

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2022

## Forest Hill Heights Memory Care

|   |  |   |  |  |  |  |
|---|--|---|--|--|--|--|
| <p>10:30am- Chair Dancercise<br/>11am- Produce Organization<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Badminton<br/>1:30pm- Crafty Hour<br/>3pm- Hydration Station<br/>3:30pm- Bottle Toss<br/>4pm- iPad Games<br/>5:30pm- After Dinner Stretch<br/>6pm- Target Practice<br/>7pm- Evening Music Relaxation</p>                                  | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/><b>1:30pm- J &amp; J the Duo</b><br/>2pm- Spot the Difference<br/>2:30pm- Bottle Toss<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Wake Up with Morning Exercise<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Church Service Stream<br/>2pm- Discussion Ball<br/>2:30pm- Fidget Corner<br/>3pm- Hydration Station<br/>3:30pm- Peace &amp; Coloring<br/>5:30pm- After Dinner Stretch<br/>6pm- Would You Rather<br/>7pm- Evening Music Relaxation</p>  | <p>10:30am- Resistance Bands Warm Up<br/>11am- Building Station<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Hot Potato<br/>3pm- Hydration Station<br/>3:30pm- Mini Golf<br/>4pm- Rhyme Time<br/>5:30pm- After Dinner Stretch<br/>6pm- Movie Night<br/>7pm- Evening Music Relaxation</p>  | <p>10:30am- Seated Exercise<br/>11am- Button Sorting<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Cone Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Writing Refresh<br/>4pm- Parachute Poppin'<br/>5:30pm- After Dinner Stretch<br/>6pm- Snakes &amp; Ladders<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Chair Aerobics<br/>11am- Lincoln Log Creations<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Archery<br/><b>1:30pm- Musical Stylings of Tom Cooke</b><br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/>3:30pm- Walks &amp; Talks<br/>4pm- Puzzle Corner<br/>5:30pm- After Dinner Stretch<br/>6pm- 5 Second Rule!<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Chair Yoga<br/>11am- Building Station<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Cone Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Fly Swat<br/>4pm- Hangman<br/>5:30pm- After Dinner Stretch<br/>6pm- Corn Hole<br/>7pm- Evening Music Relaxation</p>  |
| <p>10:30am- Chair Dancercise<br/>11am- Produce Organization<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Badminton<br/>1:30pm- Crafty Hour<br/>3pm- Hydration Station<br/>3:30pm- Bottle Toss<br/>4pm- iPad Games<br/>5:30pm- After Dinner Stretch<br/>6pm- Target Practice<br/>7pm- Evening Music Relaxation</p>                                  | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/><b>1:30pm- J &amp; J the Duo</b><br/>2pm- Spot the Difference<br/>2:30pm- Bottle Toss<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Wake Up with Morning Exercise<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Church Service Stream<br/>2pm- Discussion Ball<br/>2:30pm- Fidget Corner<br/>3pm- Hydration Station<br/>3:30pm- Peace &amp; Coloring<br/>5:30pm- After Dinner Stretch<br/>6pm- Would You Rather<br/>7pm- Evening Music Relaxation</p>  | <p>10:30am- Resistance Bands Warm Up<br/>11am- Button Sorting<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Hot Potato<br/>3pm- Hydration Station<br/>3:30pm- Mini Golf<br/>4pm- Rhyme Time<br/>5:30pm- After Dinner Stretch<br/>6pm- Movie Night<br/>7pm- Evening Music Relaxation</p>  | <p>10:30am- Seated Exercise<br/>11am- Button Sorting<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Cone Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Writing Refresh<br/>4pm- Parachute Poppin'<br/>5:30pm- After Dinner Stretch<br/>6pm- Snakes &amp; Ladders<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Chair Aerobics<br/>11am- Folding Function<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Badminton<br/>1:30pm- Crafty Hour<br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/><b>3:30pm-Harp Concert</b><br/>4pm- Puzzle Corner<br/>5:30pm- After Dinner Stretch<br/>6pm- 5 Second Rule!