

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

Forest Hill Heights Assisted Living

9:30am- Teatime & Coffee Chats
10am- Morning Stretch & TikTok Threads
10:30am- Rosary & Communion
11am- Hangman
1pm- Yahtzee & Boardgames
2pm- Paul Eugene- Mid Day Exercise
2:30pm- Free Hand Drawing
3:30pm- Garden Check Up
4:30pm- Daily Chronicle & Fun Facts
6pm- Pokeno
7pm- Evening TV Shows in Lounge

5

9:30am- Seated Exercise
10am- Jewelry Making
11am- Target Practice
11:30am- Awesome Alliteration
1pm- Peace & Coloring
2pm- Bowling
2:30pm- Would You Rather? Labor Day Edition
3pm- Hot Potato
3:30pm- The Workplace: An Ever-Changing Place
4pm- Nature Shows
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge
Shows in Lounge Labor Day Rosh Hashanah Begins

6

9:30am- Chair Yoga
10am- Train Dominoes & Boardgames
11am- Mini Golf
11:30am- Hand Massages
1pm- Shoot for the Hoop!
1:30pm- Crocheting with Kylie
2:30pm- Crafty Hour: Try Out a 3D Pen
3:30pm- Rosh Hashanah History, Poetry, & Dessert
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge

7

9:30am- Chair Dancercise
10am- Scrabble & Mouse Trap
10:30am- Rosary & Communion
11am- Discussion Ball
11:30am- Spot the Difference
1pm- North Harford Worship Service
1:30pm- Bingo
3pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6:30pm- Centre Methodist Songs & Psalms!
7:30pm- Evening TV Shows in Lounge

8

9:30am- Chair Aerobics
10am- Puzzle Corner
10:30am- Resident Meeting
11am- Hair Fix
12pm- Lunch in from Vince's Crab House (\$)
1pm- Yahtzee & Boardgames
2pm- Painting with Natalie
4pm- Parachute Prevail
4:30pm- Daily Chronicle & Fun Facts
6pm- Yesterday Once More with Ken King!
7pm- Evening TV Shows in Lounge

9

9:30am- Resistance Bands Warm Up
10am- Dominoes & Boardgames
11am- Archery
11:30am- Writing Refresh
1:30pm- Bingo
3pm- Balloon Soccer
3:30pm- Trivia Crack
4pm- Basketball Shootout!
4:30pm- Daily Chronicle & Fun Facts
6pm- Movie Night!
7pm- Evening TV Shows in Lounge

10

9:30am- Teatime & Coffee Chats
10am- Simon Says, "Wake Up!"
10:30am- Craft Wrap Up
11:30am- Morning Stretch & TikTok Threads
1pm- Rummikub & Card Games
2pm- Giant Connect 4
2:30pm- Resident's Choice
3pm- Bucket Toss
3:30pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6pm- Mystery Bag Bingo
7pm- Evening TV Shows in Lounge

11

9:30am- Teatime & Coffee Chats
10am- Morning Stretch & TikTok Threads
10:30am- Rosary & Communion
11am- Awesome Alliteration
1pm- Yahtzee & Boardgames
1:30pm- Grandparents Day Celebration!
2pm- Grandparents Are a Hoot!
2:30pm- Free Hand Drawing
3:30pm- The origins of Grandparents Day
4:30pm- Daily Chronicle & Fun Facts
6pm- Pokeno
7pm- Evening TV Shows in Lounge

12

9:30am- Seated Exercise
10am- Jewelry Making
11am- Archery
11:30am- Word Builder
1pm- Peace & Coloring
2pm- Axe Throwing
2:30pm- Travelogue: We're Scouting Savannah
3:30pm- Balloon Noodle Baseball
4pm- Nature Shows
4:30pm- Daily Chronicle & Fun Facts
6pm-Music with Tom Cooke!
7pm- Evening TV Shows in Lounge

13

9:30am- Chair Yoga
10am- Chicken Foot Dominoes & Boardgames
11am- Silver Reader
11:30am- Hand Massages
1pm- Badminton
1:30pm- Crocheting with Kylie
3pm- Crafty Hour: Vintage Ceramic Plate Designs
4pm- Fly Swat
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge

14

9:30am- Chair Dancercise
10am- Scrabble & Tumble
10:30am- Rosary & Communion
11am- Giant Ring Toss
11:30am- Learning About Yom Kippur
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 TV Shows in Lounge

15

9:30am- Chair Aerobics
10am- Puzzle Corner
10:30am- Shoot for the Hoop!
11am- Hair Fix
12pm- Lunch in from Vagabonds (\$)
1pm- Yahtzee & Boardgames
2pm- Painting with Natalie
4pm- Skee Ball
4:30pm- Daily Chronicle & Fun Facts
6pm- Grab Bag
7pm- Evening TV Shows in Lounge

16

9:30am- Resistance Bands Warm Up
10am- Dominoes & Boardgames
11am- Bowling
11:30am- Writing Refresh
1:30pm- Bingo
3pm- Discussion Ball
3:30pm- 9 Times Card Game
4:30pm- Daily Chronicle & Fun Facts
6pm- Movie Night!
7pm- Evening TV Shows in Lounge

