

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2021



## Forest Hill Heights Memory Care

<p>10:30am- Teatime &amp; Coffee Chats 11am- Matching Cards 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Residents' Choice! 2pm- Sounds of the 40's 2:30pm- Bottle Toss 3pm- Hydration Station <b>3:30pm- Church Service Stream</b> 4pm- Connect 4 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Table Broom Hockey 11am- Button Sorting 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Velcro Catch 1:30pm- Crafty Hour: Acrostic Name Poem 2:30pm- Whack-o-Mole 3pm- Hydration Station 3:30pm- Nature shows 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Scent Guessing Game 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat 1:30pm- 5 Second Rule 2pm- Hover Hockey 2:30pm- In the Kitchen 3pm- Hydration Station 3:30pm- Hand Exercises 4pm- Patio Chit Chats &amp; relax 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Soccer 1:30pm- Cinco De Mayo History &amp; Trivia 2:30pm- Cactus Toss 3pm- Hydration Station <b>3:30pm- Crafty Hour: Mexican Bark Painting</b> 5:30pm- After Dinner Stretch <b>6pm- Cinco De Mayo Fiesta!</b> 7pm- Evening Music Relaxation <i>Cinco de Mayo</i></p>	<p>10:30am- Cycling &amp; Seated Dumbbell Exercises 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Axe Throwing 1:30pm- Hair Fix 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Parachute 1:30pm- Crafty Hour: Cotton Ball May Flowers 2:30pm- Hot Potato 3pm- Hydration Station 3:30pm- What in the World? 4pm- Hover Soccer 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Horseshoes 1:30pm- Nail Polishing &amp; Hand Massages 2:30pm- Shoot for the Hoop! 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 4pm- Bowling 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p> <p style="text-align: center;">May Day</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- garden Check Up 12:30pm- Daily Chronicle &amp; Fun Facts <b>1pm- Mother's Day Social</b> 2pm- Sounds of the 50's 2:30pm- Produce Organization 3pm- Hydration Station <b>3:30pm- Church Service Stream</b> 4pm- Cone Toss 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation <i>Mother's Day</i></p>	<p>10:30am- Table Broom Hockey 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour: Jewelry Making 2:30pm- Bowling 3pm- Hydration Station 3:30pm- Nature Shows 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- Head Hoop 1:30pm- What in the World? <b>2pm- Music with Tom Cooke</b> 3pm- Hydration Station 3:30pm- Hand Exercises 4pm- Patio Chit Chats &amp; relax 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Fabric Feel 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Shoot for the Hoop! 1:30pm- Crafty Hour: Chalk Paint Patio Creations 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch <b>6pm- Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Cycling &amp; Seated Dumbbell Exercises 11am- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Horseshoes 1:30pm- Hair Fix 2:30pm- Fly Swat! 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Bad Mitten 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- Button Sorting 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Velcro Catch 1:30pm- Crafty Hour: Spray Bottle Art 2:30pm- Whack-o-Mole 3pm- Hydration Station 3:30pm- Hangman 4pm- Skee Ball 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Hot Potato 1:30pm- Armed Forces Day: Fun Facts 2:30pm- Parachute 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 4pm- Marshmallow Slingshot 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p> <p style="text-align: center;">Armed Forces Day</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Spot the Difference 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Residents' Choice! 2pm- Sounds of the 60's 2:30pm- in the Kitchen 3pm- Hydration Station <b>3:30pm- Church Service Stream</b> 4pm- Whack-o-Mole 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation <i>Shavuot Begins</i></p>	<p>10:30am- Table Broom Hockey 11am- Fabric Feel 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Elefun 1:30pm- Crafty Hour: Watermelon Coasters 2:30pm- Discussion Ball 3pm- Hydration Station 3:30pm- Nature Shows 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- Velcro Catch 1:30pm- Hangman 2pm- Bad Mitten 2:30pm- Button Sorting 3pm- Hydration Station 3:30pm- Hand Exercises 4pm- Patio Chit Chats &amp; relax 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Garden Check Up 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Horseshoes 1:30pm- Crafty Hour: Clay Creations <b>2pm- Music with Vic Fontaine</b> 3pm- Hydration Station 3:30pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch <b>6pm- Movie Night!</b> 7pm- Evening Music Relaxation</p>	<p>10:30am- Cycling &amp; Seated Dumbbell Exercises 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat! 1:30pm- Hair Fix 2:30pm- Hot Potato 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Bottle Toss 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up 11am- 5 Second Rule! 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Head Hoop 1:30pm- Crafty Hour: Magic Water Painting 2:30pm- Shoot for the Hoop! 3pm- Hydration Station 3:30pm- Word Builder 4pm- Parachute 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Connect 4 1:30pm- Nail Polishing &amp; Hand Massages 2:30pm- Balloon Noodle Baseball 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 4pm- Outside Bubble Hangout 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Fabric Feel 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Residents' Choice! 2pm- Sounds of the 70's 2:30pm- Baby Corner 3pm- Hydration Station <b>3:30pm- Church Service Stream</b> 4pm- Skee Ball 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- Horseshoes 1:30pm- Crafty Hour: Sun Visor Creations 2:30pm- Elefun 3pm- Hydration Station 3:30pm- Nature Shows 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p> <p style="text-align: center;">Victoria Day (Canada)</p>	<p>10:30am- Chair Dancercise 11am- Garden Check Up 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Hot Potato 1:30pm- What in the World? <b>2pm- Music with Tom Cooke</b> 3pm- Hydration Station 3:30pm- Hand Exercises 4pm- Patio Chit Chats &amp; relax 5:30pm- After Dinner Stretch 6pm- Would You Rather? 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Button Sorting 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Discussion Ball <b>1:30pm- Senior Olympics</b> 3pm- Hydration Station 3:30pm- Nail Polishing &amp; Hand Massages 5:30pm- After Dinner Stretch <b>6pm- Movie Night!</b> 7pm- Evening Music Relaxation <b>National Senior Health &amp; Fitness Day!</b> <b>Dress Like an Athlete!</b></p>	<p>10:30am- Cycling &amp; Seated Dumbbell Exercises 11am- Hangman 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Velcro Catch 1:30pm- Hair Fix 2:30pm- Balloon Noodle Baseball 3pm- Hydration Station 3:30pm- Writing Refresh 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- Lego Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bowling 1:30pm- Crafty Hour: Memorial Day Wheelchair/Walker Decor 2:30pm- Bad Mitten 3pm- Hydration Station 3:30pm- Matching Cards 4pm- Fly Swat! 5:30pm- After Dinner Stretch 6pm- Family Feud 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Marshmallow Slingshot 1:30pm- Nail Polishing &amp; Hand Massages 2:30pm- Head Hoop! 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 4pm- Cone Toss 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Residents' Choice! 2pm- Sounds of the 80's 2:30pm- Horseshoes 3pm- Hydration Station <b>3:30pm- Church Service Stream</b> 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Table Broom Hockey 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- Origins of Memorial Day 2:30pm- Shoot for the Hoop! 3pm- Hydration Station <b>3:30pm- Crafty Hour: Remembrance Poppies</b> 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation <i>Memorial Day</i></p>	<p>Activities are subject to change.</p>				