

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 12/05 at 2pm
Baptist Services with Rev. Weih on
12/05 at 2pm



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE
CHECK OUT:

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

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



PHILIP



AMANDA



MARION

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

December 2024

December 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/CM/DN
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! I hope that
you all had a wonderful
Thanksgiving with your family
and friends. As we move into
December, I am excited about
all of the fun that we will be
having. Please be sure to let
the front desk know if you will
be out of the building for the
holidays. We look forward to
celebrating and making
memories with you all!
Happy December!

Thank you,
Mikaela Jackson

ASTROLOGY corner

If you were born between December 1-21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.



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

- Spirit Wear Days for December:
- 12/02 – wear blue and white day
 - 12/12 – wear silver and gold day
 - 12/13 – wear holiday pj's day
 - 12/15 – wear green/Grinch attire day
 - 12/18 – wear holiday attire and accessories day
 - 12/20 – wear an ugly sweater day
 - 12/26 – wear red and white day
 - 12/27 – wear holiday socks day
 - 12/30 – wear snowflakes day

December Birthdays

RESIDENT BIRTHDAYS

Marion Taylor 12/03
Judy Peddicord 12/14
Paula Bradley 12/25
Joanne Murach 12/30

STAFF BIRTHDAYS

Cayliee Winterling 12/01
Galen Hackney 12/07
Carol Tester 12/09
Dana Cogar 12/10
Brandon Strazzire 12/12
Sheliecia Jones 12/14
Corrin Williams 12/14
Kelly Bays 12/18
Jayden Schulze 12/19
Christinea Thompson 12/19
Christopher Edwards 12/23
Janvincent "Vince" Mari 12/28

STAFF anniversaries

Christopher Edwards 1 Year
Stephanie Frank 2 Years
Benjamin Jenkins 6 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

- 12/01- Rosary and Communion at 10:30am
- 12/01- Oak Grove Church Musical Performance in the Lounge at 2pm
- 12/02- Afternoon Movie in the Lounge at 1:00pm
- 12/02- Laughs and Tunes with Linda and Charlie at 2pm
- 12/02- WEAR BLUE AND WHITE DAY
- 12/03- Music with Tom Cooke at 6pm
- 12/04- Rosary and Communion at 10:30am
- 12/04- North Harford Worship at 1pm
- 12/04- BINGO in the Activity Room at 1:30pm
- 12/05- Full Mass Service with St. Ignatius 2pm
- 12/05- Baptist Services with Rev. Weih at 2pm
- 12/05- Caroling with the Girl Scouts in the Lounge at 5:30pm
- 12/06- Resident Meeting at 10:30am
- 12/06- BINGO in the Activity Room at 1:30pm
- 12/06- Harp Concert with Laura at 3:30pm
- 12/07- Liturgical Dance Performance in the Lounge at 2pm
- 12/08- Rosary and Communion at 10:30am
- 12/09- Holiday Door Decorating – 3/400's at 10:30am
- 12/10- Lunch in from Das Bierhalle at 12pm \$
- 12/10- Rockin' with Danny Dolan at 6pm
- 12/11- Reader's Theater at 10:30am
- 12/11- Rosary and Communion at 10:30am
- 12/11- North Harford Worship at 1pm
- 12/11- BINGO in the Activity Room at 1:30pm
- 12/11- Creativity Club – Paper Ornament Symmetry Painting at 3pm

- 12/11- Jokes and Jams with Centre Methodist at 6pm
- 12/12- Holiday Door Decorating – 500's at 10:30am
- 12/12- SCENIC RIDE – HOLIDAY LIGHTS AT 5:30PM
- 12/12- WEAR SILVER AND GOLD DAY
- 12/13- BINGO in the Activity Room at 1:30pm
- 12/13- WEAR HOLIDAY PJ'S DAY
- 12/15- Rosary and Communion at 10:30am
- 12/15- Christmas Duets with Mr. Bob and Family at 2pm
- 12/15- WEAR GREEN/GRINCH ATTIRE DAY
- 12/16- Holiday Door Decorating – 6/700's at 10:30am
- 12/16- Project Comfort Holiday Visit at 5pm
- 12/17- Lunch in from Fisherman's Catch at 12pm \$
- 12/17- Just Having Fun Singing Group at 2pm
- 12/18- Reindeer Games in the Lounge at 10:30am
- 12/18- Rosary and Communion at 10:30am
- 12/18- North Harford Worship at 1pm
- 12/18- BINGO in the Activity Room at 1:30pm
- 12/18- Holiday Extravaganza in the Lounge at 3pm
- 12/18- Classics with Chris at 5:30pm
- 12/18- WEAR HOLIDAY ATTIRE AND ACCESSORIES DAY
- 12/19- Creativity Club – Winter in Hues of Blue Painting at 1pm
- 12/19- SCENIC RIDE – HOLIDAY LIGHTS AT 5:30PM
- 12/20- BINGO in the Activity Room at 1:30pm
- 12/20- J&J Entertainment at 6pm
- 12/20- WEAR AN UGLY SWEATER DAY
- 12/21- Caroling with St. Mary's Catholic Church in the Lounge at 6pm
- 12/22- Rosary and Communion at 10:30am
- 12/23- Music with Vic and December Birthday's Party at 6pm
- 12/24- Rosary and Communion at 10:30am
- 12/24- North Harford Worship at 1pm
- 12/24- BINGO in the Activity Room at 1:30pm
- 12/24- Jokes and Jams with Centre Methodist at 6pm
- 12/25- Reader's Theater at 10:30am
- 12/26- WEAR RED AND WHITE DAY
- 12/27- Creativity Club – Kwanzaa/Hanukkah Quilt Square at 10am
- 12/27- Silver Reader Delivery at 11am
- 12/27- BINGO in the Activity Room at 1:30pm
- 12/27- WEAR HOLIDAY SOCKS DAY
- 12/29- Rosary and Communion at 10:30am
- 12/29- Calvary Baptist Hymnals and Sermon in the Lounge at 1pm
- 12/30- WEAR SNOWFLAKES DAY
- 12/31- New Years Eve Social at 10:30am



Please join us for our
family **HOLIDAY**

EXTRAVAGANZA in the
Lounge on Wednesday
12/18 at 3pm
Lunch-In's

Please sign up! (\$)

12/10 - Das Bierhalle

12/17 - Fisherman's Catch

The Silver Reader book bundle
exchange will be on December
27th 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
December 6th!

DON'T FORGET TO SIGN UP FOR
OUR BUS TRIPS!
FOR DECEMBER, WE ARE GOING
TO TAKE EVENING SCENIC TRIPS
ON 12/12 AT 5:30PM AND 12/19
AT 5:30PM TO SEE THE HOLIDAY
LIGHT DISPLAYS!



DO YOU LIKE TO
DECORATE?!
THEN WE NEED YOU TO
HELP US!
PLEASE JOIN US FOR A
DOOR DECORATING
CONTEST! WE WILL BE
DECORATING ONE THEMED
DOOR IN EVERY HALLWAY!
AND WITH THE HELP OF
THE INTERNET, WE WILL
CHOOSE A WINNER!

November Highlights



EMPLOYEE OF THE MONTH:



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

WE ARE EXCITED TO WELCOME BACK PROJECT COMFORT FOR
ANOTHER YEAR OF HOLIDAY CHEER! THEY WILL BE HERE ON
MONDAY 12/16 AT 5:00-6:30PM. PLEASE JOIN US IN THE
LOUNGE TO RECEIVE SOME EXTRA JOY THIS SEASON!

