dominoes & 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 & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Tea Time & 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 & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
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