

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023

## Forest Hill Heights Memory Care

<p>10:30am- Teatime &amp; Coffee Chats 11am- Wake Up with Morning Exercise 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep it Up 2pm- Discussion Ball 2:30pm- Fidget Corner 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Would You Rather 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Reminisce &amp; Discuss 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Spot the Difference 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Hot Potato 3pm- Hydration Station 3:30pm- Discussion Ball 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- In the Kitchen 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Shoot for the Hoop 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Archery 2:00pm- <b>Harp Entertainment</b> 3pm- Hydration Station 3:30pm- Walks &amp; Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Resident's Choice 2pm- Family Feud 2:30pm- Velcro catch 3pm- Hydration Station 3:30pm- Free Hand Drawing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Wake Up with Morning Exercise 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep it Up 2pm- Discussion Ball 2:30pm- Fidget Corner 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Would You Rather 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Reminisce &amp; Discuss 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Spot the Difference 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Produce Organization 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Badminton 1:30pm- Crafty Hour 3pm- Hydration Station 3:30pm- Bottle Toss 4pm- iPad Games 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Button Sorting 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Parachute Poppin' 1:30pm- Crafty Hour 2:30pm- Puzzle Corner 3pm- Hydration Station 3:30pm- Discussion Ball 4pm- Hangman 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- <b>Classics with Chris</b> 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Archery 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Resident's Choice 2pm- Word Builder 2:30pm- Shoot for the Hoop 3pm- Hydration Station 3:30pm- Free Hand Drawing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Wake Up with Morning Exercise 12:30pm- Daily Chronicle &amp; Fun Facts 1:00pm- Balloon Keep it Up 2:30pm- iPad Games 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Would You Rather 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Reminisce &amp; Discuss 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Fly Swat 4pm- Hangman 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat 1:30pm- <b>Music with Tom Cooke</b> 2:30pm- Hydration Station 3:30pm- Archery 4pm- Spot the Difference 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Fidget Corner 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep it Up 1:30pm- Crafty Hour 3pm- Hydration Station 3:30pm- Bottle Toss 4pm- Family Feud 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Shoot for the Hoop 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Free Hand Drawing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Wake Up with Morning Exercise 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep up 2pm- Mini Golf 2:30pm- Hangman 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Would You Rather 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Reminisce &amp; Discuss 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Velcro Catch 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Baby Corner 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Soccer 2:30pm- Puzzle Corner 3pm- Hydration Station 3:30pm- Giant Connect 4 4pm- What in the World? 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Soccer 1:30pm- Crafty Hour 3pm- Hydration Station 3:30pm- Fly Swat 4pm- Spot the Difference 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- Family Feud 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Velcro Catch 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Archery 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Teatime &amp; Coffee Chats 11am- Simon Says, "Wake Up!" 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Free Hand Drawing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10:30am- Teatime &amp; Coffee Chats 11am- Wake Up with Morning Exercise 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep it Up 2:30pm- Bottle Toss 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Would You Rather 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- Reminisce &amp; Discuss 11:30pm- Daily Chronicle &amp; Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Mini Golf 4pm- Spot the Difference 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Going Fishing 1:30pm- <b>Music with Vic</b> 2:30pm- Hydration Station 3:30pm- Archery 4pm- Word Builder 5:30pm- After Dinner Stretch 6pm- Target Practice 7pm- Evening Music Relaxation</p>	<p>10:30am- Resistance Bands Warm Up 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Hot Potato 3pm- Hydration Station 3:30pm- Discussion Ball 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Exercise 11am- In the Kitchen 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Shoot for the Hoop 1:30pm- Nail Polishing &amp; Hand Massages 3pm- Hydration Station 3:30pm- Writing Refresh 4pm- Mini Golf 5:30pm- After Dinner Stretch 6pm- Snakes &amp; Ladders 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 11am- Word Builder 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Fly Swat 1:30pm- Crafty Hour 3pm- Hydration Station 3:30pm- Walks &amp; Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- 5 Second Rule! 7pm- Evening Music Relaxation</p>

Schedule is subject to change.

Please see Daily Bulletin or White Board for changes.

Contact our Recreation Staff with any questions.

Forest Hill Heights LLC, 410-893-3070