

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

**Wednesdays @ 1pm - North Harford
Worship Service with Pastor John.**

**Every Sunday at 10:30am there will be a
live streamed church service in the
lounge.**

**First Friday Mass with St. Ignatius will
begin in July.**



PLEASE CHECK OUT OUR FACEBOOK PAGE



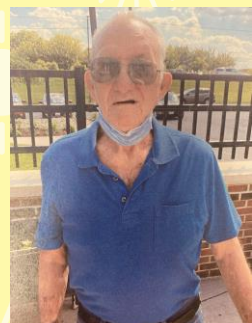
Please Contact the Recreation Department with any questions or concerns!

410-893-3070

New Resident Highlight!

Welcome to Forest Hill Heights!
We want to welcome all our new residents into the community!

Please say hello and introduce yourself when you see a new face 😊



Joe

HAPPY FATHER'S DAY

Flag Day

Summer

June 2021

Forest Hill Heights LLC | 410-893-3070

**Administrator
Chrissy Smith**

**Culinary Director
Rose Jorgenson**

**Office Manager
Jessica Slade**

**Maintenance Director
Ben Jenkins**

**Recreation Director
Natalie Couchenour**

**Director of Personal
Care
Karen Schauer
RN/CM/DM**

**Case Manager
Alena Stoots
RN/CM/DM**

**Admissions Director
Shane Solomon**

A Letter from the Administrator

As the world around us slowly starts to open back up we are grateful to be able to continue to make steps to get back to the old normal of Forest Hill Heights. At the end of May we were informed that mail can now start to be delivered back to the residential mailboxes near the elevators. While this seems minor to some, to many of our residents going to the mailbox used to be a part of their daily routine that many have missed.

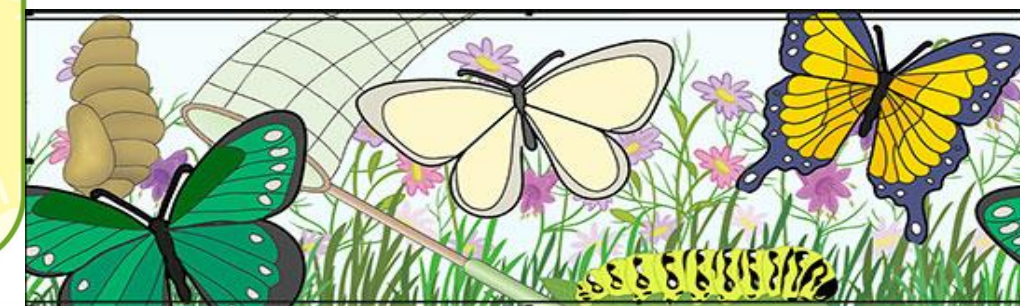
We are still required to limit the number of people within the building at one time, so appointments will still be required for visitation.

If any resident that has not received the vaccine but would like to please let me know and we will schedule an appointment for Bel Air Medicines to come out to administer the vaccine.

We had a great day the last week of May celebrating fitness, with our "Senior Olympics" it was a great afternoon that provided a lot of friendly competition.

I am hopeful that in the coming months we will continue to move forward with opening our lives back up to what we did before any of us had even heard of Covid-19.

Chrissy Smith



Driven to Succeed

On June 6, 1933, Richard Hollingshead Jr. put a grand plan in motion. He opened the world's first drive-in movie theater, in Camden, New Jersey. For 25 cents per car and 25 cents per person, with a maximum charge of one dollar, viewers could watch the British comedy movie *Wives Beware* from the comfort of their own car seats. Hollingshead called his establishment Park-In Theatres, and it was an instant sensation. Hollingshead came up with the idea after his own mother complained about how uncomfortable it was to sit in traditional theater seats. He first tested his idea in his own driveway. For a screen, he used two bedsheets hung between two trees. A 1928 Kodak movie projector shot the movie from the hood of his car. In order to prevent cars from obstructing each other's views, he innovated a ramp for each parking space that elevated the front of the car and improved viewing angles.

Moving the theater from Hollingshead's driveway to a larger location proved a challenge. The RCA Victor record company provided Hollingshead with three massive six-foot by six-foot speakers to go with a 40-foot by 50-foot screen. Unfortunately, cars parked at the rear of the lot still had trouble hearing. Hollingshead and RCA worked together to invent a small speaker that could be mounted on a car and receive a radio signal. Eventually, movie sound would be broadcast directly through a car's FM radio. Hollingshead patented his idea in 1933, but in 1949 the patent was overturned, and drive-in theaters were opened all across the country. During the 1950s and '60s, nearly 5,000 drive-in theaters were in operation across America. Hollingshead's innovation had become the epicenter of American pop culture.

Today, around 300 drive-in theaters remain in the U.S. (in every state except North Dakota and Louisiana) and about 40 in Canada.



Crocheting with Kylie
Meet with Kylie on Tuesdays
at 1:30pm in the activity room!

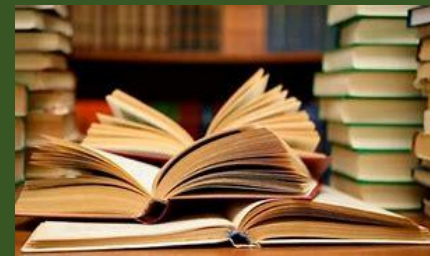


Gardening with Micayla
Meet Micayla in the lounge
on Wednesdays at 10am!

Painting with Natalie
Meet Natalie in the activity
room every Thursday at 2pm
Please sign up! 😊



Silver Reader!



See Natalie if you are interested in having books, audio books, music and more from the Harford County Library dropped off to you!

