

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Match Up Photo Sorting 1:30pm- J & J Duo Entertainment 3pm- Nail Polishing 4pm- Cone Toss 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Wear Blue and White Day!	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Categories 2:30pm- December Trivia 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & 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	10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Pondering Prompts 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Velcro Catch 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation	11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & 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	
11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Can You Say Picture This? Game 3pm- Nail Polishing 4pm- Word Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Creative Coloring/Free Draw 1:30pm- Music with Tom Cooke 2:30pm- Crafty Hour – Fill in Holiday Colors 3:30pm- Short Stories 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- BINGO! and Trivia! 2pm- Star of the Month – Judi Dench Detective 3pm- Hydration Station and Junk Drawer 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Classics with Chris 3:00pm- Lifestyle Remembrance – Sears Catalog 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Wear Silver and Gold Day!	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Short Stories 2:00pm- Hydration Station 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation Wear Holiday Pajama's Day!	11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Let Your Light Shine Color Along 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation	
11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman/ Gene Autry Christmas Music 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation Wear Green/Grinch Attire Day!	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Word Puzzle Corner 2pm- Laughs and Tunes with Linda and Charlie 3pm- Nail Polishing 4pm- Word Puzzle Corner 5:30pm- After Dinner Stretch 6:00pm- Project Comfort Holiday Visit 7pm- Evening Music	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Categories 2pm- Just Having Fun Singing Group in the AL Lounge 2pm- Door Decorating MC 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	10:30am- Reindeer Games in the AL Lounge 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4:00pm- Rhyme Time 3:00pm- Holiday Extravaganza in the AL Lounge!!! 5:30pm- Classics with Chris in the AL Lounge 7pm- Evening Music Relaxation Wear Holiday Attire and Accessories Day!	10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Pondering Prompts 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Holiday Finish Lines 3pm- Hydration Station 3:30pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation Wear An Ugly Sweater Day!	11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & 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 Winter Begins	
11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Color Another Carol 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Finishers Word Game 3pm- Nail Polishing 4pm- Word Puzzle Corner 5:30pm- Holiday Lights Scenic Ride 6pm- Gratitude Chats 7pm- Evening Music	10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Music with Vic 2:30pm- Crafty Hour – Watercolors 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station and Junk Drawer Detective 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation Christmas Hanukkah Begins	10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 2:00pm- Travelogue – Montreux, Switzerland 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation Wear Red and White Day! Boxing Day (Canada) Kwanzaa Begins	10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm- Short Stories 2:00pm- Hydration Station 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation Wear Holiday Socks Day!	11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Word Puzzle Corner 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation	
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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