

November 2023

Forest Hill Heights Memory Care

<p>11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up / Raven's 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>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- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>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>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- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>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- Friday Night News 7pm- Evening Music Relaxation</p>	<p>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>
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<p>11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up / Raven's 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 <small>Diwali (Hindi)</small></p>	<p>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- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! 2:00pm- Gobble, Gossip, Grateful 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>10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour-Watercolors 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Family Gathering Photo Op 7pm- Evening Music Relaxation</p>	<p>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- Friday Night News 7pm- Evening Music Relaxation</p>	<p>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>
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