

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2024

Forest Hill Heights  
Memory Care

<p>11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle &amp; Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace &amp; Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation</p>	<p>10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle &amp; Fun Facts <b>1pm- Order Up Photo Sorting</b> <b>1:30pm- J &amp; J Duo Entertainment</b> 3pm-Nail Polishing 4pm- Cone Toss 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music <b>Wear A Halloween Inspired Shirt Day!</b></p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss <b>1:30pm-Puzzles and Ponderings</b> 2:30pm- Dry Erase Board Games 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation</p>	<p>10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4:00pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation <b>Wear Neutral Colors Day!</b> Rosh Hashanah Begins</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss <b>1:30pm- Pondering Prompts</b> 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks &amp; Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation</p>	<p>11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle &amp; 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</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