17

9:30am- Teatime & Coffee Chats
10am- Simon Says, "Wake Up!"
10:30am- Craft Wrap Up
11:30am- Morning Stretch & TikTok Threads
1pm- Rummikub & Card Games
2pm- Mini Golf
2:30pm- Resident's Choice
3pm- Balloon Soccer
3:30pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6pm- Mystery Bag Bingo
7pm- Evening TV Shows in Lounge

18

9:30am- Teatime & Coffee Chats
10am- Morning Stretch & TikTok Threads
10:30am- Rosary & Communion
11am- What in the World?
1pm- Yahtzee & Boardgames
2pm- Paul Eugene- Mid Day Exercise
2:30pm- Free Hand Drawing
3:30pm- Garden Check Up
4:30pm- Daily Chronicle & Fun Facts
6pm- Pokeno
7pm- Evening TV Shows in Lounge

19

9:30am- Seated Exercise
10am- Jewelry Making
11am- Balloon Soccer
11:30am- Hangman
1pm- Peace & Coloring
2pm- Giant Connect 4
2:30pm- German Jeopardy Trivia
3:30pm- Bowling
4pm- Nature Shows
4:30pm- Daily Chronicle & Fun Facts
6pm- Music with Vic Fontaine!
7pm- Evening TV Shows in Lounge

20

9:30am- Chair Yoga
10am- Train Dominoes & Boardgames
11am- Balloon Keep it Up!
11:30am- Hand Massages
1pm- Parachute Prevail
1:30pm- Crocheting with Kylie
3pm- Crafty Hour: Wood Bead Pumpkin
4pm- Mini Golf
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge

21

9:30am- Chair Dancercise
10am- Scrabble, Snakes & Ladders
10:30am- Rosary & Communion
11am- Parachute Prevail
11:30am- 5 Second Rule!
1pm- North Harford Worship Service
1:30pm- Bingo
3pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6:30pm- Centre Methodist Songs & Psalms!
7:30pm- Evening TV Shows in Lounge

22

9:30am- Chair Aerobics
10am- Puzzle Corner
10:30am- Bottle Toss
11am- Hair Fix
1pm- Yahtzee & Boardgames
2:30pm- Ladies Tea & Men's Social
4pm- Balloon Volley
4:30pm- Daily Chronicle & Fun Facts
6pm- Kahoot Trivia Night!
7pm- Evening TV Shows in Lounge

23

9:30am- Resistance Bands Warm Up
10am- Dominoes & Boardgames
11am- Flickin' Chickens
11:30am- Writing Refresh
1:30pm- Bingo
3pm- Target Practice
3:30pm- Word Builder
4pm- Giant Ring Toss
4:30pm- Daily Chronicle & Fun Facts
6pm- Movie Night!
7pm- Evening TV Shows in Lounge

24

9:30am- Teatime & Coffee Chats
10am- Simon Says, "Wake Up!"
10:30am- Craft Wrap Up
11:30am- Morning Stretch & TikTok Threads
1pm- Rummikub & Card Games
2pm- Fly Swat
2:30pm- Resident's Choice
3pm- Bowling
3:30pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6pm- Mystery Bag Bingo
7pm- Evening TV Shows in Lounge

25

9:30am- Teatime & Coffee Chats
10am- Morning Stretch & TikTok Threads
10:30am- Rosary & Communion
11am- Rhyme Time
1pm- Yahtzee & Boardgames
2pm- Paul Eugene- Mid Day Exercise
2:30pm- Free Hand Drawing
3:30pm- Garden Check Up
4:30pm- Daily Chronicle & Fun Facts
6pm- Pokeno
7pm- Evening TV Shows in Lounge

26

9:30am- Seated Exercise
10am- Jewelry Making
11am- Discussion Ball
11:30am- Wordscapes
1pm- Peace & Coloring
2pm- Flickin' Chickens
2:30pm- Spot the Difference
3:30pm- Giant Ring Toss
4pm- Nature Shows
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge

27

9:30am- Chair Yoga
10am- Chicken Foot Dominoes & Boardgames
11am- Balloon Noodle Baseball
11:30am- Hand Massages
1pm- Cone Toss
1:30pm- Crocheting with Kylie
3pm- Crafty Hour: Autumn Owl Bank
4pm- Badminton
4:30pm- Daily Chronicle & Fun Facts
6pm- Bingo
7pm- Evening TV Shows in Lounge

28

9:30am- Chair Dancercise
10am- Scrabble & Hungry Hungry Hippo
10:15am- Food Committee Meeting
10:30am- Rosary & Communion
11am- Table Broom Hockey
11:30am- Awesome Alliteration
1pm- North Harford Worship Service
1:30pm- Bingo
3pm- Nail Polishing & Hydration Station
4:30pm- Daily Chronicle & Fun Facts
6pm- September Birthday Party with Tom Cooke!
7pm- Evening TV Shows in Lounge

29

9:30am- Chair Aerobics
10am- Puzzle Corner
10:30am- Fly Swat
11am- Hair Fix
1pm- Yahtzee & Boardgames
2pm- Painting with Natalie
4pm- Badminton
4:30pm- Daily Chronicle & Fun Facts
6pm- Kahoot Trivia Night!
7pm- Evening TV Shows in Lounge

30

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

