

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

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 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p> <p>Cinco de Mayo</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- Word Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music</p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour – Watercolors 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 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! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p> <p>May Day</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Crafty Hour – Derby Cap 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p> <p>Wear YELLOW Day!</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 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>Wear a BASEBALL SHIRT/JERSEY Day!</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- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<p>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- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>10:30am- Chair Yoga 11am- Magnetic Fishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 2pm- Nail Polishing 3pm- Star of the Month Documentary – Katherine Hepburn 3:30pm- Velcro Catch 4pm- Photo Reminiscing 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</p>	<p>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- Inside Laps 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! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p> <p>MUSIC FESTIVAL DAY!!!</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 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>Wear BLUE Day!</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- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p> <p>Armed Forces Day</p>
<p>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- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p> <p>Victoria Day (Canada)</p>	<p>10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 2pm- Nail Polishing 3pm- Hydration Station 3:30pm- Travelogue – The Pacific Northwest 4pm- Word Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation</p> <p>HAPPY SENIOR CITIZENS DAY!</p>	<p>10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 2:00- Hydration Station 3pm- Balloon Keep Up 3:30pm- Junk Drawer Detective 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Word Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation</p> <p>DRESS LIKE THE 70'S / WEAR PROM ATTIRE DAY!</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- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p> <p>Wear PURPLE Day!</p>
<p>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- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p> <p>Memorial Day</p>	<p>10:30am- Chair Yoga 11am- Magnetic Fishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 2pm- 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>Wear RED, WHITE, AND BLUE Day!</p>	<p>10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Bottle Toss 1:30pm- Music with Vic 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Inside Laps 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! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Word 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- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
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The 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