Sunday Monday Wednesday Saturday Tuesday Thursday Friday 3 10:30am- Teatime & Coffee Chats September 2021 10:30am- Seated Exercise 10:30am- Chair Aerobics 10:30am- Chair Yoga 11am- Lego Creations 11am- Puzzle Corner 11am- Morning Stretch & TikTok 1am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 2:30pm- Daily Chronicle & Fun Facts Threads 1pm- Shoot for the Hoop! 1pm- Going Fishing! 2:30pm- Daily Chronicle & Fun Facts pm- Horseshoes 1:30pm- Crafty Hour: String Art 1:30pm- Hair Fix :30pm- Crafty Hour: Creative Painting 1pm- Parachute Prevail 2:30pm- Bean Bag Toss 2:30pm- Fly Swat 2:30pm- Badminton :30pm- What in the World? 3pm- Hydration Station 3pm- Hydration Station 3pm- Hydration Station 2pm- Residents Choice 3:30pm- Garden Check Up 3:30pm- Hangman 3:30pm- Nail Polishing & Hand 3pm- Hydration Station 4pm- Discussion Ball 4pm-Hot Potato Massages 3:30pm- Giant Connect 4 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 4pm- Balloon Volley 6pm- 5 Second Rule! 6pm- Corn Hole 6pm- Target Practice 5:30pm- After Dinner Stretch 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation 6pm- Saturday Night TV Shows Forest Hill Heights Memory Care 7pm- Evening Music Relaxation 10:30am- Chair Dancercise 6 10:30am- Resistance Bands Warm Up 10:30am- Chair Yoga 8 10:30am- Seated Exercise 10:30am- Teatime & Coffee Chats 10:30am- Chair Aerobics 10:30am- Teatime & Coffee Chats 11 11am- Reminiscent Picture Books 11am- Craft Wrap Up 11am- Peace & Coloring 1am-Building Station 1am- Lego Creations 1am- Morning Stretch & TikTok 1am- In the Kitchen 12:30pm- Daily Chronicle & Fun Facts Threads 1pm- Table Broom Hockey 1pm- Throw Tic Tac Toe 1pm- Horseshoes 2:30pm- Daily Chronicle & Fun Facts 1pm- Church Service Stream 1pm- Discussion Ball Ipm- Archery :30pm- The Workplace: An Ever-Changing 2pm- Afternoon Aerobics with Paul 1:30pm- Nail Polishing & Hand 1:30pm- Crafty Hour: Clay Creations :30pm- Crafty Hour: Collage Creations 1:30pm- Hair Fix 1pm- Fly Swat 2:30pm- Velcro Catch 2:30pm- Balloon Vollev 2:30pm- Mini Golf :30pm- Puzzle Corner Eugene Massages 2:30pm- Shoot for the Hoop! 3pm- Hydration Station 2:30pm- Spot the Difference 3pm- Hydration Station 3pm- Hydration Station 3pm- Hydration Station 2pm- Residents Choice 2pm- Music with Vic Fontaine ♪ 3:30pm- Would You Rather? Labor Day Edition 3pm- Hydration Station 3:30pm- Rosh Hashanah History, 3:30pm- Sensory Station 3:30pm- Nail Polishing & Hand 3pm- Hydration Station Spm- Hydration Station 4pm- Bottle Toss Poetry, & Dessert 3:30pm- Folding Function 4pm-Badminton 3:30pm- Button Sorting Massages 5:30pm- After Dinner Stretch 3:30pm- Basketball Shootout 4pm- Elefun 6pm- Movie Night! 4pm- Hot Potato 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 4pm- Axe Throwing 4pm- Word Builder 5:30pm- After Dinner Stretch 7pm- Evening Music Relaxation 5:30pm- After Dinner Stretch 6pm- Corn Hole 6pm- Target Practice 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation 6pm- Saturday Night TV Shows 6pm- Would You Rather? 6pm- Snakes & Ladders 6pm- 5 Second Rule! Labor Day 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation Rosh Hashanah Begins 7pm- Evening Music Relaxation 12 10:30am- Chair Dancercise 15 10:30am- Seated Exercise 10:30am- Resistance Bands Warm Up 10:30am- Chair Yoga 10:30am- Teatime & Coffee Chats 10:30am- Teatime & Coffee Chats 10:30am- Chair Aerobics 11am- Morning Stretch & TikTok Threads 11am- Hangman 11am- Craft Wrap Up 11am- Puzzle Corner 1am- Reminiscent Picture Books 1am- Spot the Difference 11am- Peace & Coloring 12:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 2:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Soccer 1pm- Church Service