Church Services

Sundays & Wednesdays @ 10:30am- Rosary & **Communion with St. Ignatius**

Wednesdays @ 1pm- North Harford **Worship Service with Pastor John.**

Silver Reader

Get books, audio books, music and more from the Harford County Public Library!



2/8 @ 11am If you are interested, please sign up. See Natalie if you have any questions.





PLEASE CHECK OUT OUR FACEBOOK PAGE





Please contact the Recreation Director Natalie Couchenour with any questions or concerns.

410-893-3070

New Resident Highlight!

Welcome to Forest Hill Heights! We want to welcome all our new residents into the community!

Please say hello and introduce yourself when you see a new face ©





Vincent



Hazel







Chocolate Month











February 2022

1 Colgate Drive, Forest Hill, Maryland 21050 | 410-893-3070

Administrator **Chrissy Smith**

Assistant Administrator Mikalea Jackson

> **Culinary Director Rose Jorgenson**

Maintenance Director Ben Jenkins

Recreation Director Natalie Couchenour

Business Office Manager **Jennifer Metevia**

Director of Personal Care **Rachel Jones** RN/CM/DM

Admissions Director Susan Goad

A Letter from the Administrator

January really flew by. The Winter Ball was a fun-filled night for all.

This month is going to be a great one as we are looking forward to a super bowl party, the Silver Star Awards, and so much more.

As we continue following the safety precautions, please keep in mind that all visits must take place in residents' rooms and not out in the common areas. We thank you for your understanding and cooperation.

Chrissy Smith



The Year of the Tiger

February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?



Join us for this red-carpet event on February 25th

See the list of nominees for each Silver Star award in the lounge and vote!

Let us help you get ready for the event at our Beauty Station, opening at 10:30am. Walking of the red carpet will begin at 3pm. Award ceremony to follow.



Join us for a delicious lunch in this month...

2/8 - Jutto Fresco @ 12pm

2/22 - Red Robin @ 12pm

Please Sign Up ©

Super Bowl Party
On February 13th in the
lounge @ 6pm!





Join us in celebration of all our February birthdays at our party!

February 28th @ 6pm

With the Musical Stylings of Tom Cooke!

February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Norman Rockwell (artist) – February 3, 1894 Rosa Parks (activist) – February 4, 1913 Bob Marley (musician) – February 6, 1945 Chris Rock (comedian) – February 7, 1965 Laura Dern (actress) – February 10, 1967 Jennifer Aniston (actress) – February 11, 1969 L.L. Bean (outdoorsman) – February 13, 1873 Michael Jordan (athlete) – February 17, 1963 Ansel Adams (photographer) – February 20, 1902 Jordan Peele (producer) – February 21, 1979 Rashida Jones (actress) – February 25, 1976



Crocheting with Kylie Every Tuesday at 1:30pm

Painting with Natalie
Every Thursday at 2pm



Hot Cocoa Social February 11th

at 6pm



Peak Performer

Nicole Smith

Forest Hill Heights would like to recognize Nicole Smith as Peak Performer for February 2022. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights. Congratulate Nicole when you see her!

* If you feel that someone should be recognized for outstanding performance, please feel free to fill out a HIWART postcard, drop a note in the suggestion box or see a manager to nominate for Peak Preformer or HIWART recognition pin.



Hilarious games to be played and lovely prizes to be won! Join us on Valentine's Day for some fun!



Exercise that brain of yours with this month's

Quiz from Mr. John!

Please hand in your answered quiz to activities staff by February 28th!

Morning Exercise-

Every morning, Monday- Friday there will be Activity Led exercise **at 9:30am** (unless a scheduling conflict occurs, which will be on the Daily Bulletin). Please join us to start the day off the right way!







Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are

all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.

February Birthdays

& Work Anniversaries



Residents

Pat Dulley – 2/8

Bea Kapple – 2/5

Jean Spencer – 2/12

Lois Kuhn – 2/14

Jean Penman – 2/14

Bobbie Kappel – 2/17

Herman Guido – 2/23

Joan Drozd – 2/28

Staff

Alice Phann – 2/8

Debbie Shmidt – 2/9

Mackenzie Blackwell – 2/15

Jim Sieling – 2/16

Ginny Garrett – 2/18

Work Anniversaries

Debbie Shmidt – 17 Years

Kirsten Blackwell – 2 Years

Brittany Dieren – 1 Year

Friendly Reminders

- Always Sign-up on the Sheets on the Bulletin Board, seats go to first come first serve (within reason).
- Sign-up sheets for Lunches in and certain special events are on the bulletin board by the dining room.
- If your name is not on the list, we do not know you want to attend!!
- Also, do your best to show up for the events on time, we will do our best to start on time ©
- If the list is full, sign up for the waiting list. There is **no guarantee** that you will be able to attend but chances will be given if available to those on the waiting list.
- Everything in red you need to sign up for!
- Everything in blue is a religious activity

Safety is always our biggest concern. We may cancel events due to weather or other concerns for everyone's best interest.

