

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Spread Kindness like Wildflowers!

<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Cranium Crunches 1pm-Bird and A Bloom <b>2:30pm- Rita's Outdoor Social</b> 3:30pm- Croquet 4pm- May Day Discussion/Floral Coloring 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">1</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm-<b>Lunch in from Mr. Souvlaki (\$)</b> 1pm- Crafty Hour 2pm- Resident's Choice 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Music with Tom Cooke</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">2</p>	<p>9:30am- Chair Yoga 10am- Creative Coloring Corner 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Learning to Play- Guess A Letter 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke! In The Lounge 7pm- Evening TV Shows</p> <p style="text-align: right;">3</p>	<p>9:30am- Seated Dumbbell Exercise 10am- What am I? 10:30- <b>Resident's Meeting</b> 10:30am- Resident's Choice 11am- Balloon Keep it Up! 1:00pm- Table Broom Hockey 2pm- <b>Full Mass with St. Ignatius</b> 2pm- Creativity Club 3:00pm- Word Searches 4:30pm- Daily Chronicle Fun Facts 6pm- The Write Word Game, Spring Theme 7pm- Evening TV Shows</p> <p style="text-align: right;">4</p>	<p>9:30am- Chair Dancersize 10am- Awesome Alliteration 10:30am- Newspaper Hour 11:30am- Cinco De Mayo Discussion with Mexican Textile Coloring Page 1:30pm- Bingo 3pm- Polishing Nails <b>3:30pm- Harp Concert with Laura</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Friday Night Patio Chats &amp; Trivia 7pm- Evening TV Shows</p> <p style="text-align: right;">5</p>	<p>9:30am- Morning Coffee Talks 10am- Bean Bag Toss 10:30am- Penny Ante 11am- Guess the Price 1pm- Oodles Memory Game 2pm- Kentucky Derby Day Games and Humor 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Evening Jeopardy 7pm- Evening TV Shows</p> <p style="text-align: right;">6</p>
<p>9:30am- Teatime &amp; Coffee Chats 10am- Celebrating Spring Word Search 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- <b>Pastor Buddy, Non-denominational Services</b> 3pm- Velcro Catch 3:30pm- Bowling 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Mindful Coloring and Free Draw 7pm- Evening TV Shows</p> <p style="text-align: right;">7</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Cranium Crunches 1pm- Bird and A Bloom 2:00pm- <b>Shake-N-Bake</b> <b>2:30pm- Gardening Club</b> 4pm- May IQ Puzzle Quiz 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">8</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Family Feud 11:30am- Page Word Puzzles 12pm-<b>Lunch in from IHOP (\$)</b> 1pm- State Visits 2pm- A-Z dice Roll 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Yesterday Once More with Ken King</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">9</p>	<p>9:30am- Chair Yoga 10am- Creative Coloring Corner 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Learning to Play- The Minister's Cat 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">10</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Who am I? 10:30am- Resident's Choice 10:30am- <b>Silver Reader</b> 11am- Balloons and Noodles 1:00pm- Table Broom Hockey 2pm- Creativity Club 3pm- <b>Ladies Tea and Men's Social</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Coffee Word Search 7pm- Evening TV Shows</p> <p style="text-align: right;">11</p>	<p>9:30am- Chair Dancersize 10am- May Zodiac Word Puzzle 10:30am- <b>Resident Art and Craft Expo</b> 1:30pm- Bingo 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- Friday Night Patio Chats &amp; Trivia 7pm- Evening TV Shows</p> <p style="text-align: right;">12</p>
