

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# October 2024

Forest Hill Heights  
Assisted Living

<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Go to Bat Word Puzzle 3pm- Nail Polishing 4pm- MLB New Rules Discussion 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10:30am- Can You See the Bug Picture? 10:30am- Walking Club – Indoor Laps <b>1pm- Hollywood Star of the Month – Groucho Marx</b> <b>1:30pm- Afternoon Movie in the Lounge - Hocus Pocus</b> 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Country Artist Trivia – in the Lounge</b> 7pm- Evening TV Shows <b>Wear A Halloween Inspired Shirt!</b></p>	<p>9:30am- Scarf Aerobics 10am- Searching for October Word Search 11am- Modern Jeopardy Trivia 1pm- Baseball Word Mining 2pm- <b>Rev. Weih Baptist Service</b> 2:00pm- Jewelry Making 3pm- Sudoku Puzzle! 4:30pm- Daily Chronicle Fun Facts <b>6pm- Music with Tom Cooke</b> 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows <b>Wear Neutral Colors Day!</b></p> <p style="text-align: center;">Rosh Hashanah Begins</p>	<p>9:30am- Seated Dumbbell Exercise 10:30am- <b>Resident's Meeting</b> 1:00pm- Nail Polishing 2pm- <b>Full Mass Service with St. Ignatius</b> 3:00pm- Bats and Baseball Trivia 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- <b>CREATIVITY CLUB: WATERCOLOR BATS AND BAT DISCUSSION</b> <b>1:30pm- Bingo</b> <b>3:30pm- Harp Concert with Laura</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games 7pm- Evening TV Shows</p>	<p>9:30am- Morning Coffee Talks 10:30am- Math Count Up Puzzle 1pm- Oodles Memory Game 2pm- Dot to Dot Puzzle 3pm- Junk Drawer Detective 4:30pm- Daily Chronicle Fun Facts 6pm- Jeopardy Trivia 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Go to Bat Word Puzzle 3pm- Nail Polishing 4pm- MLB New Rules Discussion 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10:30am- Can You See the Bug Picture? 10:30am- Walking Club – Indoor Laps <b>1pm- Hollywood Star of the Month – Groucho Marx</b> <b>1:30pm- Afternoon Movie in the Lounge - Hocus Pocus</b> 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Country Artist Trivia – in the Lounge</b> 7pm- Evening TV Shows <b>Wear A Halloween Inspired Shirt!</b></p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- <b>Lunch in from Salad Works (\$)</b> 1pm- Jewelry Making 2pm- Perfect 10 Game <b>2pm- SCENIC BUS RIDE</b> 3:00pm- Mental Rotation Exercise Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- <b>Readers Theater</b> 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Believable or Batty? Game 1:00pm- Jewelry Making 2pm- Crosswords 3pm- Who Am I? 4:00pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- <b>10 Clue What Is It? Game in the Lounge</b> <b>1:30pm- Bingo</b> 3:30pm- Wacky Wordies 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games 7pm- Evening TV Shows <b>Wear A Sports Jersey Day!</b></p> <p style="text-align: center;">Yom Kippur Begins</p>	<p>9:30am- Morning Coffee Talks 10:30am- Country Music Stars Word Search 11am- Categories! 1pm- Oodles Memory Game 2pm- Scary Movie Mash Up Puzzle 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- All About Bats Word Search 4pm- Matching MLB Positions Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- What Happened to Columbus' Ships? Discussion 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- What Am I? 10:30am- Indigenous People's Day Discussion 11am- Resident's Choice 1pm- Jewelry Making 2pm- Learn about The Crow Nation (Indigenous Tribe) 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Rockin' with Danny Dolan</b> 7pm- Evening TV Shows</p> <p style="text-align: center;">Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- USA State Exploration <b>1pm- Travelogue – Borneo</b> <b>2:00pm- Just Having Fun Singing Group</b> 3pm- Ten Trivia 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows <b>Wear Orange, White, and Yellow Day!