

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room.

		<p>9:30am- Seated Exercise Video 1 10am- Train Dominoes & Boardgames 11am- Velcro Catch 11:30am- What in the World? 1pm- Bad Mitten 1:30pm- Crocheting with Kylie 2:30pm- Homemade Ice Cream Social! 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30AM- Chair Dancercise 2 10am- Gardening with Micayla 11am- Mini Golf 11:30am- Hangman 1pm- North Harford Worship Service 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>9:30am- Cycling & Seated Dumbbell Exercise 3 10am- Puzzle Corner 10:30am- Resident Meeting 11am- Hair Fix 11:30am- Hot Potato 1pm- Yahtzee & Board Games 2pm- Painting with Natalie 3:30pm- Parachute Prevail 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Penny Ante 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 4 10am- Dominoes & Board Games 11am- Wii Billiards 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Target Practice 3:30pm- Word Builder 4pm- Fly Swat 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Teatime & Coffee Chats 5 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok Threads 1pm- Rummikub & Card Games 2pm- Giant Ring Toss 2:30pm- Residents' Choice 3pm- Wii Table Tennis 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Teatime & Coffee Chats 6 10am- Morning Stretch & TikTok Threads 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Simon Says, "Wake Up!" 1pm- Yahtzee & Boardgames 2pm- Throw Tic Tac Toe 2:30pm- Free Hand Drawing 3pm- Table Broom Hockey 3:30pm- Family Feud 4pm- Balloon Noodle Baseball 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 7 10am- Jewelry Making 11am- Helping Hands 11:30am- Bottle Toss 1pm- Peace & Coloring 1:30pm- Bowling 2pm- Word Scapes 2:30pm- Hover Hockey 3pm- Armchair Travel: Jamaica 4pm- Corn Hole 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 8 10am- Chicken Foot Dominoes & Boardgames 11am- Fly Swat 11:30am- Twenty Ten Words 1pm- Balloon Soccer 1:30pm- Piano Performance from Gail Thomas 2pm- Crocheting with Kylie 3pm- Crafty Hour: Crystal Sun Catchers 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 9 10am- Gardening with Micayla 10:15am- Food Committee Meeting 11am- Bad Mitten 11:30am- What in the World? 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- June Birthday Party & Music with Tom Cooke! 7pm- Evening Music in Lounge</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 10 10am- Puzzle Corner 11am- Hair Fix 12pm- Lunch in from Barret's on the Pike (\$) 1pm- Yahtzee & Board Games 2pm- Painting with Natalie 3:30pm- Balloon Keep it Up 4pm- Word Builder 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 11 10am- Dominoes & Board Games 11am- Planning Meeting 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Axe Toss 3:30pm- Hangman 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Teatime & Coffee Chats 12 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok Threads 1pm- Rummikub & Card Games 2pm- Hot Potato 2:30pm- Residents' Choice 3pm- Velcro Catch 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Teatime & Coffee Chats 13 10am- Morning Stretch & TikTok Threads 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Simon Says, "Wake Up!" 1pm- Yahtzee & Boardgames 2pm- Mid-Day Stretches 2:30pm- Free Hand Drawing 3pm- Bowling 3:30pm- Word Scapes 4pm- Corn Hole 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 14 10am- Jewelry Making 11am- Helping Hands 11:30am- Fly Swat 1pm- Peace & Coloring 1:30pm- Wii Billiards 2pm- History & Discussion: Robert Heft & the 50 Star Flag 2:30pm- Balloon Soccer 3pm- Nature Shows 4pm- Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Flag Day (US)</p>	<p>9:30am- Seated Exercise Video 15 10am- Train Dominoes & Boardgames 11am- Balloon Keep it Up 11:30am- Word Builder 1pm- Bottle Toss 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Tie One On 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 16 10am- Gardening with Micayla 11am- Discussion Ball 11:30am- Trivia Crack 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Music