Stream 1pm- Velcro Catch pm- Badminton lpm- Skee Ball 1pm- Table Broom Hockey pm- Shoot for the Hoop! 1:30pm- Travelogue: We're Scouting 1:30pm- Crafty Hour: Magic Water 2pm- Afternoon Aerobics with Paul :30pm- In the Kitchen 1:30pm- Nail Polishing & Hand 1:30pm- Hair Fix :30pm- Card Games Savannah Eugene Paintings 2pm- Residents Choice 2:30pm- Mini Golf Massages 2pm- Music with Tom Cooke ♪ 2:30pm- Horseshoes 2:30pm- Rhyme Time 2:30pm- Fly Swat 3pm- Hydration Station 2:30pm- Sing Song Sing-a-longs 3pm- Hydration Station 3:30pm- Folding Function 3pm- Ladies Tea & Men's Social 3:30pm- What in the World? 3:30pm- Writing Refresh 3:30pm- Nail Polishing & Hand 3:30pm- Produce Organization 3:30pm- Learning About Yom Kippur 4pm- Throw Tic Tac Toe 4pm- Going Fishing! 4pm- Lego Creations 4pm-Axe Throwing Massages 4pm- Balloon Noodle Baseball 5:30pm- After Dinner Stretch 4pm- Bottle Toss 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 5:30pm- After Dinner Stretch 6pm- Movie Night! 6pm- Snakes & Ladders 6pm- Corn Hole 6pm- Target Practice 6pm- Would You Rather? 6pm- 5 Second Rule! 7pm- Evening Music Relaxation Grandparents Day Yom Kippur Begins Oktoberfest Begins 22 10:30am- Seated Exercise 10:30am- Teatime & Coffee Chats 19 10:30am- Chair Dancercise 10:30am- Resistance Bands Warm 21 10:30am- Chair Yoga 10:30am- Chair Aerobics 10:30am- Teatime & Coffee Chats 25 11am- Craft Wrap Up 11am- In the Kicthen 11am- Peace & Coloring 1am- Hangman 1am- Lego Creations 1am- Produce Organization 11am- Morning Stretch & TikTok 12:30pm- Daily Chronicle & Fun Facts Threads 1pm- Archery 1pm- Balloon Volley 1pm- Church Service Stream Ipm- Shoot for the Hoop! 1pm- Button Sorting pm- Table Broom Hockey 2:30pm- Daily Chronicle & Fun Facts 1:30pm- Crafty Hour: Autumn Wreath 1:30pm- Nail Polishing & Hand 1:30pm- Crafty Hour: Hello Fall 1:30pm- Hair Fix :30pm- Crafty Hour: Autumn Leaf 1pm- Bottle Toss 2pm- Afternoon Aerobics with Paul 2:30pm- Hot Potato Massages 2:30pm- Mini Golf 2:30pm- Horseshoes Creations :30pm- Spot the Difference Eugene 3pm- Hydration Station 2:30pm- Sensory Station 2:30pm- Sing Song Sing-a-longs 3pm- Hydration Station 3pm- Hydration Station 2:30pm- Velcro Catch 2pm- Residents Choice 3:30pm- Writing Refresh 3:30pm- Garden Check Up 3pm- Hydration Station 4pm- Axe Throwing 3pm- Hydration Station 3:30pm- Rhyme Time 3pm- Hydration Station 3pm- Hydration Station 5:30pm- After Dinner Stretch 3:30pm- Puzzle Corner 3:30pm- Fly Swat 4pm-Discussion Ball 3:30pm- Nail Polishing & Hand 3:30pm- Going Fishing! 4pm- Badminton 6pm- Movie Night! 4pm- Baby Corner 4pm- Reminiscent Picture Books 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 4pm- Balloon Noodle Baseball Massages 7pm- Evening Music Relaxation 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 6pm- Corn Hole 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 6pm- Would You Rather? 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2:30pm- Velcro Catch 3pm- Hydration Station 3:30pm- Writing Refresh 3:30pm- Mini Golf 3pm- Hydration Station 3pm- Hydration Station 3:30pm- Word Builder 4pm- Fly Swat 4pm- Puzzle Corner 3:30pm- Hangman 5:30pm- After Dinner Stretch 3:30pm- Garden Check Up 4pm-Shoot for the Hoop! 5:30pm- After Dinner Stretch 6pm- Movie Night! 4pm- Table Broom Hockey 5:30pm- After Dinner Stretch 4pm- Badminton 6pm- Snakes & Ladders 7pm- Evening Music Relaxation 5:30pm- After Dinner Stretch 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation 6pm- Would You Rather? 6pm- 5 Second Rule! 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation 7pm- Evening Music Relaxation Simchat Torah Begins

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