

Church Services

Sundays and Wednesdays @
10:30am- Rosary and Communion
with St. Ignatius
Wednesdays @ 1:00pm- North
Harford Worship Service with
Pastor John
1st Thursday Mass with St. Ignatius
on 10/03 at 2pm
Baptist Services with Rev. Weih on
10/01 at 2pm



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE
CHECK OUT:

www.tiktok.com/@foresthilleightss
www.instagram.com/@foresthilleightss

Morning Exercise

Every Morning Monday- Friday
there will be Activity led exercises
at 9:30am (unless a scheduling
conflict occurs, which will be on
the calendar and Daily Bulletin).
Please join us to start the day off
the right way!

New Resident Highlight



HELEN

Welcome Home!

Welcome to Forest Hill Heights! We
want to welcome all our new
residents to the community! Please
say hello and introduce yourself
when you see a new face.

Please Check Out our Facebook
Page!



Please contact the Recreation department with any
questions or concerns.
410-893-3070

OCTOBER 2024

Forest Hill Heights ALF | 1 Colgate Drive Forest Hill MD | 410-893-3070

Mikaela Jackson
Executive Director

Heather Roberts
Culinary Director

Benjamin Jenkins
Maintenance Director

Jennifer Metevia
Business Office Manager

Rachel Jones
RN/CM/DN
Director of Nursing

Brittany Dieren
RN
Assistant Director of
Nursing

Krystiana Ginn
RN/CM/DN
Case Manager

Stephanie Frank
Recreation Director

Brien Roberts
Admissions Director

A Letter from the Executive Director

Hello everyone and happy fall! I
hope everyone enjoyed themselves
at the Car Show last month. We
hope next year the weather is a
little more pleasant for us. As we
look ahead, please remember
that we are entering flu season,
and to be extra vigilant on hand
washing as the first defense in
combating illnesses. We are
looking forward to an awesome
month ahead in the community.
I hope to see you all during the
Halloween events towards the
end of the month. Happy
October everyone!

Thank you,
Mikaela Jackson

ASTROLOGY corner

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpions, considered the most intense sign in the zodiac. While on the outside Scorpions are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Ω

♏

Be sure to wish our Residents and Staff a Happy Birthday!!!

Spirit Wear Days for October:

10/02 - wear neutrals day

10/07 — wear a Halloween inspired shirt

10/11 — wear a sports jersey day

10/15 wear orange, yellow, and white day

10/18 — wear pink day

10/22- wear black and orange day

10/24 — wear your favorite scarf day

10/31 — wear a Halloween costume day

October Birthdays

RESIDENT BIRTHDAYS

Robert Hearson 10/02

Marian Heymann 10/12

Linda Dewey 10/13

Doris Brown 10/15

Anna Mae Roberts 10/22

Lisa Weih 10/25

Roger Albany 10/27

Kathy Thomas 10/29

Jimmy Byrd 10/31

STAFF BIRTHDAYS

Marie McCullough 10/04

Anya Chervak 10/05

Shannan Ayres 10/20

Jennifer Meteria 10/21

STAFF anniversaries

Duane Drafts 1 Year

Amy Johnson 1 Year

Cayliee Winterling 1 Year

Barbara Blair 5 Years

Carl Whiteman 5 Years

Monique Gill 9 Years

Kelly Bays 10 Years

Robert Bishop 21 Years

Friendly Reminders:

Everything in red you need to sign up for!

Bring a fellow resident to activities! We want them to join in on the fun too! 😊

Check the activity board daily for the latest updates and fun to be had!

Be Kind to your fellow residents.