February

Activity Highlights:

2/1- Crocheting with Kylie @ 1:30pm

2/1- Crafty Hour: Resin Jewelry @ 3pm

2/2- Rosary & Communion @ 10:30am

2/2- North Harford Worship Service @ 1pm

2/2- Kahoot Trivia Night! @ 6pm

2/3- Latch Hook Rug Club @ 10am

2/3- Resident Meeting @ 10:30am

2/3- Painting with Natalie @ 2pm

2/4- Harp Concert @ 3:30pm

2/6- Rosary & Communion @ 10:30am

2/8- Silver Reader @ 11am

2/8- Lunch in from Tutto Fresco (\$) @ 12pm

2/8- Crocheting with Kylie @ 1:30pm

2/8- Crafty Hour: Floral Heart Wreath@ 3pm

2/9- Rosary & Communion @ 10:30am

2/9- North Harford Worship Service @ 1pm

2/9- Jokes & Jams with Centre Methodist ₽@ 6pm

2/10- Latch Hook Rug Club @ 10am

2/10- Ladies Tea & Men's Social @ 2pm

2/10- Yesterday Once More \$ @ 6pm

2/11- Hot Cocoa Social @ 6pm

2/13- Rosary & Communion @ 10:30am

2/14- Valentines Day Party with the Musical Stylings of

Tom Cooke ₽ @ 6pm

2/15- Crocheting with Kylie @ 1:30pm

2/16- Rosary & Communion @ 10:30am

2/16- North Harford Worship Service @ 1pm

2/16- Musical Tracks with Vic Fontaine ₽ @ 6pm

2/17- Latch Hook Rug Club @ 10am

2/17- Painting with Natalie @ 2pm

2/18- Beauty Station @ 10am

2/18- Silver Sar Awards @ 3:30pm

2/18- J&J the Duo! ₽@ 6pm

2/20- Rosary & Communion @ 10:30am

2/21- Presidential Fitness Trail @ 9:30am

2/22- Lunch in from Red Robin (\$) @ 12pm

2/22- February Birthday Party & Classics with Chris! ↓ @ 1:30pm

2/22- Crocheting with Kylie @ 2:30pm

2/23- Rosary & Communion @ 10:30am

2/23- North Harford Worship Service @ 1pm

2/23- Jokes & Jams with Centre Methodist ₽@ 6pm

2/24- Latch Hook Rug Club @ 10am

2/24- Painting with Natalie @ 2pm

2/24- Kahoot Trivia Night! @ 6pm

2/27- Rosary & Communion @ 10:30am

2/28- Musical Stylings of Tom Cooke ₽@ 6pm

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|---|--|---|---|---|--|
| | Activities are subject to change. Any updates will be displayed on the daily bulletins located by the dining room. | | 10am- Train Dominoes & Boardgames 11am- Parachute Prevail 11:30am- Chinese New Year Superstitions 1pm- Discussion Ball 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Resin Jewelry 4:30pm- Daily Chronicle & Fun Facts | 10am- Spring or Snow? 10:30am- Rosary & Communion 11am- Fly Swat 11:30am- Groundhog Day Trivia 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts | 10am- Latch Hook Rug Club 10:30am- Resident Meeting 11am- Shoot for the Hoop! 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge | 10am- Dominoes & Boardgames 11am- Badminton 11:30am- Rhyme Time 1:30pm- Bingo 3pm- Target Practice 3:30pm- Harp Concert ♪ 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening TV Shows in Lounge | 9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikToks 1pm- Throw Tic Tac Toe 1:30pm- Resident's Choice! 2:30pm- Mid-Day Moves! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge | |
| | 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Hot Potato 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Trivia Crack 3pm- Going Fishing! 3:30pm- What in the World? 4pm- Mini Golf 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Fixening TV Shows in Lourge 11:30am- 11:30am- 11:30am- 12:30pm- | - Jewelry Making - Bowling - Bowling - Balloon Soccer - Awesome Alliteration Velcro Catch - Family Feud Bottle Toss - Nature Shows - Daily Chronicle & Fun Facts Bingo Evening TV Shows in Lounge | 9:30am- Chair Yoga 10am- Chicken Foot Dominoes & Boardgames 11am- Silver Reader 12pm- Lunch in from Tutto Fresco (\$) 1pm- Giant Ring Toss 1:30pm- Crocheting with Kylie 3pm- Crafty Hour: Floral Heart Wreath 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge | 9:30am- Chair Dancercise 10am- Puzzle Corner 10:30am- Rosary & Communion 11am- Discussion Ball 11:30am- Rhyme Time 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows in Lounge | 11am- Throw Tic Tac Toe 11:30am- Hair Fix 1pm- Yahtzee 2pm- Ladies Tea & Men's Social 4pm- Badminton 4:30pm- Daily Chronicle & Fun Facts 6pm- Yesterday Once More with Ken King 7pm- Evening TV Shows in Lounge | 11am- Shoot for the Hoop! 11:30am- Hangman 1:30pm- Bingo 3pm- Parachute Prevail 3:30pm- Writing Refresh 4pm- Table Broom Hockey 4:30pm- Daily Chronicle & Fun Facts 6pm- Hot Cocoa Social 7pm- Evening TV Shows in Lounge National Flannel Day! | 9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikToks 1pm- Balloon Keep it Up! 1:30pm- Resident's Choice! 2:30pm- Mid-Day Moves! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge | |
| | 10am- Morning Stretch & TikToks 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Giant Connect 4 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Deal or No Deal 3pm- Bottle Toss 3:30pm- Spot the Difference! 4pm- Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts 7pm- Every Power Parker | able Broom Hockey In Love is in the Air Trivia In't Drop the Heart! A Short Story: Last Flower in Toronto pid's Heart Break Name That Heart Tune! scussion Ball Can You Picture This? Valentine's Creative Daily Chronicle & Fun Facts Legisland Research | 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge | 11am- Shoot for the Hoop! 11:30am- Hangman 1pm- North Harford Worship Service 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Vic Fontaine J 7pm- Evening TV Shows in Lounge | 11am- Balloon Soccer 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Parachute Prevail 4:30pm- Daily Chronicle & Fun Facts 6pm- Bingo 7pm- Evening TV Shows in Lounge | 10am- Beauty Station 3:30pm- Silver Star Awards 6pm- J&J The Duo ♪ 7pm- Evening TV Shows in Lounge | 9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikToks 1pm- Bean Bag Checkers 1:30pm- Resident's Choice! 2:30pm- Mid-Day Moves! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge | |
| | 10am- Morning Stretch & TikToks 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Velcro Catch 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Family Feud 3pm- Table Broom Hockey 3:30pm- Rhyme Time 4pm- Balloon Keep it Up! 4:30pm- Daily Chronicle & Fun Facts 6pm- Pokeno 7pm- Evening TV Shows in Lounge | Jewelry Making Bean Bag Toss m- Free-Hand Drawing Parachute Prevail n- Presidential Race Game! Jini Golf n- Not So Presidential Code Names Balloon Soccer n- Presidential Firsts Trivia n- Daily Chronicle & Fun Facts Bingo Evening TV Shows in Lounge Presidents' Day | Boardgames 11am- Badminton 12pm- Lunch in from Red Robin (\$) 1pm- Going Fishing! 1:30pm- February Birthday Party with Classical Chris 2:30pm- Crocheting with Kylie 3:30pm- 4:30pm- Daily Chronicle & Fun Facts | 1:30pm- Bingo 3pm- Nail Polishing & Hydration Station | 11am- Giant Ring Toss 11:30am- Hair Fix 1pm- Yahtzee 2pm- Painting with Natalie 4pm- Discussion Ball 4:30pm- Daily Chronicle & Fun Facts 6pm- Kahoot Trivia Night! 7pm- Evening TV Shows in Lounge | 11am- Bottle Toss 11:30am- Spot the Difference! 1:30pm- Bingo 3pm- Bowling 3:30pm- Writing Refresh 4pm- Giant Connect 4 4:30pm- Daily Chronicle & Fun Facts 6pm- Grab Bag 7pm- Evening TV Shows in Lounge | 9:30am- Teatime & Coffee Chats 10am- Simon Says, "Wake Up!" 10:30am- Craft Wrap Up 11:30am- Morning Stretch & TikToks 1pm- Shoot for the Hoop! 1:30pm- Resident's Choice! 2:30pm- Mid-Day Moves! 3pm- Nail Polishing & Hydration Station 4:30pm- Daily Chronicle & Fun Facts 6pm- Mystery Bag Bingo 7pm- Evening TV Shows in Lounge | |
| V | 10:30am- Rosary & Communion 11am- Peace & Coloring 11:30am- Parachute Prevail 1pm- Yahtzee & Boardgames 2pm- Mid-Day Exercise 2:30pm- Spot the Difference 3pm- Mini Golf 3:30pm- Hangman 4pm- Giant Ring Toss 4:30pm- Daily Chronicle & Fun Facts | n- Seated Exercise Jewelry Making Badminton m- Free-Hand Drawing /elcro Catch n- Rhyme Time Throw Tic Tac Toe n- Deal or No Deal Table Broom Hockey n- Nature Shows n- Daily Chronicle & Fun Facts Musical Stylings of Tom Cooke J Evening TV Shows in Lounge | | | Uary Hill Heights Assisted | 2022 | 2 | |

Forest Hill Heights Senior Living

410-893-3070