Don't forget to cast your vote for our weekly Movie Nights! Every Thursday, we will have 2 choices available to vote for! Submit your vote to any member of the activities department by the end of each Thursday!



For the Fathers

Father's Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was attending a Mother's Day church service when it occurred to her that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War veteran William Jackson Smart. By Dodd's account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father's Day on her father's birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father's Day service on the third Sunday of June instead.

June Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, sociable communicators. Those born from June 21–30 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Morgan Freeman (actor) – June 1, 1937
Prince (musician) – June 7, 1958
Frank Lloyd Wright (architect) – June 8, 1867
Judy Garland (entertainer) – June 10, 1922
Jacques Cousteau (explorer) – June 11, 1910
Burl Ives (singer) – June 14, 1909
Lionel Richie (singer) – June 20, 1949
Clarence Thomas (Justice) – June 23, 1948
Pearl S. Buck (novelist) – June 26, 1892
Pat Morita (actor) – June 28, 1932
Michael Phelps (Olympian) – June 30, 1985

Senior Spirit Week

June 21st - June 24th

Monday, June 21st - Shine Bright Day!

Wear your brightest color for a chance to win



The Shining Bright Award!



Tuesday, June 22nd - Tacky Tourist Day

Get those fanny packs ready



for a chance to win the Tackiest Tourist Award!



Wednesday, June 23rd - National Pink Flamingo Day



Wear as much pink as you can! Anything counts! The person wearing the highest number of pink items will be crowned flamingo Queen or King!



Thursday, June 24th - Luau Day!

Dress in your best luau attire for a chance to



win Hula Queen or King!



Peak Performer



Forest Hill Heights would like to recognize Makenzi Cox as Peak Performer for May of 2021. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

Congratulate Makenzi 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 June 30th!

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!





Please let us help you get ready for the evening at our beauty station. Doors open at 1:30pm.

Birthdays and Work Anniversaries

~Residents~

Joan Hooper – 6/17

Elfriede Dannenfelser – 6/22

Betty Miller – 6/23

~Staff~

John Schaaf – 6/1

Lee Whiteman – 6/4

Laura Lambros – 6/11

Kaneya Brown – 6/12

Mary Reich – 6/21

April Hall – 6/22

Nicole Chernick – 6/30

~Work Anniversaries~

Jessica Slade – 26 Years

Chrissy Smith – 14 Years

Ashley La Ricci – 7 Years

Laura Lambros – 1 Year

Join us in celebration of all our June birthdays at our party on June 9th at 6pm!

Friendly 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:

- 6/1- Crocheting with Kylie @ 1:30pm
- 6/1- Homemade Ice Cream Social @2:30pm
- 6/2- Gardening with Micayla @10am
- 6/2- North Harford Worship Service @1pm
- 6/2- Kahoot Trivia night! @6pm
- 6/3- Resident Meeting @10:30am
- 6/3- **Painting with Natalie @2pm**

- 6/4- Movie Night @6pm
- 6/6- Church Service Stream @ 10:30am
- 6/7- Armchair Travel: Jamaica @3pm
- 6/8- Piano Performance from Gail Thomas @1:30pm
- 6/8- Crocheting with Kylie @ 2pm
- 6/8- **Crafty Hour: Crystal Sun Catchers @3pm**
- 6/9- Gardening with Micayla @10am
- 6/9- Food Committee Meeting @10:15am
- 6/9- North Harford Worship Service @1pm
- 6/9- June Birthday Party & Music with Tom Cooke @6pm
- 6/10- **Lunch in from Barret's On the Pike (\$) @ 12pm**
- 6/10- **Painting with Natalie @ 2pm**
- 6/10- Kahoot Trivia Night! @ 6pm
- 6/11- Planning Meeting @11am
- 6/11- Movie Night @ 6pm
- 6/13- Church Service Stream @ 10:30am
- 6/15- Crocheting with Kylie @ 1:30pm
- 6/15- Crafty Hour: Tie One on @ 3pm
- 6/16- Gardening with Micayla @ 10am
- 6/16- North Harford Worship Service @ 1pm
- 6/16- Music with Ken King! @6pm
- 6/17- **Lunch in from Fisherman's Catch (\$) @12pm**
- 6/17- **Painting with Natalie @2pm**
- 6/17- Kahoot Trivia Night! @6pm
- 6/18- Movie Night @6pm
- 6/19- Church Service Stream @ 10:30am
- 6/19- Father's Day Social @ 3:30pm
- 6/21- Shine Bright Day!
- 6/21- Tacky Tourist Day!
- 6/22- Crocheting with Kylie @ 1:30pm
- 6/22- **Crafty Hour: Light House Decoration @3pm**
- 6/23- National Pink Flamingo Day!
- 6/23- Gardening with Micayla @10am
- 6/23- North Harford Worship Service @ 1pm
- 6/23- Center Methodist Songs & Psalms @ 6:30pm
- 6/24- Luau Day!
- 6/24- Crafty Hour: DIY Hawaiian Lei @2pm
- 6/24- Luau Party! @ 3pm
- 6/24- Kahoot Trivia Night! @ 6pm
- 6/25- Beauty Station Doors Open @1:30pm
- 6/25- Enchanted Forest Senior Prom with Tom Cooke @6pm
- 6/27- Church Service Stream @10:30am
- 6/29- Crocheting with Kylie @1:30pm
- 6/29- **Crafty Hour: Mandala Sun Catcher @3pm**
- 6/30- Gardening with Micayla @ 10am
- 6/30- North Harford Worship Service @1pm
- 6/30- Music with Vic Fontaine @6pm

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room.</i></p>		<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>
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