

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

Forest Hill Heights Memory Care



1
 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

2
10:00am- Frank James Jams
 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
Groundhog Day

3
 10:30am- Chair Yoga
 11am- National Geographic Hour
 12:30pm- Daily Chronicle & Fun Facts
1pm- Candy Phrases Puzzle
 1:30pm- **J & J Duo Entertainment**
 3pm-Nail Polishing
 4pm- Cone Toss
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music
Wear Pink Day!

4
 10:30am- Chair Dancercise
 11am- Lincoln Log Creations
 12:30pm- Daily Chronicle & Fun Facts
 1pm- Bottle Toss
 1:30pm-Categories
 2pm- *100th Birthday Celebration in the Lounge*
2:30pm- Jeopardy Trivia
 3:30pm- Short Stories
 4pm- Matching Memory
 5:30pm- After Dinner Stretch
 6pm- Inside Laps
 7pm- Evening Music Relaxation

5
 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

6
 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

7
 10:30am- Chair Aerobics
 11am- Nail Polishing
 12:30pm- Daily Chronicle & Fun Facts
1pm- Word Puzzle Corner
 3pm- Hydration Station
 3:30pm- Walks & Talks
 4pm- Puzzle Corner
 5:30pm- After Dinner Stretch
 6pm- Friday Night News
 7pm- Evening Music Relaxation
Wear Red Day!

8
 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- February Color Along
 3pm- Hydration Station
 3:30pm- Magnetic Fishing
 5:30pm- After Dinner Stretch
 6pm- Saturday Night TV Shows
 7pm- Evening Music Relaxation

9
 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
 10:30am- Chair Yoga
 11am- National Geographic Hour
 12:30pm- Daily Chronicle & Fun Facts
 1pm- Cone Toss
 1:30pm- **Afternoon Movie**
 3pm-Nail Polishing
4pm- Word Puzzle Corner
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music
Wear Hearts Day!

11
 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- CREATIVITY CLUB: SWEETHEART BUTTON FRAME
 3:30pm- Short Stories
 4pm- Hydration Station
 5:30pm- After Dinner Stretch
 6pm- Inside Laps
 7pm- Evening Music Relaxation

12
 10:30am- Scarf Aerobics
 11am- Building Station
 12:30pm- Daily Chronicle & Fun Facts
 1pm- BINGO! and Trivia!
2pm- Star of the Month – Mia Farrow
 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
Tu B'Shevat Begins

13
 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 – Going to the Movies
 4pm- Matching Memory
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music

14
 10:30am- Chair Aerobics
 11am- Nail Polishing
 12:30pm- Daily Chronicle & Fun Facts
 1pm-Short Stories
2:00pm- Hydration Station/ Frank's Ukulele Fun
 3:00pm- Walks & Talks
 4pm- Puzzle Corner
 5:30pm- After Dinner Stretch
 6pm- Friday Night News
 7pm- Evening Music Relaxation
Wear Red, Pink, and White Day!
Valentine's Day

15
 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

16
 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

17
 10:30am- Chair Yoga
 11am- National Geographic Hour
 12:30pm- Daily Chronicle & Fun Facts
1pm- Can You Say Picture This? Game
 3pm-Nail Polishing
4pm- Word Puzzle Corner
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music
Presidents' Day (U.S.)

18
 10:30am- Chair Dancercise
 11am- Lincoln Log Creations
 12:30pm- Daily Chronicle & Fun Facts
 1pm- Bottle Toss
 1:30pm-Categories
2:30pm- February Trivia
 3:30pm- Short Stories
 4pm- Matching Memory
 5:30pm- After Dinner Stretch
 6pm- Inside Laps
 7pm- Evening Music Relaxation

19
 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
Wear Blue Day!

20
 10:30am- Seated Stretches
 11am- Folding Function
 12:30pm- Daily Chronicle & Fun Facts
1:00pm- Pondering Prompts
2pm- SCENIC BUS RIDE
 3pm- Balloon Keep Up
 3:30pm- Writing Refresh
 4pm- Hydration Station
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music Relaxation

21
 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
Dress Like a Twin Day!

22
 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- February Color Along
 3pm- Hydration Station
 3:30pm- Magnetic Fishing
 5:30pm- After Dinner Stretch
 6pm- Saturday Night TV Shows
 7pm- Evening Music Relaxation

23
 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

24
 10:30am- Chair Yoga
 11am- Magnetic Fishing
 12:30pm- Daily Chronicle & Fun Facts
1pm- Elvis' Blue Shoes Game
 2pm- Nail Polishing
3pm- Word Puzzle Corner
 3:30pm- Velcro Catch
 4pm- Short Stories
 5:30pm- After Dinner Stretch
 6pm- Corn Hole
 7pm- Evening Music Relaxation

25
 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
Wear Neutral Colors Day!

26
 10:30am- Scarf Aerobics
 11am- Building Station
 12:30pm- Daily Chronicle & Fun Facts
 1pm- BINGO! and Trivia!
2pm- Junk Drawer Detective
 3pm- Hydration Station and Puzzles and Ponderings
 3:30pm- Flower Arranging
 4pm- Hot Potato
 5:30pm- After Dinner Stretch
 6pm- Movie Night
 7pm- Evening Music Relaxation

27
 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 – Dubai, United Arab Emirates**
 3:30pm- Writing Refresh
 4pm- Hydration Station
 5:30pm- After Dinner Stretch
 6pm- Gratitude Chats
 7pm- Evening Music Relaxation

28
 10:30am- Chair Aerobics
 11am- Nail Polishing
 12:30pm- Daily Chronicle & Fun Facts
 1pm- Velcro Catch
2:00pm- Hydration Station/ Frank's Ukulele Fun
 3:30pm- Walks & Talks
 4pm- Puzzle Corner
 5:30pm- After Dinner Stretch
 6pm- Friday Night News
 7pm- Evening Music Relaxation