<p>9:30am- Teatime &amp; Coffee Chats 10am- Balloon Keep it Up 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Mother's Day Discussion/Puzzles 2pm- Resident's Choice 3pm- Bocce 3:30pm- Connect Four 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Mindful Coloring and Free Draw 7pm- Evening TV Shows</p> <p style="text-align: right;">14</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Cranium Crunches 1pm- Bird and A Bloom <b>2:00pm- Gardening Club</b> 4pm- The Wizard of Oz Discussion 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night-The Wizard of Oz</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">15</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm-<b>Lunch in from Pizza Hut (\$)</b> 1pm- Crafty Hour 2pm- Resident's Choice 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- Mindful Coloring and Free Draw 7pm- Evening TV Shows</p> <p style="text-align: right;">16</p>	<p>9:30am- Chair Yoga 10am- Creative Coloring Corner 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Learning to Play- Anagrams 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke! In The Lounge 7pm- Evening TV Shows</p> <p style="text-align: right;">17</p>	<p>9:30am- Seated Dumbbell Exercise 10am- What am I? 10:30am- Resident's Choice 11am- Balloon Volley 1:00pm- Table Broom Hockey 1:30pm- Oodles Memory Game 2pm- Creativity Club 3pm- Amazing Maze and Spelling Challenge 4:30pm- Daily Chronicle Fun Facts 6pm- The Write Word Game, Summer Theme 7pm- Evening TV Shows</p> <p style="text-align: right;">18</p>	<p>9:30am- Chair Dancersize 10am- Bingo 11:30am-Car Logo Trivia Game 1:30pm- Beauty Shop for Prom 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- <b>J &amp; J Entertainment and PROM</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">19</p>
<p>9:30am- Teatime &amp; Coffee Chats 10am- Balloon Keep it Up 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:30pm- Connect Four 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Mindful Coloring and Free Draw 7pm- Evening TV Shows</p> <p style="text-align: right;">21</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Cranium Crunches 1pm- Bird and A Bloom <b>2:00pm- Shake-N-Bake</b> <b>3:00pm- Gardening Club</b> 4pm- Backyard Games on the Patio 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Music with Vic and May Birthday Party Celebration</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">22</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Travelogue : Nevada 11:30am- Page Word Puzzles 12pm-<b>Lunch in from Chick-Fil-A (\$)</b> 1pm- State Visits 2pm- Penny Ante 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- Mindful Coloring and Free Draw 7pm- Evening TV Shows</p> <p style="text-align: right;">23</p>	<p>9:30am- Chair Yoga 10am- Creative Coloring Corner 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Famous May Birthdays Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">24</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Who am I? 10:30am- Resident's Choice 11am- Balloon Volley 1:00pm- Table Broom Hockey 1:30pm- <b>Classics with Chris</b> 3pm- Word Searches 3:30pm- Corn Hole 4:30pm- Daily Chronicle Fun Facts 6pm- Evening TV Shows <b>Wear Lilac/Purple Day!!!</b></p> <p style="text-align: right;">25</p>	<p>9:30am- Chair Dancersize 10am- Awesome Alliteration 10:30am- Newspaper Hour 11:30am- "The Duke" Birthday Discussion 1:30pm- Bingo 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm-Friday Night Patio Chats &amp; Trivia 7pm- Evening TV Shows</p> <p style="text-align: right;">26</p>
<p>9:30am- Teatime &amp; Coffee Chats 10am- Fly Swat 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3pm- Table Broom Hockey 3:30pm- Target Practice 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p> <p style="text-align: right;">28</p>	<p>9:30am- Seated Stretches 10am- Jewelry Making 11am- Cranium Crunches 1pm-Bird and A Bloom <b>2:00pm- Gardening Club</b> 3pm- National Moment of Remembrance 4pm- Memorial Day Word Puzzles 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: right;">29</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm-<b>Lunch in from Primo Hoagies (\$)</b> 1pm- Crafty Hour 2pm- Resident's Choice 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- Stained Glass Bookmark 7pm- Evening TV Shows</p> <p style="text-align: right;">30</p>	<p>9:30am- Chair Yoga 10am- Creative Coloring Corner 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Learning to Play- The Write Word Game 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke! In The Lounge 7pm- Evening TV Shows</p> <p style="text-align: right;">31</p>	<p>Shavuot Begins</p>	

# May 2023

Forest Hill Heights Assisted Living

Activity 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