with Ken King! 7pm- Evening Music in Lounge</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 17 10am- Puzzle Corner 11am- Hair Fix 12pm- Lunch in from Fishermen's Catch (\$) 1pm- Yahtzee & Board Games 2pm- Painting with Natalie 3:30pm- Basketball Show Down 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Resistance Bands Warm Up 18 10am- Dominoes & Board Games 11am- Bad Mitten 11:30am- Writing Refresh 1:30pm- Bingo 3pm- Archery 3:30pm- Twenty Ten Words 4pm- Velcro Catch 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening Music in Lounge</p>	<p>9:30am- Teatime & Coffee Chats 19 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok Threads 1pm- Rummikub & Card Games 2pm- Table Broom Hockey 2:30pm- Juneteenth True or False 3pm- Parachute Prevail 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge Juneteenth</p>
<p>9:30am- Teatime & Coffee Chats 20 10am- Morning Stretch & TikTok Threads 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Simon Says, "Wake Up!" 1pm- Yahtzee & Boardgames 2pm- Giant Ring Toss 2:30pm- What Am I? Father's Day Edition 3pm- Shoot for the Hoop! 3:30pm- Father's Day Social 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge Summer Begins Father's Day</p>	<p>9:30am- Chair Yoga 21 10am- Jewelry Making 11am- Helping Hands 11:30am- Balloon Noodle Baseball 1pm- Peace & Coloring 1:30pm- Fly Swat 2pm- What in the World? 2:30pm- Discussion Ball 3pm- Nature Shows 4pm- Bowling 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Shine Bright Day! Wear Only Bright Colors!</p>	<p>9:30am- Seated Exercise Video 22 10am- Chicken Foot Dominoes & Boardgames 11am- Table Broom Hockey 11:30am- Hangman 1pm- Throw Tic Tac Toe 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Lighthouse Decoration 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge Dress Like a Tacky Tourist Day!</p>	<p>9:30am- Chair Dancercise 23 10am- Gardening with Micayla 11am- Axe Toss 11:30am- Word Builder 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6:30pm- Center Methodist Songs & Psalms 7:30pm- Evening Music in Lounge Pink Flamingo Day! Wear As Much Pink As You Can!</p>	<p>9:30am- Cycling & Seated Dumbbell Exercise 24 10am- Puzzle Corner 11am- Hair Fix 11:30am- Marshmallow Slingshot 1pm- Yahtzee & Board Games 2pm- Crafty Hour: DIY Hawaiian Lei 3pm- Luau Party 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening Music in Lounge Luau Day! Wear Your Hula Attire!</p>	<p>9:30am- Resistance Bands Warm Up 25 10am- Dominoes & Board Games 11am- Bottle Toss 11:30am- Writing Refresh 1:30pm- Beauty Station Doors Open 6pm- Senior Prom & Music with Tom Cooke</p>	<p>9:30am- Teatime & Coffee Chats 26 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok Threads 1pm- Rummikub & Card Games 2pm- Mid-Day Chair Yoga 2:30pm- Residents' Choice 3pm- Balloon Soccer 3:30pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening Music in Lounge</p>
<p>9:30am- Teatime & Coffee Chats 27 10am- Morning Stretch & TikTok Threads 10:30am- Church Service Stream 10:30am- Puzzle Corner 11:30am- Simon Says, "Wake Up!" 1pm- Yahtzee & Boardgames 2pm- Corn Hole 2:30pm- Free Hand Drawing 3pm- Parachute Prevail 3:30pm- Trivia Crack 4pm- Fly Swat 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Yoga 28 10am- Jewelry Making 11am- Helping Hands 11:30am- Velcro Catch 1pm- Peace & Coloring 1:30pm- Table Broom Hockey 2pm- Hangman 2:30pm- Archery 3pm- Nature Shows 4pm- Bad Mitten 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Seated Exercise Video 29 10am- Train Dominoes & Boardgames 11am- Wii Billiards 11:30am- Twenty Ten Words 1pm- Discussion Ball 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Mandala Sun Catcher 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening Music in Lounge</p>	<p>9:30am- Chair Dancercise 30 10am- Gardening with Micayla 11am- Hot Potato 11:30am- Word Builder 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Music with Vic Fontaine! 7pm- Evening Music in Lounge</p>	<h1>June 2021</h1> <p>Forest Hill Heights Assisted Living</p>		