

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

# March 2022

## Forest Hill Heights Memory Care

		<p>10:30am- Seated Exercise <b>1</b>          11am- Building Station          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Balloon Soccer          1:30pm- Hits from the 30's          2:30pm- Parachute Prevail          3pm- Hydration Station          3:30pm- Mardi Gras Traditions          4pm- Throw Me Something Mister!          5:30pm- After Dinner Stretch          6pm- Snakes &amp; Ladders          7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up <b>2</b>  <b>10:30am- Ash Wednesday Rosary &amp; Communion</b>          11am- Folding Function          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Giant Ring Toss  <b>1:30pm- Musical Stylings of Tom Cooke!</b>          2:30pm- Walks &amp; Talks          3pm- Hydration Station          3:30pm- Puzzle Corner          4pm- Going Fishing!          5:30pm- After Dinner Stretch          6pm- 5 Second Rule!          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise <b>3</b>          11am- In the Kitchen          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Fly Swat          1:30pm- Nail Polishing &amp; Hand Massages          2:30pm- Hot Potato          3pm- Hydration Station          3:30pm- Writing Refresh          4pm- Horseshoes          5:30pm- After Dinner Stretch          6pm- Corn Hole          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics <b>4</b>          11am- Button Sorting          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Disc Toss          1:30pm- Crafty Hour: Lent Rings          2:30pm- Balloon Noodle Baseball          3pm- Hydration Station          3:30pm- Half Match          4pm- Bucket Toss          5:30pm- After Dinner Stretch          6pm- Target Practice          7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats <b>5</b>          11am- Simon Says, "Wake Up!"          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Resident's Choice!          2pm- Trivia Crack          2:30pm- Badminton          3pm- Hydration Station          3:30pm- Word Builder          4pm- Bowling          5:30pm- After Dinner Stretch          6pm- Saturday Night TV Shows          7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats <b>6</b>          11am- Morning Stretches &amp; TikToks          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Sing-a-long Songs          1:30pm- Church Service Stream          2:30pm- Mid-Day Exercise          3pm- Hydration Station          3:30pm- Nail Polishing &amp; Hand Massages          5:30pm- After Dinner Stretch          6pm- Would You Rather?          7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up <b>7</b>          11am- Lincoln Log Creations          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Giant Connect 4!  <b>1:30pm- J &amp; J the Duo! ↓</b>          2:30pm- Discussion Ball          3pm- Hydration Station          3:30pm- Reminiscent Picture Books          4pm- Table Broom Hockey          5:30pm- After Dinner Stretch          6pm- Movie Night!          7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise <b>8</b>          11am- Folding Function          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Hot Potato          1:30pm- Hits from the 40's          2:30pm- Fly Swat          3pm- Hydration Station          3:30pm- Word Builder          4pm- Velcro Catch          5:30pm- After Dinner Stretch          6pm- Snakes &amp; Ladders          7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up <b>9</b>          11am- Building Station          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Parachute Prevail          1:30pm- Crafty Hour: Magic Water Paintings          2:30pm- Walks &amp; Talks          3pm- Hydration Station          3:30pm- Puzzle Corner          4pm- Bowling          5:30pm- After Dinner Stretch          6pm- 5 Second Rule!          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise <b>10</b>          11am- Button Sorting          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Balloon Soccer          1:30pm- Nail Polishing &amp; Hand Massages          2:30pm- Disc Toss          3pm- Hydration Station          3:30pm- Writing Refresh          4pm- Cone Toss          5:30pm- After Dinner Stretch          6pm- Corn Hole          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics <b>11</b>          11am- Baby Corner          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Badminton          1:30pm- Crafty Hour: Rainbow Creations          2:30pm- Balloon Volley          3pm- Hydration Station          3:30pm- Half Match          4pm- Axe Throwing          5:30pm- After Dinner Stretch          6pm- Target Practice          7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats <b>12</b>          11am- Simon Says, "Wake Up!"          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Resident's Choice!          2pm- Family Feud          2:30pm- Bucket Toss          3pm- Hydration Station          3:30pm- Hangman          4pm- Archery          5:30pm- After Dinner Stretch          6pm- Saturday Night TV Shows          7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats <b>13</b>          11am- Morning Stretches &amp; TikToks          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Sing-a-long Songs          1:30pm- Church Service Stream          2:30pm- Mid-Day Exercise          3pm- Hydration Station          3:30pm- Nail Polishing &amp; Hand Massages          5:30pm- After Dinner Stretch          6pm- Would You Rather?          7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up <b>14</b>          11am- Building Station          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Cone Toss          1:30pm- Crafty Hour: Pot O' Gold Painting          2:30pm- Table Broom Hockey          3pm- Hydration Station          3:30pm- Spot the Difference          4pm- Balloon Noodle Baseball          5:30pm- After Dinner Stretch          6pm- Movie Night!          7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise <b>15</b>          11am- Button Sorting          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Giant Connect 4!          1:30pm- Hits from the 50's          2:30pm- Archery          3pm- Hydration Station          3:30pm- Reminiscent Picture Books          4pm- Badminton          5:30pm- After Dinner Stretch          6pm- Snakes &amp; Ladders          7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up <b>16</b>          11am- Hangman          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Fly Swat          1:30pm- Crafty Hour: Shamrocks!          