</b></p>	<p>9:30am- Chair Yoga 10:30am- Crosswords 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Fall Color/Paint by Number 7pm- Evening TV Shows</p> <p style="text-align: center;">Sukkot Begins</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Who Am I? 10:30am- Which Word? Word Puzzle 1:00pm- <b>CREATIVITY CLUB: DIY PRAYER/AFFIRMATION CARDS</b> 2:00pm- <b>Ladies Tea &amp; Men's Social</b> 3:00pm- Nail Polishing 4:00pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise <b>10am- 7 Oaks Senior Center Oakettes</b> <b>1:30pm- Bingo</b> 3:30pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts <b>6pm- J &amp; J Entertainment</b> 7pm- Evening TV Shows <b>Wear Pink Day in Support of Breast Cancer Research!</b></p>	<p>9:30am- Morning Coffee Talks 10:30am- Double Trouble Word Puzzle 1pm- Oodles Memory Game 2pm- Dot to Dot Puzzle 3pm- Junk Drawer Detective 4:30pm- Daily Chronicle Fun Facts 6pm- Mix Up Trivia 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Baseball Terms Word Block Puzzle 3pm- Nail Polishing 4pm- Borneo Word Search 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- What Am I? 10:30am- Walking Club – Indoor Laps 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- Nail Polishing 4pm- Dice Games! 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Karaoke in the Lounge</b> 7pm- Evening TV Shows</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- <b>Lunch in from Sean Bolan's Irish Pub (\$)</b> 1pm- Jewelry Making 2pm- Baked with Love Word Scrabble 3:00pm- Table Broom Hockey 4:30pm- Daily Chronicle Fun Facts 6pm- Balloon Keep It Up! 7pm- Evening TV Shows <b>Wear Black and Orange Day!</b></p>	<p>9:30am- Chair Yoga 10:30am- <b>Readers Theater</b> 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:30pm- Word Searches 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Halloween Word Mining 1:00pm- October IQ Quiz <b>1:30pm- Classics with Chris</b> <b>2pm- Shopping Trip – Walmart (\$)</b> 2:30pm- Concentration Puzzles 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows <b>Wear Your Favorite Scarf Day!</b></p> <p style="text-align: center;">Simchat Torah Begins</p>	<p>9:30am- Chair Dancercise 10am- Gone Hunting Word Search <b>11am- Silver Reader Delivery</b> <b>1:30pm- Bingo</b> 3:30pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games 7pm- Evening TV Shows</p>	<p>9:30am- Morning Coffee Talks 10:30am- Look It Up Word Puzzle 11am- Categories! 1pm- Oodles Memory Game 2pm- Architecture Crossword Puzzle 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Jeopardy Trivia Part 2 3pm- Nail Polishing 4pm- Fall Color/Paint by Number 4:30pm- Daily Chronicle Fun Facts 6pm- A World Without Bats Discussion 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- <b>CREATIVITY CLUB: DOT TO DOT YARN ART</b> 1pm- <b>Musical Baseball in the Lounge</b> 2pm- Groucho Marx Word Search 3:00pm- Word Mining 4pm- Card Games 4:30pm- Daily Chronicle Fun Facts <b>6pm- Music with Vic &amp; October Birthday's Party</b> 7pm- Evening TV Shows</p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11am- Can't Complain Trivia 11:30am- Page Word Puzzles 12pm- <b>Lunch in from First Watch (\$)</b> 1pm- Jewelry Making 2pm- Table Broom Hockey 3:00pm- Rascally Racoons Wordsearch 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Crosswords/History of Halloween Discussion 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Axe Throwing 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:30am- <b>Halloween Games in the Lounge!!!</b> 1:00pm- Jewelry Making 2pm- Crosswords <b>3pm- Community Trick or Treat Event!</b> 4:00pm- Daily Chronicle Fun Facts 6pm – Pokeno! 7pm- Evening TV Shows <b>Wear A Halloween Costume Day!</b></p> <p style="text-align: center;">Halloween</p>	<p>Have a happy and spooky October!</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