<br/>7pm- Evening Music Relaxation</p>                            | <p>10:30am- Chair Yoga<br/>11am- Produce Organization<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Bottle Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Shoot for the Hoop<br/>4pm- Word Builder<br/>5:30pm- After Dinner Stretch<br/>6pm- Corn Hole<br/>7pm- Evening Music Relaxation</p>                                     |
| <p>10:30am- Chair Dancercise<br/>11am- Lincoln Log Creations<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Fly Swat<br/>1:30pm- Crafty Hour<br/>3pm- Hydration Station<br/>3:30pm- Archery<br/>4pm- Spot the Difference<br/>5:30pm- After Dinner Stretch<br/>6pm- Target Practice<br/>7pm- Evening Music Relaxation</p>                             | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/>2pm- Family Feud<br/>2:30pm- Velcro catch<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p>   | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Wake Up with Morning Exercise<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Church Service Stream<br/>2pm- Balloon Keep it Up<br/>2:30pm- iPad Games<br/>3pm- Hydration Station<br/>3:30pm- Peace &amp; Coloring<br/>5:30pm- After Dinner Stretch<br/>6pm- Would You Rather<br/>7pm- Evening Music Relaxation</p>  | <p>10:30am- Resistance Bands Warm Up<br/>11am- Button Sorting<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Parachute Poppin'<br/>1:30pm- Crafty Hour<br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/>3:30pm- Discussion Ball<br/>4pm- Hangman<br/>5:30pm- After Dinner Stretch<br/>6pm- Movie Night<br/>7pm- Evening Music Relaxation</p>    | <p>10:30am- Seated Exercise<br/>11am- Folding Function<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Bottle Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Writing Refresh<br/>4pm- Archery<br/>5:30pm- After Dinner Stretch<br/>6pm- Snakes &amp; Ladders<br/>7pm- Evening Music Relaxation</p>       | <p>10:30am- Chair Aerobics<br/><b>11am-Red Pump Elementary Concert</b><br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Fly Swat<br/>1:30pm- Musical Stylings with Tom Cooke<br/>3pm- Hydration Station<br/>3:30pm- Walks &amp; Talks<br/>4pm- Puzzle Corner<br/>5:30pm- After Dinner Stretch<br/>6pm- 5 Second Rule!<br/>7pm- Evening Music Relaxation</p>                   | <p>10:30am- Chair Yoga<br/>11am- Family Feud<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Cone Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Velcro Catch<br/>4pm- Rhyme Time<br/>5:30pm- After Dinner Stretch<br/>6pm- Corn Hole<br/>7pm- Evening Music Relaxation</p>  |
| <p>10:30am- Chair Dancercise<br/>11am- Baby Corner<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Balloon Soccer<br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/>3:30pm- Giant Connect 4<br/>4pm- What in the World?<br/>5:30pm- After Dinner Stretch<br/>6pm- Target Practice<br/>7pm- Evening Music Relaxation</p> <p>Hanukkah Begins</p> | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/>2pm- Word Builder<br/>2:30pm- Shoot for the Hoop<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p>                                      | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Church Service Stream<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Balloon Keep up<br/>2pm- Mini Golf<br/>2:30pm- Hangman<br/>3pm- Hydration Station<br/>3:30pm- Peace &amp; Coloring<br/>5:30pm- After Dinner Stretch<br/>6pm- Would You