Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The state of the s	1///	1//1		2	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!"
α	1	0004				10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok
Sente	ember	・クロク1	In-Room	In-Room	In-Room	Threads 1pm- Rummikub & Card Games
Dopu		2021	Activities!	Activities!	Activities!	2pm- Flickin' Chickens 2:30pm- Resident's Choice
			/ (Ottvitios:	/ totivitios:	7 totivitios.	3pm- Parachute Prevail 3:30pm- Nail Polishing & Hydration
<u>Forest</u>	Hill Heights Assisted	<u>d Living</u>				Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge
:30am- Teatime & Coffee Chats 0am- Morning Stretch & TikTok	9:30am- Seated Exercise 10am- Jewelry Making	9:30am- Chair Yoga 10am- Train Dominoes & Boardgames	9:30am- Chair Dancercise 10am- Scrabble & Mouse Trap	9:30am- Chair Aerobics 10am- Puzzle Corner	9:30am- Resistance Bands Warm Up 0	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!"
hreads	11am- Target Practice 11:30am- Awesome Alliteration	11am- Mini Golf	10:30am- Rosary & Communion	10:30am- Resident Meeting	11am- Archery	10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok
0:30am- Rosary & Communion 1am- Hangman	1pm- Peace & Coloring 2pm- Bowling	11:30am- Hand Massages 1pm- Shoot for the Hoop!	11am- Discussion Ball 11:30am- Spot the Difference	11am- Hair Fix 12pm- Lunch in from Vince's Crab	11:30am- Writing Refresh 1:30pm- Bingo	Threads
	2:30pm- Would You Rather? Labor Day Edition	1:30pm- Crocheting with Kylie	1pm- North Harford Worship Service		3pm- Balloon Soccer	1pm- Rummikub & Card Games
pm- Paul Eugene- Mid Day Exercise	3pm- Hot Potato 3:30pm- The Workplace: An Ever-Changing	2:30pm- Crafty Hour: Try Out a 3D	1:30pm- Bingo	1pm- Yahtzee & Boardgames	3:30pm- Trivia Crack	2pm- Giant Connect 4 2:30pm- Resident's Choice
:30pm- Free Hand Drawing	Place	Pen 3:30pm- Rosh Hashanah History,	3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts	2pm- Painting with Natalie 4pm- Parachute Prevail	4pm- Basketball Shootout! 4:30pm- Daily Chronicle & Fun Facts	3pm- Bucket Toss
·	4pm- Nature Shows 4:30pm- Daily Chronicle & Fun Facts	Poetry, & Dessert	6:30pm- Centre Methodist Songs &	4:30pm- Daily Chronicle & Fun Facts	6pm- Movie Night!	3:30pm- Nail Polishing & Hydration
nm- Pokeno	6pm- Bingo	4:30pm- Daily Chronicle & Fun Facts	Psalms.	6pm- Yesterday Once More with Ken		Station 4:30pm- Daily Chronicle & Fun Facts
pm- Evening TV Shows in Lounge	7pm- Evening TV Shows in Lounge Labor Day Rosh Hashanah Begins	6pm- Bingo 7pm- Evening TV Shows in Lounge		King ♪ 7pm- Evening TV Shows in Lounge		6pm- Mystery Bag Bingo
30am- Teatime & Coffee Chats Dam- Morning Stretch & TikTok Thread D:30am- Rosary & Communion	9:30am- Seated Exercise	9:30am- Chair Yoga	9:30am- Chair Dancercise	9:30am- Chair Aerobics	9:30am- Resistance Bands Warm Up 7	7pm- Evening TV Shows in Lounge 9:30am- Teatime & Coffee Chats
Dam- Morning Stretch & TikTok Threads 4	10am- Jewelry Making	10am- Chicken Foot Dominoes &	Toani- ociabble & Turrble	10am- Puzzle Corner	Toam- Dominoes & Boardyames	Trouin Chilor Cayo, Trake Op.
