

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss <b>1:30pm- Categories!</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music <i>Canada Day</i>	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss <b>1:30pm- Crafty Hour – Finish the Drawing</b> 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	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	10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss <b>1:30pm- Word Puzzle Corner</b> 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation <b>Wear Patriotic Colors Day!</b> <i>Independence Day (US)</i>	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	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	
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	10:30am- Chair Yoga 11am- Magnetic Fishing 12:30pm- Daily Chronicle & Fun Facts <b>1pm- Freeze Pop Social!</b> 2pm- Nail Polishing <b>3pm- Star of the Month – Tom Cruise</b> 3:30pm- Velcro Catch <b>4pm- Photo Reminiscing – Can You See the Big Picture?</b> 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Creative Coloring/Free Draw 1:30pm- <b>Music with Tom Cooke</b> <b>2:30pm- Crafty Hour – Watercolors</b> 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation <b>Wear Black and White/Cow Print Day!</b>	10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station and <b>Lifestyle Remembrance</b> 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- <b>Classics with Chris</b> <b>3:00pm- Junk Drawer Detective</b> 3:30pm- <b>Frank James Jams</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts <b>1pm- July Trivia</b> 3pm- Hydration Station 3:30pm- Walks & Talks <b>4pm- Harley Davidson Documentary</b> 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation <b>Wear Black and Orange/Biker Gear Day!</b>	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	
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	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- <b>J &amp; J Duo Entertainment</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Wordseaches <b>2:30pm- Crafty Hour –Chalk Pastel Fireworks</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	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 <b>4:00pm- Country Western Outdoor BBQ</b> 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation <b>Dress like a Cowboy/Cowgirl Day!</b>	10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 2:00pm- <b>Travelogue – A Summer in Paris</b> <b>3:00pm- Crafty Hour – Relief Butterflies</b> 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts <b>1pm- Can You Picture This Game</b> 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation <b>Wear Pink and Purple Day!</b>	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	
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	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 <b>4pm- Group Up- Photo Game</b> 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation	10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Bottle Toss 1:30pm- <b>Music with Vic</b> 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation <b>Wear Red, Orange, or Yellow Day!</b>	10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station and <b>Lifestyle Remembrance</b> 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	<b>10am- Senior Olympics in AL Lounge</b> 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts <b>1:00pm- Crafty Hour – Watercolors</b> 2:00-Hydration Station 3pm- Balloon Keep Up <b>3:30pm- Junk Drawer Detective</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation <b>Wear Blue, Yellow, Black, Red, White, and Green Day!</b>	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	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	
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	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- <b>Summer Days – Clue Game</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Wordseaches 2:30pm- Hydration Station 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation <b>Wear Your Favorite Color Day!</b>	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	<h1>July 2024</h1> <p>Forest Hill Heights Memory Care</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