ACTIVITY HIGHLIGHTS

10/01- Baptist Services with Rev. Weih at 2pm

10/01- Music with Tom Cooke at 6pm

10/02- Rosary and Communion at 10:30am

10/02- North Harford Worship at 1pm

10/02- BINGO in the Activity Room at 1:30pm

10/02- WEAR NEUTRAL COLORS DAY

10/03- Resident Meeting at 10:30am

10/03- Full Mass Service with St. Ignatius 2pm

10/04- Creativity Club –Watercolor Bats and Bat Discussion at 10:30am

10/04- BINGO in the Activity Room at 1:30pm

10/04- Harp Concert with Laura at 3:30pm

10/06- Rosary and Communion at 10:30am

10/07- Afternoon Movie in the Lounge at 1:30pm

10/07- Country Music Artist Trivia in the Lounge at 6pm

10/07- WEAR A HALLOWEEN INSPIRED SHIRT DAY

10/08- Lunch in from Salad Works at 12pm \$

10/08- SCENIC BUS RIDE – Sign Up Required – at 2pm

10/09- Reader's Theater at 10:30am

10/09- Rosary and Communion at 10:30am

10/09- North Harford Worship at 1pm

10/09- BINGO in the Activity Room at 1:30pm

10/09- Jokes and Jams with Centre Methodist at 6pm

10/11- BINGO in the Activity Room at 1:30pm

10/11- WEAR A SPORTS JERSEY DAY

10/13- Rosary and Communion at 10:30am

10/14- Rockin' with Danny Dolan at 6pm

10/15- Just Having Fun Singing Group at 2pm

10/15- WEAR ORANGE, YELLOW, AND WHITE DAY

10/16- Rosary and Communion at 10:30am

10/16- North Harford Worship at 1pm

10/16- BINGO in the Activity Room at 1:30pm

10/17- Creativity Club – DIY Prayer/Affirmation Cards at 1pm

10/17- Ladies Tea and Men's Social at 2pm

10/18- 7 Oaks Senior Center Oakettes at 10am

10/18- BINGO in the Activity Room at 1:30pm

10/18- J&J Entertainment at 6pm

10/18- WEAR PINK DAY IN SUPPORT OF BREAST CANCER RESEARCH

10/20- Rosary and Communion at 10:30am

10/21- Karaoke in the Lounge at 6pm

10/22- Lunch in from Sean Bolan's Irish Pub at 12pm \$

10/22- WEAR BLACK AND ORANGE DAY

10/23- Reader's Theater at 10:30am

10/23- Rosary and Communion at 10:30am

10/23- North Harford Worship at 1pm

10/23- BINGO in the Activity Room at 1:30pm

10/23- Jokes and Jams with Centre Methodist at 6pm

10/24- Classics with Chris at 1:30pm

10/24- SHOPPING TRIP- WALMART (\$) Sign Up Required – at 2pm

10/24- WEAR YOUR FAVORITE SCARF DAY

10/25- Silver Reader Delivery at 11:00am

10/25- BINGO in the Activity Room at 1:30pm

10/27- Rosary and Communion at 10:30am

10/28- Musical Baseball in the Lounge at 1pm

10/28- Music with Vic and October Birthday's Party at 6pm

10/29- Lunch in from First Watch at 12pm \$

10/30- Rosary and Communion at 10:30am

10/30- North Harford Worship at 1pm

10/30- BINGO in the Activity Room at 1:30pm

10/31- Halloween Games in the Lounge at 10:30am

10/31- Community Trick or Treat Event at 3pm

10/31- WEAR A HALLOWEEN COSTUME DAY

Ladies Tea and Men's Social!

Join us 10/17 at 2pm for the Ladies Tea and Men's Social!

Lunch-In's

Please sign up! (\$)

10/08 - salad Works

10/22 - Sean Bolan's Irish Pub

10/29 - First Watch

The Silver Reader book bundle exchange will be on October 25th at 11am, these new items will be available in the Activity Room, Monday thru Friday from 9am-4pm.

Don't Forget!!!

The Resident's Meeting in the Activity Room at 10:30am on October 3rd!

DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS!

AS a REMINDER, IF YOU see a (\$), ADDITIONAL FUNDS are REQUIRED TO PARTICIPATE.

Introducing Reader's Theater!!!

WE are LOOKING FOR a SMALL GROUP THAT HAS a PASSION FOR READING AND PERFORMING! READER'S THEATER WILL TAKE PLACE ON 10/09 AND 10/23 AT 10:30AM. WE LOOK FORWARD TO SEEING YOU THERE!



Please join us for some SPOOKY fun on Thursday, October 31 at 10:30am in the Lounge, as we play some fun Halloween games and have a Halloween Costume Contest!

Don't forget to dress up in your best Halloween Costume! We DARE to see you there!!!

September Highlights



EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize Samuel Adams as Employee of the Month for October 2024. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

