


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>11am- Good Morning News and Chats 1</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1:00pm- Balloon Keep Up</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Stickman</p> <p>3pm- Hydration Station</p> <p>3:30pm- Peace & Coloring</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 2</p> <p>11am- National Geographic Hour</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Cone Toss</p> <p>2pm- Nail Polishing</p> <p>3pm-Hydration Station</p> <p>4pm- Word Puzzle Corner</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music</p> <p style="text-align: center;"><i>Labor Day</i></p>	<p>10:30am- Chair Yoga 3</p> <p>11am- National Geographic Hour</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Button Sorting</p> <p>1:30pm- J & J Duo Entertainment</p> <p>3pm-Nail Polishing</p> <p>4pm- Cone Toss</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music</p>	<p>10:30am- Scarf Aerobics 4</p> <p>11am- Drumming Circle</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Balloon Keep Up</p> <p>1:30pm- BINGO! and Trivia!</p> <p>3pm- Hydration Station</p> <p>3:30pm- Flower Arranging</p> <p>4:00pm- Rhyme Time</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Movie Night</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 5</p> <p>11am- Folding Function</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Bottle Toss</p> <p>1:30pm- Pondering Prompts</p> <p>3pm- Balloon Keep Up</p> <p>3:30pm- Writing Refresh</p> <p>4pm- Hydration Station</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music Relaxation</p> <p>Wear Yellow and White Day!</p>	<p>10:30am- Chair Aerobics 6</p> <p>11am- Nail Polishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Velcro Catch</p> <p>3pm- Hydration Station</p> <p>3:30pm- Walks & Talks</p> <p>4pm- Puzzle Corner</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Friday Night News</p> <p>7pm- Evening Music Relaxation</p>	<p>11am- Good Morning News and Chats 7</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Resident's Choice</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Fly Swat</p> <p>3pm- Hydration Station</p> <p>3:30pm- Magnetic Fishing</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Saturday Night TV Shows</p> <p>7pm- Evening Music Relaxation</p>	
<p>11am- Good Morning News and Chats 8</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1:00pm- Balloon Keep Up</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Scent Reminiscent</p> <p>3pm- Hydration Station</p> <p>3:30pm- Peace & Coloring</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Evening Music Relaxation</p> <p style="text-align: center;"><i>Grandparents Day</i></p>	<p>10:30am- Chair Yoga 9</p> <p>11am- Magnetic Fishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Cone Toss</p> <p>2pm- Nail Polishing</p> <p>3pm- Star of the Month – Michael Douglas</p> <p>3:30pm- Velcro Catch</p> <p>4pm- Categories</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Corn Hole</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 10</p> <p>11am- Fold It Function</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Creative Coloring/Free Draw</p> <p>1:30pm- Music with Tom Cooke</p> <p>2:30pm- Crafty Hour – Watercolors</p> <p>3:30pm- Short Stories</p> <p>4pm- Hydration Station</p> <p>5:30pm- Frank James Jams</p> <p>6pm- Inside Laps</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Scarf Aerobics 11</p> <p>11am- Building Station</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Balloon Keep Up</p> <p>1:30pm- BINGO! and Trivia!</p> <p>3pm- Hydration Station and Junk Drawer Detective</p> <p>3:30pm- Flower Arranging</p> <p>4pm- Hot Potato</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Movie Night</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 12</p> <p>11am- Lincoln Log Creations</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Bottle Toss</p> <p>1:30pm- Classics with Chris</p> <p>3:00pm- Lifestyle Remembrance</p> <p>4pm- Matching Memory</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music</p>	<p>10:30am- Chair Aerobics 13</p> <p>11am- Nail Polishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- SCENIC BUS RIDE</p> <p>3pm- Hydration Station</p> <p>3:30pm- Walks & Talks</p> <p>4pm- Puzzle Corner</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Friday Night News</p> <p>7pm- Evening Music Relaxation</p> <p>Wear a Graphic T-Shirt Day!</p>	<p>11am- Good Morning News and Chats 14</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Resident's Choice</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Fly Swat</p> <p>3pm- Hydration Station</p> <p>3:30pm- Magnetic Fishing</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Saturday Night TV Shows</p> <p>7pm- Evening Music Relaxation</p>	