2:30am- Rosary & Communion am- Awesome Alliteration	I faill Alonery	Boardgames	10:30am- Rosary & Communion	10:30am- Shoot for the Hoop!	11am- Bowling	10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok Th
om- Yahtzee & Boardgames	11:30am- Word Builder 1pm- Peace & Coloring	11:30am- Hand Massages	11am- Giant Ring Toss 11:30am- Learning About Yom Kippur	11am- Hair Fix	11:30am- Writing Refresh 1:30pm- Bingo	1pm- Rummikub & Card Games
30pm- Grandparents Day Celebration! om- Grandparents Are a Hoot!	2pm- Axe Throwing	1pm- Badminton	1pm- North Harford Worship Service	12pm- Lunch in from Vagabonds	3pm- Discussion Ball	2pm- Mini Golf 2:30pm- Resident's Choice
	2:30pm- Travelogue: We're Scouting	1:30pm- Crocheting with Kylie	1:30pm- Bingo	1pm- Yahtzee & Boardgames	3:30pm- 9 Times Card Game	3pm- Balloon Soccer
:30pm- The origins of Grandparents Day	Savannah	3pm- Crafty Hour: Vintage Ceramic	3pm- Nail Polishing & Hydration Station	2pm- Painting with Natalie	4:30pm- Daily Chronicle & Fun Facts	3:30pm- Nail Polishing & Hydration Sta
	3:30pm- Balloon Noodle Baseball 4pm- Nature Shows	Plate Designs 4pm- Fly Swat	4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night!	4pm- Skee Ball	6pm- Movie Night! 7pm- Evening TV Shows in Lounge	4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo
- · · · · · · · · · · · · · · · · ·	4:30pm- Daily Chronicle & Fun Facts	4:30pm- Daily Chronicle & Fun Facts	7pm- Evening TV Shows in Lounge	4:30pm- Daily Chronicle & Fun Facts	7pm- Evening TV Snows in Lounge	7pm- Evening TV Shows in Lounge
	6pm-Music with Tom Cooke♪	6pm- Bingo	Training to enous in Leaning	6pm- Grab Bag 7pm- Evening TV Shows in Lounge		
	7pm- Evening TV Shows in Lounge	7pm- Evening TV Shows in Lounge 9:30am- Chair Yoga 10am- Train Dominoes & Boardgames 11am- Balloon Keep it Up!	Yom Kippur Begins	7pm- Evening 1 v 3nows in Lourige	000 0 1 0 1 0	Oktoberfest Begins
30am- Teatime & Coffee Chats Dam- Morning Stretch & TikTok	9:30am- Seated Exercise 10am- Jewelry Making 11am- Ralloon Soccer	9:30am- Chair Yoga 10am- Train Dominoes & Boardgames	9:30am- Chair Dancercise 10am- Scrabble, Snakes & Ladders 10:30am- Rosary & Communion	9:30am- Chair Aerobics 23	9:30am- Resistance Bands Warm U24	9:30am- Teatime & Coffee Chats 10am- Simon Says "Wake Uni"
nreads	11am- Balloon Soccer	111am- Balloon Keep it Up!	10:30am- Rosary & Communion	10:30am- Bottle Toss	11am- Flickin' Chickens	10:30am- Craft Wrap Up
0:30am- Rosary & Communion	11:30am- Hangman 1pm- Peace & Coloring	11:30am- Hand Massages	11am- Parachute Prevail	11am- Hair Fix	11:30am- Writing Refresh	11:30am- Morning Stretch & TikTok
1am- What in the World?	2pm- Giant Connect 4	1pm- Parachute Prevail	11:30am- 5 Second Rule!	1pm- Yahtzee & Boardgames	1:30pm- Bingo	Threads 1pm- Rummikub & Card Games
