

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Forest Hill Heights Memory Care

					<p>10:30am- Chair Aerobics 1 11am- Button Sorting 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>2 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Shoot the Hoop 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>3 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p>	<p>4 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- J & J Duo Entertainment 3pm- Nail Polishing 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation <i>Labor Day</i></p>	<p>5 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Crafty Hour-Veggie Painting 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation Wear Your Favorite Football Team Gear!!!</p>	<p>6 10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! 3pm- Hydration Station 3:30pm- Bean Bag Tic Tac Toe 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>7 10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>8 10:30am- Chair Aerobics 11am- Button Sorting 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>9 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Shoot the Hoop 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>10 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up / Ravens Football Game 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation <i>Grandparents Day</i></p>	<p>11 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Create Your Own Music 3pm- Nail Polishing 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>12 10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Creative Coloring/Free Draw 1:30pm- Music with Tom Cooke 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>13 10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- Dunkin' Munchkin Social!!! 3pm- Hydration Station 3:30pm- Bean Bag Tic Tac Toe 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>14 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Classics with Chris 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>15 10:30am- Chair Aerobics 11am- Button Sorting 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation Wear Your Favorite Scarf Day!!! <i>Rosh Hashanah Begins</i></p>	<p>16 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Shoot the Hoop 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation <i>Oktoberfest Begins</i></p>
<p>17 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up / Ravens Football Game 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p>	<p>18 10:30am- Chair Yoga 11am- Magnetic Fishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Nail Polishing 3pm- Hydration Station 3:30pm- Velcro Catch 4pm- Photo Reminiscing 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>19 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Crafty Hour-Fall Sun Catcher 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>20 10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! 3pm- Hydration Station 3:30pm- Bean Bag Tic Tac Toe 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>21 10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>22 10:30am- Chair Aerobics 11am- Word Builder 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 2:00pm- Car Show in the Parking Lot 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation Wear Purple Day!!! <i>Autumn Begins</i></p>	<p>23 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Shoot the Hoop 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>24 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up / Ravens Football Game 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation <i>Yom Kippur Begins</i></p>	<p>25 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Create Your Own Music 3pm- Nail Polishing 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation Wear Fall Colors Day!!!</p>	<p>26 10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Creative Coloring/Free Draw 1:30pm- Music with Vic 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>27 10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! 3pm- Hydration Station 3:30pm- Bean Bag Tic Tac Toe 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>28 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour-Watercolors 3pm- Create Your Own Music 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation</p>	<p>29 10:30am- Chair Aerobics 11am- Button Sorting 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Patio Meetup 7pm- Evening Music Relaxation <i>Sukkot Begins</i></p>	<p>30 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Cone Toss 3pm- Hydration Station 3:30pm- Shoot the Hoop 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</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