<p>11am- Good Morning News and Chats 15</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1:00pm- Balloon Keep Up</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Stickman</p> <p>3pm- Hydration Station</p> <p>3:30pm- Peace & Coloring</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 16</p> <p>11am- National Geographic Hour</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Cone Toss</p> <p>1:30pm- Junk Drawer Detective</p> <p>3pm-Nail Polishing</p> <p>4pm- Word Puzzle Corner</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music</p>	<p>10:30am- Chair Dancercise 17</p> <p>11am- Lincoln Log Creations</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Bottle Toss</p> <p>1:30pm-Pondering Prompts</p> <p>2:30pm- Crafty Hour – Bingo Lover's Greeting Card and Bingo Bucks!</p> <p>3:30pm- Short Stories</p> <p>4pm- Matching Memory</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Inside Laps</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Scarf Aerobics 18</p> <p>11am- Drumming Circle</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Balloon Keep Up</p> <p>1:30pm- BINGO! and Trivia!</p> <p>3pm- Hydration Station</p> <p>3:30pm- Flower Arranging</p> <p>4pm- Rhyme Time</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Movie Night</p> <p>7pm- Evening Music Relaxation</p> <p>Wear Purple Day!</p>	<p>10:30am- Seated Stretches 19</p> <p>11am- Folding Function</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Bottle Toss</p> <p>1:30pm- Creative Coloring/Free Draw</p> <p>2:00pm- Travelogue – Mexico City, Mexico</p> <p>3:30pm- Writing Refresh</p> <p>4pm- Hydration Station</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 20</p> <p>11am- Nail Polishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- September Trivia</p> <p>3pm- Hydration Station</p> <p>3:30pm- Walks & Talks</p> <p>4pm- Sudoku!</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Friday Night News</p> <p>7pm- Evening Music Relaxation</p> <p style="text-align: center;"><i>Oktoberfest Begins</i></p>	<p>11am- Good Morning News and Chats 21</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Resident's Choice</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Fly Swat</p> <p>3pm- Hydration Station</p> <p>3:30pm- Magnetic Fishing</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Saturday Night TV Shows</p> <p>7pm- Evening Music Relaxation</p>	
<p>11am- Good Morning News and Chats 22</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1:00pm- Balloon Keep Up</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Scent Reminiscent</p> <p>3pm- Hydration Station</p> <p>3:30pm- Peace & Coloring</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Evening Music Relaxation</p> <p style="text-align: center;"><i>Autumn Begins</i></p>	<p>10:30am- Chair Yoga 23</p> <p>11am- Magnetic Fishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Cone Toss</p> <p>2pm- Nail Polishing</p> <p>3pm- Hydration Station</p> <p>3:30pm- Velcro Catch</p> <p>4pm- Word Puzzle Corner</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Corn Hole</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Dancercise 24</p> <p>11am- Fold It Function</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1:00pm- Bottle Toss</p> <p>1:30pm- Music with Vic</p> <p>2:30pm- Hydration Station</p> <p>3:30pm- Short Stories</p> <p>4pm- Hydration Station</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Inside Laps</p> <p>7pm- Evening Music Relaxation</p> <p>Wear Fall Colors Day!</p>	<p>10:30am- Scarf Aerobics 25</p> <p>11am- Building Station</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Balloon Keep Up</p> <p>1:30pm- BINGO! and Trivia!</p> <p>3pm- Hydration Station and Can You Picture This Game</p> <p>3:30pm- Flower Arranging</p> <p>4pm- Hot Potato</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Movie Night</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 26</p> <p>11am- Folding Function</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Apple Pie Social!</p> <p>1:30pm- Sensory Poems</p> <p>3pm- Balloon Keep Up</p> <p>3:30pm- Writing Refresh</p> <p>4pm- Hydration Station</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Gratitude Chats</p> <p>7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 27</p> <p>11am- Nail Polishing</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Word Puzzle Corner</p> <p>3pm- Hydration Station</p> <p>3:30pm- Walks & Talks</p> <p>4pm- Songs of School Days</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Friday Night News</p> <p>7pm- Evening Music Relaxation</p>	<p>11am- Good Morning News and Chats 28</p> <p>11:30am- Gentle Stretching</p> <p>12:30pm- Daily Chronicle & Fun Facts</p> <p>1pm- Resident's Choice</p> <p>2pm- Rhyme Time</p> <p>2:30pm- Fly Swat</p> <p>3pm- Hydration Station</p> <p>3:30pm- Magnetic Fishing</p> <p>5:30pm- After Dinner Stretch</p> <p>6pm- Saturday Night TV Shows</p> <p>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