

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021



FOREST HILL HEIGHTS

Forest Hill Heights Assisted Living

						<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Balloon Keep it Up! 1pm- Rummikub & Card Games 2pm- Shoot for the Hoop! 2:30pm- What in the World? 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">1</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Bottle Toss 1pm- Yahtzee & Board Games 2pm- Bowling 2:30pm- Free Hand Drawing 3pm- Archery 3:30pm- Deal or No Deal 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p style="text-align: right;">2</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Bad Mitten 1pm- Peace & Coloring 1:30pm- Axe Throwing 2pm- Trivia Crack 2:30pm- Parachute Prevail 3pm- Nature Shows 3:30pm- Balloon Soccer 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">3</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Wii Pool 11:30am- iPad Games 1pm- Hot Potato 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: DIY Miniature Jute Baskets 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">4</p>	<p>9:30am- Chair Dancercise 10am- Gardening with Micayla 11am- Cinco De Mayo History & Trivia 11:30am- Cactus Toss 1:30pm- Bingo 3pm- Fiesta Shopping List! 3:30pm- Crafty Hour: Mexican Bark Painting 4:30pm- Daily Chronicle & Fun Facts 6pm- Cinco De Mayo Party! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">5</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 11am- Hair Fix 11:30am- Hangouts with Winston & Shirley Jr. 1pm- Yahtzee & Board Games 2pm- Wii Fishing 2:30pm- Hangman 3pm- Discussion Ball 3:30pm- Crafty Hour: Ceramic Sun Plaques 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p> <p style="text-align: right;">6</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Mini Golf 11:30am- Writing Refresh 1:30pm- Bingo 3:30pm- Mother's Day Tea & Harp with Laura 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">7</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Skee Ball 1pm- Rummikub & Card Games 2pm- Throw Tic Tac Toe 2:30pm- Word Scapes 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">8</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Cone Toss 1pm- Yahtzee & Board Games 2pm- Target Practice 2:30pm- Free Hand Drawing 3pm- Mother's Day Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p style="text-align: right;">9</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Velcro Catch 1pm- Peace & Coloring 1:30pm- Bowling 2pm- Hangman 2:30pm- Outside Social! 3:30pm- Hot Potato 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">10</p>	<p>9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes & Board Games 11am- Balloon Keep it Up! 11:30am- iPad Games 1pm- Bottle Toss 1:30pm- Piano Performance from Gail Thomas 2pm- Crocheting with Kylie 3pm- Crafty Hour: Sunburst Mirror 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">11</p>	<p>9:30am- Chair Dancercise 10am- Scrabble & Board Games 11am- Mini Golf 11:30am- Hand Exercise Kit 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">12</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 10:30am- Parachute Prevail 11am- Hair Fix 12pm- Lunch in from Fishermen's Catch (\$) 1pm- Yahtzee & Board Games 2pm- Shoot for the Hoop! 2:30pm- Word Builder 3pm- Fly Swat 3:30pm- Crafty Hour: DIY Embroidered Bag 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p> <p style="text-align: right;">13</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Axe Throwing 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Corn Hole 3:30pm- What in the World? 4pm- Outside Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">14</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Balloon Soccer 1pm- Rummikub & Card Games 2pm- Bad Mitten 2:30pm- Armed Forces Day: Fun Facts 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">15</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Discussion Ball 1pm- Yahtzee & Board Games 2pm- Throw Tic Tac Toe 2:30pm- Free Hand Drawing 3pm- Hover Hockey 3:30pm- Family Feud 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p style="text-align: right;">16</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Table Broom Hockey 1pm- Peace & Coloring 1:30pm- Archery 2pm- Deal or No Deal 2:30pm- Hover Soccer 3pm- Nature Shows 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">17</p>	<p>9:30am- Seated Exercise Video 10am- Train Dominoes & Board Games 11am- Parachute Prevail 11:30am- iPad Games 1pm- Mini Golf 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Floral Wreath 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">18</p>	<p>9:30am- Chair Dancercise 10am- Gardening with Micayla 11am- Axe Throwing 11:30am- Hand Exercise Kit 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Music with Tom Cooke 7pm- Evening Music in Lounge</p> <p style="text-align: right;">19</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 10:30am- Balloon Soccer 11am- Hair Fix 11:30am- Hangouts with Winston & Shirley Jr. 1pm- Yahtzee & Board Games 1:30pm- Painting with Natalie 3:30pm- Balloon Keep it Up! 4pm- What in the World? 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p> <p style="text-align: right;">20</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Bad Mitten 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Fly Swat 3:30pm- Hangman 4pm- Shoot for the Hoop! 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">21</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Velcro Catch 1pm- Rummikub & Card Games 2pm- Hot Potato 2:30pm- Word Builder 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">22</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Giant Ring Toss 1pm- Yahtzee & Board Games 2pm- Target Practice 2:30pm- Free Hand Drawing 3pm- Skee Ball 3:30pm- Word Scapes 4pm- Cone Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p style="text-align: right;">23</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- Helping Hands 11:30am- Marshmallow Slingshot 1pm- Peace & Coloring 1:30pm- Connect 4 2pm- Family Feud 2:30pm- Fly Swat 3pm- Nature Shows 3:30pm- Corn Hole 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">24</p>	<p>9:30am- Seated Exercise Video 10am- Chicken Foot Dominoes & Board Games 11am- Velcro Catch 11:30am- iPad Games 1pm- Archery 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Spray Bottle Art 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">25</p>	<p>9:30am- Chair Dancercise 10am- Gardening with Micayla 11am- Hot Potato 11:30am- Hand Exercise Kit 1:30pm- Senior Olympics! 4pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">26</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 10am- Puzzle Corner 10:30am- Balloon Noodle Baseball 11am- Hair Fix 12pm- Lunch in from Red Robin (\$) 1pm- Yahtzee & Board Games 2pm- Wii Pool 2:30pm- Trivia Crack 3pm- Parachute Prevail 3:30pm- Crafty Hour: Watermelon Coasters 4:30pm- Daily Chronicle & Fun Facts 6pm- Music with Vic Fontaine & May Birthday Party! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">27</p>	<p>9:30am- Resistance Bands Warm Up 10am- Dominoes & Board Games 11am- Bottle Toss 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Table Broom Hockey 3:30pm- Deal or No Deal 4pm- Balloon Soccer 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p> <p style="text-align: right;">28</p>	<p>9:30am- Tea Time & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Axe Throwing 1pm- Rummikub & Card Games 2pm- Discussion Ball 2:30pm- Hangman 3pm- Residents' Choice 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">29</p>
<p>9:30am- Tea Time & Coffee Chats 10am- Morning Stretch 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Throw Tic Tac Toe 1pm- Yahtzee & Board Games 2pm- Archery 2:30pm- Free Hand Drawing 3pm- Bad Mitten 3:30pm- What in the World? 4pm- Hover Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p> <p style="text-align: right;">30</p>	<p>9:30am- Chair Yoga 10am- Jewelry Making 11am- The Origins of Memorial Day 11:30am- Balloon Keep it Up! 1pm- Peace & Coloring 1:30pm- Mini Golf 2pm- Word builder 2:30pm- Giant Ring Toss 3pm- Crafty Hour: Remembrance Poppies 3:30pm- Shoot for the Hoop! 4pm- Outside Chit Chats & Relax 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p> <p style="text-align: right;">31</p>	<p><i>Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room.</i></p>				