

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

Forest Hill Heights Memory Care

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