

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Forest Hill Heights Assisted Living



FOREST HILL HEIGHTS

								9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok 1pm- New Year's Fill In 2pm- Bowling 2:30pm- Putting the Past In Order Game 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge New Year's Day	1				
9:30am- Teatime & Coffee Chats 10am- Morning Stretch & TikTok 11am- Peace & Coloring 11:30am- Bucket Toss 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Trivia Crack 3pm- Balloon Soccer 3:30pm- Awesome Alliteration 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge	2	9:30am- Seated Exercise 10am- Jewelry Making 11am- Badminton 11:30am- Writing Refresh 1pm- Balloon Keep it Up! 1:30pm- Deal or No Deal 2pm- Bottle Toss 2:30pm- Nature Shows 3:30pm- Archery 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	3	9:30am- Chair Yoga 10am- Train Dominoes & Boardgames 11am- Parachute Prevail 11:30am- Rhyme Time 1pm- Shoot for the Hoop! 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: All About Me Collage 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	4	9:30am- Chair Dancercise 10am- Scrabble & Puzzle Corner 11am- Fly Swat 11:30am- What in the World? 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening TV Shows in Lounge	5	9:30am- Chair Aerobics 10am- Latch Hook Rug Club 10:30am- Resident Meeting 11am- Mini Golf 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Velcro Catch 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	6	9:30am- Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Hot Potato 11:30am- Hangman 1:30pm- Bingo 3pm- Target Practice 3:30pm- Remembering Elvis Songs 4pm- Corn Hole 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening TV Shows in Lounge Elvis Day!	7	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok 1pm- Rummikub & Card Games 2pm- Target Practice 2:30pm- Resident's Choice! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge	8
9:30am- Teatime & Coffee Chats 10am- Morning Stretch & TikTok 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Velcro Catch 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Deal or No Deal 3pm- Discussion Ball 3:30pm- What in the World? 4pm- Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge	9	9:30am- Seated Exercise 10am- Jewelry Making 11am- Target Practice 11:30am- Writing Refresh 1pm- Going Fishing 1:30pm- Rhyme Time 2pm- Bucket Toss 2:30pm- Ladies Tea & Men's Social 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	10	9:30am- Chair Yoga 10am- Chicken Foot Dominoes & Boardgames 11am- Mini Golf 11:30am- Hangman 1pm- Hot Potato 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Resin Geode Tray (\$) 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	11	9:30am- Chair Dancercise 10am- Scrabble & Puzzle Corner 11am- Badminton 11:30am- Word Builder 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jokes & Jams with Centre Methodists 7pm- Evening TV Shows in Lounge	12	9:30am- Chair Aerobics 10am- Latch Hook Rug Club 11am- Balloon Keep it Up! 11:30am- Hair Fix 1pm- Yahtzee 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	13	9:30am- Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Bottle Toss 11:30am- Trivia Crack 1:30pm- Bingo 3pm- Balloon Soccer 3:30pm- Spot the Difference 4pm- Fly Swat 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening TV Shows in Lounge	14	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok 1pm- Rummikub & Card Games 2pm- Table Broom Hockey 2:30pm- Resident's Choice! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge	15
9:30am- Teatime & Coffee Chats 10am- Morning Stretch & TikTok 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Archery 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Rhyme Time 3pm- Bucket Toss 3:30pm- Word Builder 4pm- Target Practice 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge	16	9:30am- Seated Exercise 10am- Jewelry Making 11am- Giant Ring Toss 11:30am- MLK Trivia 1pm- Discussion Ball 1:30pm- Family Feud 2pm- Velcro Catch 2:30pm- MLK We Shall Overcome 3:30pm- Table Broom Hockey 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle & Fun Facts 6pm- January Birthday Party & Musical Stylings of Tom Cooke 7pm- Evening TV Shows in Lounge Martin Luther King Jr. Day	17	9:30am- Chair Yoga 10am- Train Dominoes & Boardgames 11am- Silver Reader 12pm- Lunch in from Jersey Mike's Subs (\$) 1pm- Parachute Prevail 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Chunky Knit Pillow 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	18	9:30am- Chair Dancercise 10am- Scrabble & Puzzle Corner 11am- Mini Golf 11:30am- Hangman 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening TV Shows in Lounge	19	9:30am- Chair Aerobics 10am- Latch Hook Rug Club 11am- Hot Potato 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Bottle Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	20	9:30am- Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Badminton 11:30am- What in the World? 1pm- Beauty Station Doors Open 6pm- Winter Ball & Music with J&J 7pm- Evening TV Shows in Lounge	21	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok 1pm- Rummikub & Card Games 2pm- Balloon Keep it Up! 2:30pm- Resident's Choice! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge	22
9:30am- Teatime & Coffee Chats 10am- Morning Stretch & TikTok 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Balloon Soccer 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Spot the Difference 3pm- Bowling 3:30pm- Hangman 4pm- Shoot for the Hoop! 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge Activity Professionals Week	23	9:30am- Seated Exercise 10am- Jewelry Making 11am- Going Fishing 11:30am- Writing Refresh 1pm- Fly Swat 1:30pm- Trivia Crack 2pm- Mini Golf 2:30pm- Nature Shows 3:30pm- Hot Potato 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle & Fun Facts 6pm- Music with Vic Fontaine 7pm- Evening TV Shows in Lounge	24	9:30am- Chair Yoga 10am- Chicken Foot Dominoes & Boardgames 11am- Table Broom Hockey 12pm- Lunch in from Fisherman's Catch (\$) 1pm- Bottle Toss 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Sock Snowman 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	25	9:30am- Chair Dancercise 10am- Scrabble & Puzzle Corner 11am- Balloon Keep it Up! 11:30am- Deal or No Deal 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jokes & Jams with Centre Methodists 7pm- Evening TV Shows in Lounge Australia Day (observed)	26	9:30am- Chair Aerobics 10am- Latch Hook Rug Club 11am- Giant Ring Toss 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Bucket Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening TV Shows in Lounge	27	9:30am- Dumbbell Exercise 10am- Dominoes & Boardgames 11am- Velcro Catch 11:30am- Word Builder 1:30pm- Bingo 3pm- Target Practice 3:30pm- Free Rice! 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Movie Night! 7pm- Evening TV Shows in Lounge	28	9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikTok 1pm- Rummikub & Card Games 2pm- Parachute Prevail 2:30pm- Resident's Choice! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge	29
9:30am- Teatime & Coffee Chats 10am- Morning Stretch & TikTok 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Badminton 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Family Feud 3pm- Bottle Toss 3:30pm- Rhyme Time 4pm- Mini Golf 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge	30	9:30am- Seated Exercise 10am- Jewelry Making 11am- Archery 11:30am- Writing Refresh 1pm- Velcro Catch 1:30pm- What in the World? 2pm- Table Broom Hockey 2:30pm- Nature Shows 3:30pm- Fly Swat 4pm- Free-Hand Drawing 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge	31	<i>Activities are subject to change. Any updates will be displayed on the daily bulletins located outside of the dining room.</i>									