

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:30am- Seated Stretches 10:30am- Who Am I? 10:30am- Walking Club 1pm- List It or Leave It Game 2:00pm – Jewelry Making 3:30pm- Dice Games 4:30pm- Daily Chronicle Fun Facts 6pm- Movie Night 7pm- Evening TV Shows Canada Day	9:30am- Scarf Aerobics 10am- Searching for July Wordsearch 11am-Modern Jeopardy Trivia 1pm- Beach Volleyball 2pm-Resident's Choice 3pm- Sudoku Puzzle! 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Tom Cooke 7pm- Evening TV Shows	9:30am- Chair Yoga 10:30am- Resident's Meeting 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:15pm- Word Searches 4:30pm- Daily Chronicle Fun Facts 6pm- The History of Fragrance 7pm- Evening TV Shows	9:30am- Seated Dumbbell Exercise 10:30am- Crosswords 1:00pm- Nail Polishing 2pm- CREATIVITY CLUB: SPIRIT OF JULY DECOR 3:00pm- Spelling Bee! – Picnic Words 4:30pm- Daily Chronicle Fun Facts 6pm- Joke Night! Firework Jokes! 7pm- Evening TV Shows Wear Patriotic Colors Day! Independence Day (US)	9:30am- Chair Dancercise 10:30am-2 Card Olympic Poker 1:30pm- Bingo 3:30pm- Harp Concert with Laura 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games / Patio Chats 7pm- Evening TV Shows	9:30am- Morning Coffee Talks 10:30am- Very Berry Add-Up Math Puzzle 1pm- Oodles Memory Game 2pm- Nail Polishing 3pm- Junk Drawer Detective 4:30pm- Daily Chronicle Fun Facts 6pm- Patio Chats 7pm- Evening TV Shows	
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Oak Grove Baptist Musical Sermon in the Lounge 2pm- Color Your Own Bookmark 3pm- Nail Polishing 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows	9:30am- Seated Stretches 10:30am- Discovering Paris Dice Game 10:30am- Walking Club 11am- Nail Polishing 2:00pm – Top Gun the Movie in the Lounge 2:00pm- Jewelry Making 3:00pm- Beach Volleyball 4pm- Mindful Coloring 4:30pm- Daily Chronicle Fun Facts 6pm- Trivia in the Lounge 7pm- Evening TV Shows	9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- Lunch in from Seasons Pizza (\$) 1pm- Jewelry Making 2:00pm-Cows Are So Cute Crossword 2pm- Shopping Trip – Dollar Tree (\$) 3:00pm- Famously French Word Search 4:30pm- Daily Chronicle Fun Facts 6pm- Yesterday Once More with Ken King 7pm- Evening TV Shows Wear Black and White/Cow Print Day!	9:30am- Chair Yoga 10:30am-Crosswords 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows	9:30am- Seated Dumbbell Exercise 10am- What Am I? 10:30am- Jewelry Making 1:00pm- Residents Choice 2pm- Ladies Tea & Men's Social 4:00pm- Daily Chronicle Fun Facts 6pm- Frank James Jams 7pm- Evening TV Shows	9:30am- Chair Dancercise 10:30am- Family Feud in the Lounge 1:30pm- Bingo 3:30pm- Wacky Wordies 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games / Patio Chats 7pm- Evening TV Shows Wear Black and Orange/Biker Gear Day!	9:30am- Morning Coffee Talks 10:30am-Mixed-Up Word Puzzle 11am- Beach Volleyball 1pm- Oodles Memory Game 2pm- Matching Typewriters 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Exploring the Bastille 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- What Am I? – Men's Edition 7pm- Evening TV Shows	9:30am- Seated Stretches 10am- What Am I? 10:30am- Walking Club 11am- Resident's Choice 1pm- Hollywood Star of the Month – Tom Cruise 2:00pm- Jewelry Making 2pm- SCENIC BUS RIDE 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows	9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- Lunch in from Pappas Restaurant (\$) 1pm- Jewelry Making 2:00pm- Just Having Fun Singing Group 3:00pm- Categories! 