

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<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- Jeopardy Trivia</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation <i>All Fools' Day</i></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 <b>Wear Your Favorite Color Day</b></p>	<p>10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss <b>1:30pm- Pondering Prompts</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 <b>1pm- Match Up Photo Game</b> 3pm- Hydration Station 3:30pm- 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 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 <b>Wear Gold/Yellow Day</b></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 1pm- Cone Toss 1:30pm- <b>Rain and Clouds Matching Game</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- Music Trivia</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- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Star of the Month – Charlie Chaplin 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 – How Much is that Puppy in the Window</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music</p>	<p>10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle &amp; Fun Facts 1pm-Short Stories <b>2:00pm- Hydration Station/ Frank's Ukulele Fun</b> 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- March Color Along</b> 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation <b>Wear Pink Day</b> <i>Passover Begins</i></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 <b>1pm- Can You Say Picture This? Game</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- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm-Categories <b>2:30pm-April 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- Drumming Circle 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! <b>2:30pm- CREATIVITY CLUB: YARN WRAPPED KITTIES AND PUPS</b> 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> 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-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 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 <b>Wear Pastel Colors Day</b> <i>Easter Sunday</i></p>	<p>10:30am- Chair Yoga 11am- Magnetic Fishing 12:30pm- Daily Chronicle &amp; Fun Facts <b>1pm- Winter or Spring Game</b> 2pm- Nail Polishing <b>3pm- Word Puzzle Corner</b> 3:30pm- Velcro Catch 4pm- Short Stories 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation</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- Crafty Hour – Watercolors</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 10:30pm- <b>Rockin' with Danny Dolan</b> 11am- Building Station 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Junk Drawer Detective</b> 3pm- Hydration Station and <b>Where Am I?</b> 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation <b>Wear Blue and Green Day</b> <i>Administrative Professionals Day</i></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 – Meteora, Greece</b> <b>2pm- SCENIC BUS RIDE</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- Velcro Catch <b>2:00pm- Hydration Station/ Frank's Ukulele Fun</b> 3:30pm- Walks &amp; Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation <i>Arbor Day</i></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- March 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- Magnetic Fishing 12:30pm- Daily Chronicle &amp; Fun Facts <b>1pm- Pet Adoption Dice Game</b> 2pm- Nail Polishing <b>3pm- Word Puzzle Corner</b> 3:30pm- Velcro Catch 4pm- Short Stories 5:30pm- After Dinner Stretch 6pm- Corn Hole 7pm- Evening Music Relaxation <b>Wear Red, Black, Yellow and White Day</b></p>	<p>10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle &amp; Fun Facts 1pm- Bottle Toss 1:30pm- <b>Music with Vic</b> <b>2:30pm-Doggone Funny Humor</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- 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 style="text-align: center;"><b>April 2025</b> <i>Forest Hill Heights Memory Care</i></p>		