

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2025

## 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- Match Up Photo Sorting</b> 1:30pm- <b>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 Snowflakes Day!</b></p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm-Categories <b>2:30pm- January Trivia</b> 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- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Star of the Month – Kevin Costner Detective</b> 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</p>	<p>10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- <b>Classics with Chris</b> <b>3:00pm- Lifestyle Remembrance – The Flyer Sled</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music <b>Dress Nerdy Day!</b></p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle &amp; Fun Facts 1pm-Short Stories 2:00pm- Hydration Station 3:00pm- 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 <b>2:30pm- January Color Along</b> 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation</p>
<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- Scent Reminiscent 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 1pm- Cone Toss 1:30pm- <b>Afternoon Movie</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music</p>	<p>10:30am- Chair Dancercise 11am- Fold It Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Creative Coloring/Free Draw 1:30pm-<b>Music with Tom Cooke</b> <b>2:30pm- Crafty Hour – Peace Sign Painting</b> 3:30pm- Short Stories 4pm- Hydration Station 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</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts <b>1:00pm- Pondering Prompts</b> <b>2pm- SCENIC BUS RIDE</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 / <b>Beauty Shop for Winter Ball</b> 3pm- Hydration Station 3:30pm- Walks &amp; Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News / <b>Winter Ball in AL Lounge</b> 7pm- Evening Music Relaxation <b>Wear Silver, Blue, and White Day!</b></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>
<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- Can You Say Picture This? Game</b> <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music <b>Wear Blue and Purple Day!</b></p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm-Categories <b>2:30pm- Sno' Jokin' Comedy Hour</b> 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- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Junk Drawer Detective</b> 3pm- Hydration Station and Categories 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation</p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- Creative Coloring/Free Draw 2:00pm- <b>Travelogue – Oxford, England</b> 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-Short Stories 2:00pm- Hydration Station 3:00pm- 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 <b>2:30pm- January Color Along</b> 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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Activity Professionals Week

Martin Luther King Jr. Day

Australia Day (Observed)

Chinese New Year (Year of the Snake)

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