	2:30pm- German Jeopardy Trivia	1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Wood Bead	1pm- North Harford Worship Service 1:30pm- Bingo	2:30pm- Ladies Tea & Men's	3pm- Target Practice 3:30pm- Word Builder	2pm- Fly Swat
_ 5	3:30pm- Bowling 4pm- Nature Shows	Pumpkin	3pm- Nail Polishing & Hydration Station	Social	4pm- Giant Ring Toss	2:30pm- Resident's Choice
30pm- Garden Check Up	4:30pm- Daily Chronicle & Fun Facts	4pm- Mini Golf	4:30pm- Daily Chronicle & Fun Facts	4pm- Balloon Volley	4:30pm- Daily Chronicle & Fun Facts	3pm- Bowling 3:30pm- Nail Polishing & Hydration
	6pm- Music with Vic Fontaine♪	4:30pm- Daily Chronicle & Fun Facts	6:30pm- Centre Methodist Songs &	4:30pm- Daily Chronicle & Fun	6pm- Movie Night!	Station
pm- Pokeno pm- Evening TV Shows in Lounge	7pm- Evening TV Shows in Lounge	6pm- Bingo 7pm- Evening TV Shows in Lounge	Psalms♪ 7:30pm- Evening TV Shows in Lounge	Facts 6pm- Kahoot Trivia Night!	7pm- Evening TV Shows in Lounge	4:30pm- Daily Chronicle & Fun Facts
	Sukkot Begins		Autumn Begins	7pm- Evening TV Shows in Lounge		6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge
30am- Teatime & Coffee Chats 26	9:30am- Seated Exercise 10am- Jewelry Making 27	9:30am- Chair Yoga 28	9:30am- Chair Dancercise 10am- Scrabble & Hungry Hungry Hippo	9:30am- Chair Aerobics		
Dam- Morning Stretch & TikTok Preads	11am- Discussion Ball	10am- Chicken Foot Dominoes & Boardgames	10:15am- Food Committee Meeting	Todin Tuzzio odinici		
0:30am- Rosary & Communion	11:30am- Wordscapes	11am- Balloon Noodle Baseball	10:30am- Rosary & Communion	10:30am- Fly Swat 11am- Hair Fix	Activities are subject to ch	nange. Any Updates will be
1am- Rhyme Time	1pm- Peace & Coloring 2pm- Flickin' Chickens	11:30am- Hand Massages	11am- Table Broom Hockey 11:30am- Awesome Alliteration	1pm- Yahtzee & Boardgames	displayed on the daily bulleting	ns located by the dining roo
pm- Yahtzee & Boardgames	2:30pm- Spot the Difference	1:30pm Crocheting with Kylio	1pm- North Harford Worship Service	2pm- Painting with Natalie		
	3:30pm- Giant Ring Toss 4pm- Nature Shows	1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Autumn Owl Bank	1:30pm- Bingo 3pm- Nail Polishing & Hydration Station	4pm- Badminton	6	00
:30pm- Garden Check Up	4:30pm- Daily Chronicle & Fun Facts	4pm- Badminton	4:30pm- Daily Chronicle & Fun Facts	4:30pm- Daily Chronicle & Fun		**
:30pm- Daily Chronicle & Fun Facts	6pm- Bingo 7pm- Evening TV Shows in Lounge	4:30pm- Daily Chronicle & Fun Facts	6pm- September Birthday Party with Tom			V ST HILL
piti- i okerio	7 μπ- Evening 1 v Shows in Lounge	6pm- Bingo 7pm- Evening TV Shows in Lounge	Cooke! ♪ 7pm- Evening TV Shows in Lounge	6pm- Kahoot Trivia Night!	HEIO	GHTS
nm- Evening TV Shows in Launge				Lyppo Evening IV Shows in Lounge		
pm- Evening TV Shows in Lounge		Simchat Torah Begins	1144	7pm- Evening TV Shows in Lounge	A	11/11/20
om- Evening TV Shows in Lounge Forest Hill Heights Senior	Living	The state of the s		7pm- Evening TV Shows in Counge		410-893-307