2:30pm- Walks &amp; Talks          3pm- Hydration Station          3:30pm- Puzzle Corner          4pm- Disc Toss          5:30pm- After Dinner Stretch          6pm- 5 Second Rule!          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise <b>17</b>          11am- Folding Function          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Parachute Prevail          1:30pm- Nail Polishing &amp; Hand Massages          2:30pm- Lucky Coin Toss          3pm- Hydration Station          3:30pm- Famous Irish Folks: Who Am I?          4pm- Velcro Catch          5:30pm- After Dinner Stretch          6pm- Corn Hole          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics <b>18</b>          11am- Lincoln Log Creations          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Hot Potato  <b>1:30pm- Musical Stylings from Cooke! ↓</b>          2:30pm- Balloon Soccer          3pm- Hydration Station          3:30pm- Half Match          4pm- Bowling          5:30pm- After Dinner Stretch          6pm- Target Practice          7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats <b>19</b>          11am- Simon Says, "Wake Up!"          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Resident's Choice!          2pm- Word Builder          2:30pm- Axe Throwing          3pm- Hydration Station          3:30pm- Rhyme Time          4pm- Discussion Bal          5:30pm- After Dinner Stretch          6pm- Saturday Night TV Shows          7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats <b>20</b>          11am- Morning Stretches &amp; TikToks          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Sing-a-long Songs          1:30pm- Church Service Stream          2:30pm- Mid-Day Exercise          3pm- Hydration Station          3:30pm- Nail Polishing &amp; Hand Massages          5:30pm- After Dinner Stretch          6pm- Would You Rather?          7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up <b>21</b>          11am- Balloon Volley          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Parachute Prevail          1:30pm- Crafty Hour: Springtime Bird Feeders          2:30pm- Fly Swat          3pm- Hydration Station          3:30pm- Hangman          4pm- Disc Toss          5:30pm- After Dinner Stretch          6pm- Movie Night!          7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise <b>22</b>          11am- Lincoln Log Creations          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Velcro Catch  <b>1:30pm- Classical Chris! ↓</b>          2:30pm- Hot Potato          3pm- Hydration Station          3:30pm- Spot the Difference          4pm- Balloon Soccer          5:30pm- After Dinner Stretch          6pm- Snakes &amp; Ladders          7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up <b>23</b>          11am- Button Sorting          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Giant Connect 4!          1:30pm- Crafty Hour: Spring has Sprung          2:30pm- Walks &amp; Talks          3pm- Hydration Station          3:30pm- Puzzle Corner          4pm- Axe Throwing          5:30pm- After Dinner Stretch          6pm- 5 Second Rule!          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise <b>24</b>          11am- Building Station          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Badminton          1:30pm- Nail Polishing &amp; Hand Massages          2:30pm- Bowling          3pm- Hydration Station          3:30pm- Writing Refresh          4pm- Archery          5:30pm- After Dinner Stretch          6pm- Corn Hole          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics <b>25</b>          11am- Folding Function          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Cone Toss  <b>1:30pm- Musical Tracks with Vic Fontaine! ↓</b>          2:30pm- Bucket Toss          3pm- Hydration Station          3:30pm- Half Match          4pm- Discussion Ball          5:30pm- After Dinner Stretch          6pm- Target Practice          7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats <b>26</b>          11am- Simon Says, "Wake Up!"          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Resident's Choice!          2pm- Reminiscent Picture Books          2:30pm- Ladder Ball          3pm- Hydration Station          3:30pm- Awesome Alliteration          4pm- Table Broom Hockey          5:30pm- After Dinner Stretch          6pm- Saturday Night TV Shows          7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats <b>27</b>          11am- Morning Stretches &amp; TikToks          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Sing-a-long Songs          1:30pm- Church Service Stream          2:30pm- Mid-Day Exercise          3pm- Hydration Station          3:30pm- Nail Polishing &amp; Hand Massages          5:30pm- After Dinner Stretch          6pm- Would You Rather?          7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up <b>28</b>          11am- Folding Function          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Badminton          1:30pm- Crafty Hour: Spring Flowers          2:30pm- Balloon Soccer          3pm- Hydration Station          3:30pm- Family Feud          4pm- Velcro Catch          5:30pm- After Dinner Stretch          6pm- Movie Night!          7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise <b>29</b>          11am- Word Builder          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Balloon Noodle Baseball          1:30pm- Hits from the 70's          2:30pm- Balloon Volley          3pm- Hydration Station          3:30pm- Discussion Ball          4pm- Axe Throwing          5:30pm- After Dinner Stretch          6pm- Snakes &amp; Ladders          7pm- Evening Music Relaxation</p>	<p>10:30am- Balloon Keep it Up <b>30</b>          11am- Reminiscent Picture Books          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Hot Potato          1:30pm- Crafty Hour: Easter Door Decor          2:30pm- Walks &amp; Talks          3pm- Hydration Station          3:30pm- Puzzle Corner          4pm- Fly Swat          5:30pm- After Dinner Stretch          6pm- 5 Second Rule!          7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise <b>31</b>          11am- Hangman          12:30pm- Daily Chronicle &amp; Fun Facts          1pm- Disc Toss          1:30pm- Nail Polishing &amp; Hand Massages          2:30pm- Giant Connect 4!          3pm- Hydration Station          3:30pm- Writing Refresh          4pm- Parachute Prevail          5:30pm- After Dinner Stretch          6pm- Corn Hole          7pm- Evening Music Relaxation</p>	<p><i>Activities are subject to change.</i></p>	