

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2025

Forest Hill Heights Assisted Living

<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- <b>Oak Grove Church Musical Performance in the Lounge</b> 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p> <p>Groundhog Day</p>	<p>9:30am- Seated Stretches <b>10:30am- Hollywood Star of the Month – Mia Farrow</b> <b>1pm- Afternoon Movie in the Lounge</b> 3:00pm- Dice Games! 4pm- February Would You Rather? 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Karaoke in the Lounge</b> 7pm- Evening TV Shows <b>Wear Pink Day!</b></p>	<p>9:30am- Scarf Aerobics 10am- Famous February Birthdays Word Search 12pm- <b>Lunch in from Pappas Restaurant (\$)</b> <b>1pm- Travelogue – Dubai, United Arab Emirates</b> 2pm- <i>100<sup>th</sup> Birthday Celebration in the Lounge</i> 2pm- <b>Rev. Weih Baptist Service</b> 2:00pm- Not Like the Others Puzzle 3pm- MLK Jr. Timeline Puzzle 4:30pm- Daily Chronicle Fun Facts <b>6pm- Music with Tom Cooke</b> 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- <b>Readers Theater</b> 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Scrabble 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Crosswords 11am- <b>Full Mass Service with St. Ignatius</b> 1:00pm- Nail Polishing 2:00pm- Balloon Toss and Sing Along 3:00pm- Modern Jeopardy Trivia 3:30pm- Hydration Station 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- <b>Resident's Meeting</b> 10:30am- Resident's Choice <b>1:30pm- Bingo</b> <b>3:30pm- Harp Concert with Laura</b> 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows <b>Wear Red Day!</b></p>	<p>9:30am- Morning Coffee Talks <b>10:00am- Frank James Jams</b> 10:30am- Black History Month Color Along 1pm- Balloon Toss and Sing Along 2pm- Jeopardy Trivia! 3pm- Axe Throwing/Basketball Shoots 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Winter Cardinals Color Along 4:30pm- Daily Chronicle Fun Facts <b>6pm- SUPERBOWL in the Lounge</b></p>	<p>9:30am- Seated Stretches 10am- Gumdrop Tower Takeover Game 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- Amazing Animals Crossword 4pm- Famous African Americans Part 1 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Karaoke in the Lounge</b> 7pm- Evening TV Shows <b>Wear Hearts Day!</b></p>	<p>9:30am- Scarf Aerobics 10am- Board Games 11:00am- Page Word Puzzles 12pm- <b>Lunch in from Mr. Souvlaki (\$)</b> 1pm- Jewelry Making <b>2pm- SCENIC BUS RIDE</b> 3:00pm- Opposite Word Sitckman Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Resident's Choice 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Mia Farrow Crossword 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p> <p>Tu B'Shevat Begins</p>	<p>9:30am- Seated Dumbbell Exercise 10am- Bessie Coleman Word Search 1:00pm- Jewelry Making 2:00pm- <b>Ladies Tea &amp; Men's Social</b> 3pm- Who Am I? 3:30pm- Resident's Choice 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- <b>CREATIVITY CLUB: ANIMAL VALENTINE CARDS</b> <b>1:30pm- Bingo</b> 3:30pm- Wacky Wordies 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows <b>Wear Red, Pink, and White Day!</b></p> <p>Valentine's Day</p>	<p>9:30am- Morning Coffee Talks 10:30am- American Presidents Word Quilt Puzzle 1pm- Oodles Memory Game 2pm- National Hippo Day – who is Moo Deng? 3pm- Axe Throwing/Basketball Shoots 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Jeopardy Trivia Part 2 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Michelle Obama Alphabet Code 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- Grab the Gumdrops Game 11am- Resident's Choice 1pm- Jewelry Making 2:30pm- You're Right on Target Math Puzzle 3:00pm- <b>CREATIVITY CLUB: HUMMINGBIRD BOOKMARK</b> 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Karaoke in the Lounge</b> 7pm- Evening TV Shows</p> <p>Presidents' Day (U.S.)</p>	<p>9:30am- Scarf Aerobics 10am- Page Word Puzzles 11:00am- Board Games 12pm- <b>Lunch in from MaGerk's (\$)</b> 1pm- Jewelry Making 2pm- Table Broom Hockey 3:00pm- Black History Month Word Quilt Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows</p>	<p>9:30am- Chair Yoga 10:30am- Resident's Choice 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Scrabble 7pm- Evening TV Shows <b>Wear Blue Day!</b></p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Civil Rights Word Search 1:00pm- February IQ Quiz 1:30pm- Axe Throwing 2:30pm- Concentration Puzzles 3:00pm- What Am I? 3:30pm- Resident's Choice 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- Famous African Americans Part 2 <b>1:30pm- Bingo</b> 4:30pm- Daily Chronicle Fun Facts <b>6pm- J &amp; J Entertainment and the Sweetheart Social!</b> 7pm- Evening TV Shows <b>Dress Like a Twin Day!</b></p>	<p>9:30am- Morning Coffee Talks 10:30am- Category Trivia 11am- Categories! 1pm- Oodles Memory Game 2pm- Bird Feeder Word Search 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows</p>
<p>9:30am- Morning Chats and News 10:30am- <b>Rosary &amp; Communion</b> 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Goody Gumdrops Word Search 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows</p>	<p>9:30am- Seated Stretches 10am- <b>CREATIVITY CLUB: WATERCOLOR SNOW HAT</b> 1pm- Jewelry Making 3:00pm- Crosswords 4pm- Card Games 4:30pm- Daily Chronicle Fun Facts <b>6pm- Music with Vic &amp; February Birthday's Party</b> 7pm- Evening TV Shows</p>	<p>9:30am- Scarf Aerobics 10am- Page Word Puzzles 11am- Board Games 1pm- Jewelry Making 2pm- Table Broom Hockey/Axe Throwing 3:00pm- Black History Month Message Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows <b>Wear Neutral Colors Day!</b></p>	<p>9:30am- Chair Yoga 10:30am- <b>Readers Theater</b> 10:30am- <b>Rosary &amp; Communion</b> 1pm- <b>North Harford Worship Service</b> <b>1:30pm- Bingo</b> 3:30pm- Who Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- <b>Jokes &amp; Jams with Centre Methodist</b> 7pm- Evening TV Shows</p>	<p>9:30am- Seated Dumbbell Exercise 10:00am- Fun Random Trivia <b>1:30pm- Classics with Chris</b> 2:30pm- Searching for February Word Search 3:00pm- What Am I? 3:30pm- Resident's Choice 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows</p>	<p>9:30am- Chair Dancercise 10:30am- Nirvana Word Search <b>11am- Silver Reader Delivery</b> <b>1:30pm- Bingo</b> 3:30pm- Remembering Big League Chew Bubble Gum 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows</p> <p>Ramadan Begins</p>	<p><b>"BEING DEEPLY LOVED BY SOMEONE GIVES YOU STRENGTH, WHILE LOVING SOMEONE DEEPLY GIVES YOU COURAGE."</b> — <i>Las Tzu</i></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