

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

Forest Hill Heights Assisted Living

9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Oak Grove Church Musical Performance in the Lounge 3pm- Nail Polishing 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows	2	9:30am- Seated Stretches 10:30am- Hollywood Star of the Month - Anthony Quinn 1pm- Afternoon Movie in the Lounge 3:00pm- Dice Games! 4pm- February Would You Rather? 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows	3	9:30am- Scarf Aerobics 10am- Famous March Birthdays Word Search 12pm- Lunch in from Fisherman's Catch (\$) 1pm- Travelogue - The Nile River 2pm- Mardi Party 2pm- Rev. Weih Baptist Service 2:00pm- Not Like the Others Puzzle 3pm- Colorful Hues Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Tom Cooke 7pm- Evening TV Shows Wear PURPLE, YELLOW, and GREEN DAY!	4	9:30am- Chair Yoga 10:30am- Readers Theater 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Scrabble 7pm- Evening TV Shows	5	9:30am- Seated Dumbbell Exercise 10:00am- Dining Discussions 10:00am- Crosswords 11am- Full Mass Service with St. Ignatius 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	6	9:30am- Chair Dancercise 10:00am- Resident's Meeting 10:30am- Casino Games in the Lounge 1:30pm- Bingo 3:30pm- Harp Concert with Laura 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows	7	9:30am- Morning Coffee Talks 10:30am- Frank James Jams 10:30am- Movie Mash-Up Puzzle 11am- Collage Detective 1pm- Oodles Memory Game 2pm- Truth or Blarney Game 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	8
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- March Color Along 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows <small>Daylight Saving Time Begins</small>	9	9:30am- Seated Stretches 10am- Silly Trivia Game 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- Cruising the Nile Word Search 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows	10	9:30am- Scarf Aerobics 10am- Board Games 11:00am- Page Word Puzzles 12pm- Lunch in from Noodle's and Co. (\$) 1pm- Jewelry Making 2pm- SCENIC BUS RIDE 3:00pm- Land of Ra Crossword 4:30pm- Daily Chronicle Fun Facts 6pm- Yesterday Once More with Ken King 7pm- Evening TV Shows	11	9:30am- Chair Yoga 10:30am- Resident's Choice 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Logical Numbers Math Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows	12	9:30am- Seated Dumbbell Exercise 10am- Mixed Up Movie Titles 1:00pm- Jewelry Making 2:00pm- Ladies Tea & Men's Social 3pm- Who Am I? 3:30pm- Resident's Choice 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows	13	9:30am- Chair Dancercise 10:30am- CREATIVITY CLUB: STARRY NIGHT WATERCOLOR CARDS 1:30pm- Bingo 3:30pm- Wacky Wordies 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows Wear SPRING COLORS DAY!	14	9:30am- Morning Coffee Talks 10:30am- Categories! 1pm- Oodles Memory Game 2pm- Split Words Puzzle 3pm- Axe Throwing/Basketball Shoots 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	15
9:30am- Morning Chats and News 10:30am- Rosary & Communion 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- Cy Young Coded Puzzle 7pm- Evening TV Shows	16	9:30am- Seated Stretches 10am- Guess Who? Game 11am- Resident's Choice 1pm- Jewelry Making 2:30pm- St. Patrick's Day Riddles 3:00pm- CREATIVITY CLUB: OIL PASTEL SHAMROCKS 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows Wear RAINBOW COLORS DAY! <small>St. Patrick's Day</small>	17	9:30am- Scarf Aerobics 10am- Page Word Puzzles 11:00am- Board Games 12pm- Lunch in from Saladworks (\$) 1pm- Jewelry Making 2pm- Just Having Fun Singing Group in the Lounge 3:00pm- Secret Farming Quilt Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Chats and Hydration Station 7pm- Evening TV Shows	18	9:30am- Chair Yoga 10:30am- Resident's Choice 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:00pm- Nail Polishing 4:30pm- Daily Chronicle Fun Facts 6pm- Scrabble 7pm- Evening TV Shows	19	9:30am- Seated Dumbbell Exercise 10:30am- Leprechaun Games in the Lounge 1:00pm- March 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 Wear GREEN, GOLD, and BLACK DAY! <small>Spring Begins</small>	20	9:30am- Chair Dancercise 10:30am- S is for Spring Crossword 1:30pm- Bingo 3:30pm- Word Mining 4:30pm- Daily Chronicle Fun Facts 6pm- J & J Entertainment and the Shamrock Social 7pm- Evening TV Shows	21	9:30am- Morning Coffee Talks 10:30am- Ancient Egypt Trivia 11am- Collage Detective 1pm- Oodles Memory Game 2pm- Spelling Marching Band Crossword 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	22
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Mixed-Up Construction Puzzle 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Finish the Lyric Game 7pm- Evening TV Shows	23	9:30am- Seated Stretches 10am- CREATIVITY CLUB: MARCH THEMED FREE-PARTY AND SIP 1pm- Jewelry Making 3:00pm- Crosswords 4pm- Card Games 4:30pm- Daily Chronicle Fun Facts 6pm- Music with Vic & March Birthday's Party 7pm- Evening TV Shows Wear FLOREAL DAY!	24	9:30am- Scarf Aerobics 10am- Page Word Puzzles 11am- Board Games 1pm- Jewelry Making 2pm- Table Broom Hockey/Axe Throwing 3:00pm- King Tut Matching Puzzle 4:30pm- Daily Chronicle Fun Facts 6pm- Basket Bingo Night in the Dining Room!!!	25	9:30am- Chair Yoga 10:30am- Readers Theater 10:30am- Rosary & Communion 1pm- North Harford Worship Service 1:30pm- Bingo 3:30pm- Who Am I? 4:30pm- Daily Chronicle Fun Facts 6pm- Jokes & Jams with Centre Methodist 7pm- Evening TV Shows	26	9:30am- Seated Dumbbell Exercise 10:00am- Fun Random Trivia 1:30pm- Classics with Chris 2:30pm- Searching for March Word Search 3:00pm- What Am I? 3:30pm- Resident's Choice 4:30pm- Daily Chronicle Fun Facts 6pm- Pokeno! 7pm- Evening TV Shows	27	9:30am- Chair Dancercise 10:30am- If You Could Game 1:30pm- Bingo 3:30pm- Photographic Memory Game 4:30pm- Daily Chronicle Fun Facts 6pm- Card Games and Hydration Station 7pm- Evening TV Shows Wear YOUR FAVORITE COLOR DAY!	28	9:30am- Morning Coffee Talks 10:30am- US Marine Corps Word Search 11am- Categories! 1pm- Oodles Memory Game 2pm- Where Am I? 3pm- Nature Documentary 4:30pm- Daily Chronicle Fun Facts 6pm- Wheel of Fortune 7pm- Evening TV Shows	29
9:30am- Morning Chats and News 10:30am- Rosary & Communion 10:30am- Oodles Memory Game 1pm- Board Games 2pm- Resident's Choice 3:00pm- Sahara Desert Mining Word Puzzle 4pm- Balloon Toss 4:30pm- Daily Chronicle Fun Facts 6pm- Yahtzee Tournament 7pm- Evening TV Shows	30	9:30am- Seated Stretches 10am- Cleopatra Word Search 11am- Resident's Choice 1pm- Jewelry Making 3:00pm- A Wee Bit of Irish Humor 4pm- Schemes Word Search 4:30pm- Daily Chronicle Fun Facts 6pm- Karaoke in the Lounge 7pm- Evening TV Shows	31	<p>Where flowers bloom, so does hope. -Lady Bird Johnson</p>									

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