4:30pm- Daily Chronicle Fun Facts 6pm- Balloon Keep It Up! 7pm- Evening TV Shows	9:30am- Chair Yoga 10:30am- Crosswords 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Wild, Wild West Puzzle 3:45pm- Daily Chronicle Fun Facts 4:00pm- Country Western Outdoor BBQ 7pm- Evening TV Shows Dress like a Cowboy/Cowgirl Day!	9:30am- Seated Dumbbell Exercise 10am- Who Am I? 10:30am- CREATIVITY CLUB: CUPCAKE LINER FIREWORKS 1:00pm- Resident's Choice 2:00pm- Logic BBQ Puzzle 3:00pm- Nail Polishing 4:00pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows	9:30am- Chair Dancercise 10am- Famous July Birthdays Word Search 10am- Brunch Trip – Ihop (\$) 1:30pm- Bingo 3:30pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- J & J Entertainment 7pm- Evening TV Shows Wear Pink and Purple Day!	9:30am- Morning Coffee Talks 10:30am- Panama Canal Crossword 1pm- Oodles Memory Game 2pm- Nail Polishing 3pm- Junk Drawer Detective 4:30pm- Daily Chronicle Fun Facts 6pm- Patio Chats 7pm- Evening TV Shows	
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Jeopardy Trivia Part 2 3pm- Nail Polishing 4pm- Animal Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows	9:30am- Seated Stretches 10am- Balloon Keep It Up! 10:30am- Walking Club 1pm- Emoji Meanings Puzzle 2pm- CREATIVITY CLUB: GLITTER PAPER MEDALS 3:00pm- Word Mining 4pm- Card Games 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Vic & July Birthday's Party 7pm- Evening TV Shows	9:30am- Scarf Aerobics 10am- Board Games 11am- USA State Exploration 12pm- Lunch in from Subway (\$) 1pm- Travelogue – A Summer in Paris 2pm- Resident's Choice 2pm- SCENIC BUS RIDE 3pm- Seven Trivia 4:30pm- Daily Chronicle Fun Facts 6pm- Target Practice 7pm- Evening TV Shows Wear Red, Orange, or Yellow Day!	9:30am- Chair Yoga 10:30am- Crosswords 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:30pm- Word Searches 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows	9:30am- Seated Dumbbell Exercise 10am- Senior Olympics 1:00pm- July IQ Quiz 1:30pm- Classics with Chris 2:30pm- Concentration Puzzles 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Word Mining 7pm- Evening TV Shows Wear Blue, Yellow, Black, Red, White, and Green Day!	9:30am- Chair Dancercise 10am- Olympic Rings Mind Bender Puzzle 11:00- Silver Reader Delivery Day 11:30am – Good News Friday 1:30pm- Bingo 2pm- Shopping Trip –Walmart (\$) 3:30pm- Junk Drawer Detective 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games / Patio Chats 7pm- Evening TV Shows	9:30am- Morning Coffee Talks 10:30am-Secret Beach Quote Puzzle 11am- Jeopardy Trivia 1pm- Oodles Memory Game 2pm- Matching Typewriters 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Calvary Baptist Church Hymnals and Sermon 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	9:30am- Seated Stretches 10am- Matching Torch Medals Puzzle 10:30am- Walking Club 1pm- French Words Crossword 2:00pm – Jewelry Making 3:30pm- Dice Games 4:30pm- Daily Chronicle Fun Facts 6pm- Movie Night 7pm- Evening TV Shows	9:30am- Scarf Aerobics 10am- Board Games 11am- USA State Exploration 1pm- Categories! 2pm- Resident's Choice 3pm- Matching Parents Matching Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Target Practice 7pm- Evening TV Shows Wear Your Favorite Color Day!	9:30am- Chair Yoga 10:30am-Crosswords 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Balloon Keep It Up! 7pm- Evening TV Shows	<h1>July 2024</h1> <p>Forest Hill Heights Assisted Living</p>			

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