

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

Forest Hill Heights Assisted Living

<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- Correct Spelling Puzzle 2pm- Resident's Choice 3pm- Bocce 3:30pm- Connect Four 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Spelling Bee! 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30am- Seated Stretches 10am- Bocce Ball in the Lounge 11am- Labor Day Laughs &amp; Jokes 1pm- Intro to Music Series 2:00pm- Jewelry Making 3:30pm- Bowling 4pm- A Game of Golf Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: center;">Labor Day</p> <p style="text-align: right;"><b>4</b></p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Family Feud 11:30am- Page Word Puzzles 12pm- <b>Lunch in from Papa Johns (\$)</b> 1pm- State Visits 2pm- A-Z dice Roll 3pm- Mixed-Up Word Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Music with Tom Cooke</b> 7pm- Evening TV Shows <b>Wear Your Favorite Football Team Gear!!!</b></p> <p style="text-align: right;"><b>5</b></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- Word Searches 4:30pm- Daily Chronicle Fun Facts 6pm- The Science of Fashion Preservation &amp; Word Puzzle 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30am- Seated Dumbbell Exercise 10am- What am I? 10:30am- <b>Silver Reader</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 – <b>Paint/Color by Number</b> 3:00pm- Learning to Play – Apple Grapple 4:30pm- Daily Chronicle Fun Facts 6pm- Cognitive Keep Up – Word Puzzles 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>7</b></p>	<p>9:30am- Chair Dancersize 10am- Good News Friday 10:30am- Concentration Puzzles 11am- Secret Education Quote Puzzle 1:30pm- Bingo 3pm- <b>Frank James Jams!</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Friday Night Patio Chats &amp; Trivia 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>8</b></p>	<p>9:30am- Morning Coffee Talks 10am- Basketball Shoots 10:30am- Buzzwords 11am- Qwirkle 1pm- Oodles Memory Game 2pm- 5 Second Rule 2:30pm- Croquet 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>2</b></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 / <b>Ravens Football Game</b> 2pm- Resident's Choice 3:30pm- Connect Four 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Spelling Bee! 7pm- Evening TV Shows</p> <p style="text-align: center;">Grandparents Day</p> <p style="text-align: right;"><b>10</b></p>	<p>9:30am- Seated Stretches 10am- Bean Bag Tournament in the Lounge 11am- Babe Ruth Baseball Puzzle 1pm- Hollywood Secrets 2:00pm- Jewelry Making 3:30pm- Bowling 4pm- Crosswords Corner 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>11</b></p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- <b>Lunch in from Subway (\$)</b> 1pm- Jewelry Making 2pm- Resident's Choice 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;"><b>12</b></p>	<p>9:30am- Chair Yoga 10am- Frisbee Bocce 10:30am- <b>Rosary &amp; Communion</b> 11am- Walking Club 1pm- <b>North Harford Worship Service</b> 1:30pm- Bingo 3:15pm- Word Searches 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;"><b>13</b></p>	<p>9:30am- Seated Dumbbell Exercise 10am- Who am I? 10:30am- <b>Resident's Meeting</b> 10:30am- Resident's Choice 11am- Balloons and Noodles 1:00pm- Table Broom Hockey 2pm- Searching For School Supplies Puzzle 3pm- <b>Ladies Tea and Men's Social</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Jeopardy Trivia 7pm- Evening TV Shows</p> <p style="text-align: center;">Rosh Hashanah Begins</p> <p style="text-align: right;"><b>14</b></p>	<p>9:30am- Chair Dancersize 10am- Categories! 11:30am- Good News Friday 1:30pm- Bingo 3pm- Polishing Nails 4:30pm- Daily Chronicle Fun Facts 6pm- <b>J &amp; J Entertainment</b> 7pm- Evening TV Shows</p> <p style="text-align: center;"><b>Wear Your Favorite Scarf Day!!!</b> Rosh Hashanah Begins</p> <p style="text-align: right;"><b>15</b></p>	<p>9:30am- Morning Coffee Talks 10am- Velcro Catch 10:30am- Racko 11am- Famous Hispanic Americans Puzzle 1pm- Oodles Memory Game 2pm- Boggle 2:30pm- A-Mazing Deer Maze Puzzle 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p> <p style="text-align: center;">Oktoberfest Begins</p> <p style="text-align: right;"><b>16</b></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 / <b>Ravens Football Game</b> 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;"><b>17</b></p>	<p>9:30am- Seated Stretches 10am- Bocce Ball 11am- Star Trek Word Search 1pm- Hollywood Secrets 2:00pm- Jewelry Making 3:30pm- Bowling 4pm- Missing Last Letter Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Movie Night</b> 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>18</b></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- Jewelry Making 2:30pm- September IQ Quiz 4:30pm- Daily Chronicle Fun Facts 6pm- Funny Fashions Jokes and Quiz 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>19</b></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- Opposites Search Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Trivia! In The Lounge 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>20</b></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 3pm- Creativity Club – <b>Squeegie Painting</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Boggle 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>21</b></p>	<p>9:30am- Chair Dancersize 10am- Bingo 1:30pm- Good News Friday 2:00pm- <b>Car Show in the Parking Lot</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Friday Night Patio Chats &amp; Trivia 7pm- Evening TV Shows</p> <p style="text-align: center;"><b>Wear Purple Day!!!</b></p> <p style="text-align: right;"><b>22</b></p>	<p>9:30am- Morning Coffee Talks 10am- Bean Bag Toss 10:30am- Penny Ante 11am- Guess the Price 1pm- Oodles Memory Game 2pm- Fall Harvest Word Puzzle 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Evening Jeopardy 7pm- Evening TV Shows</p> <p style="text-align: center;">Autumn Begins</p> <p style="text-align: right;"><b>23</b></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 / <b>Ravens Football Game</b> 2pm- Resident's Choice 3pm- Velcro Catch 3:30pm- Bowling 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Famous September Birthdays Puzzle 7pm- Evening TV Shows</p> <p style="text-align: center;">Yom Kippur Begins</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30am- Seated Stretches 10am- Bean Bag Tournament in the Lounge 11am- Ace-ing The Exam Word Puzzle 1pm- Intro to Music Series 2:00pm- Jewelry Making 3:30pm- Bowling 4pm- Searching for September Word Search 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Music with Vic and September Birthday's Party</b> 7pm- Evening TV Shows</p> <p style="text-align: center;"><b>Wear Fall Colors Day!!!</b></p> <p style="text-align: right;"><b>25</b></p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Travelogue : Milan, Italy 11:30am- Page Word Puzzles 12pm- <b>Lunch in from Saladworks (\$)</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;"><b>26</b></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- Word Searches 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;"><b>27</b></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> 2:30pm- Creativity Club – <b>Autumn Craft</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Mathematical Refresher 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>28</b></p>	<p>9:30am- Chair Dancersize 10am- Good News Friday 10:30am- Top Secret Word Puzzle 11am- Walking Club 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: center;">Sukkot Begins</p> <p style="text-align: right;"><b>29</b></p>	<p>9:30am- Morning Coffee Talks 10am- Basketball Shoots 10:30am- Buzzwords 11am- Qwirkle 1pm- Oodles Memory Game 2pm- 5 Second Rule 2:30pm- Croquet 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p> <p style="text-align: right;"><b>30</b></p>

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