Rather<br/>7pm- Evening Music Relaxation</p>                            | <p>10:30am- Resistance Bands Warm Up<br/>11am- Fidget Corner<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Balloon Keep it Up<br/><b>1:30pm- Music by Vic</b><br/>3pm- Hydration Station<br/>3:30pm- Bottle Toss<br/>4pm- Family Feud<br/>5:30pm- After Dinner Stretch<br/>6pm- Movie Night<br/>7pm- Evening Music Relaxation</p> <p>Winter Begins</p> | <p>10:30am- Seated Exercise<br/>11am- Lincoln Log Creations<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Fly Swat<br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/>3:30pm- Writing Refresh<br/>4pm- Shoot for the Hoop<br/>5:30pm- After Dinner Stretch<br/>6pm- Snakes &amp; Ladders<br/>7pm- Evening Music Relaxation</p>               | <p>10:30am- Chair Aerobics<br/>11am- Button Sorting<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Velcro Catch<br/>1:30pm- Crafty Hour<br/>3pm- Hydration Station<br/>3:30pm- Walks &amp; Talks<br/>4pm- Puzzle Corner<br/>5:30pm- After Dinner Stretch<br/><b>6pm- Christmas Ball</b><br/>7pm- Evening Music Relaxation</p>   | <p>10:30am- Chair Yoga<br/>11am- Reminisce &amp; Discuss: Thanksgiving Dinner<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Turkey Toss<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- History of Thanksgiving<br/>4pm- Spot the Difference<br/>5:30pm- After Dinner Stretch<br/>6pm- Corn Hole<br/>7pm- Evening Music Relaxation</p> |
| <p>10:30am- Chair Dancercise<br/>11am- Building Station<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Going Fishing<br/>2:30pm- Puzzle Corner<br/>3pm- Hydration Station<br/>3:30pm- Archery<br/>4pm- Word Builder<br/>5:30pm- After Dinner Stretch<br/>6pm- Target Practice<br/>7pm- Evening Music Relaxation</p> <p>Christmas</p>                 | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/>2pm- Rhyme Time<br/>2:30pm- Cone Toss<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p> <p>Boxing Day (Canada)<br/>Kwanzaa Begins</p>   | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Church Service Stream<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/><b>1:30pm- Classics with Chris</b><br/>2pm- Shoot for the Hoop<br/>2:30pm- Bottle Toss<br/>3pm- Hydration Station<br/>3:30pm- Peace &amp; Coloring<br/>5:30pm- After Dinner Stretch<br/>6pm- Would You Rather<br/>7pm- Evening Music Relaxation</p> | <p>10:30am- Resistance Bands Warm Up<br/>11am- Lincoln Log Creations<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Balloon Soccer<br/>1:30pm- Crafty Hour<br/>3pm- Hydration Station<br/>3:30pm- Fly Swat<br/>4pm- Spot the Difference<br/>5:30pm- After Dinner Stretch<br/>6pm- Movie Night<br/>7pm- Evening Music Relaxation</p>                     | <p>10:30am- Seated Exercise<br/>11am- Family Feud<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Velcro Catch<br/>1:30pm- Nail Polishing &amp; Hand Massages<br/>3pm- Hydration Station<br/>3:30pm- Writing Refresh<br/>4pm- Archery<br/>5:30pm- After Dinner Stretch<br/>6pm- Snakes &amp; Ladders<br/>7pm- Evening Music Relaxation</p>           | <p>10:30am- Chair Aerobics<br/>11am- Word Builder<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Discussion Ball<br/>3pm- Hydration Station<br/>3:30pm- Walks &amp; Talks<br/>4pm- Puzzle Corner<br/>5:30pm- After Dinner Stretch<br/>6pm- 5 Second Rule!<br/>7pm- Evening Music Relaxation</p>   | <p>10:30am- Teatime &amp; Coffee Chats<br/>11am- Simon Says, "Wake Up!"<br/>12:30pm- Daily Chronicle &amp; Fun Facts<br/>1pm- Resident's Choice<br/>2pm- Rhyme Time<br/>2:30pm- Cone Toss<br/>3pm- Hydration Station<br/>3:30pm- Free Hand Drawing<br/>5:30pm- After Dinner Stretch<br/>6pm- Saturday Night TV Shows<br/>7pm- Evening Music Relaxation</p> <p>New Year's Eve</p>     |