

Church Services

Sundays and Wednesdays @
10:30am- Rosary and Communion
with St. Ignatius

Wednesdays @ 1:00pm- North
Harford Worship Service with
Pastor John

1st Thursday Mass with St. Ignatius
on 05/01 at 11am in the Activity
Room

Baptist Services with Rev. Weih on
05/06 at 2pm in the Multipurpose
Room



FOLLOW ALONG ON ALL OF OUR ADVENTURES PLEASE
CHECK OUT:

www.tiktok.com/@foresthillheightss
www.instagram.com/@foresthill_heights

Morning Exercise

Every Morning Monday- Friday
there will be Activity led exercises
at 9:30am (unless a scheduling
conflict occurs, which will be on
the calendar and Daily Bulletin).
Please join us to start the day off
the right way!

New Resident Highlight



JOHN



SUEANNE



JACK



MARILYN

Welcome Home!

Welcome to Forest Hill Heights! We want
to welcome all our new residents to the
community! Please say hello and
introduce yourself when you see a new
face.

Please Check Out our Facebook
Page!



Please contact the Recreation department with any
questions or concerns.
410-893-3070

MAY 2025

Forest Hill Heights ALF | 1 Colgate Drive Forest Hill MD | 410-893-3070



A Letter from the Executive Director

I hope that everyone is enjoying
Spring thus far. We have some new
umbrellas going up on the patios
that will allow for more shade from
the sun. Please be sure to stay
hydrated before and after patio
use.

I am also happy to announce our
prom theme for this year, a
MASQUERADE BALL! Don't forget
that we will vote for our prom king
and queen the week prior to the
event.

I hope you all are enjoying this nice
weather, and I look forward to
seeing everyone at the ball!

Thank you,
Mikaela Jackson

Mikaela Jackson
Executive Director

Jennifer Metevia
Business Office
Manager

Krystiana Ginn
RN/CM/DN
Director of Nursing

Brien Roberts
Admissions Director

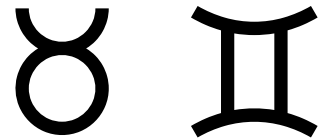
Heather Roberts
Culinary Director

Benjamin Jenkins
Maintenance Director

Stephanie Frank
Recreation Director

ASTROLOGY corner

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.



Be sure to wish our Residents and Staff a Happy Birthday!!!

May Spirit Days

05/02: Wear Sunglasses Day

05/05: Wear Red, Yellow, and Green Day

05/10: Wear Blue Day

05/12: Wear Floral Print Day

05/16: Wear a Graphic T-Shirt Day

05/20: Wear Blue Jeans Day

05/25: Wear Purple Day

05/26: Wear Patriotic Colors Day

May Birthdays

RESIDENT BIRTHDAYS

Anna "Buzie" W. 05/16

Mary Joy B. 05/18

Kathleen R. 05/22

Theresa L. 05/24

Nancy N. 05/26

STAFF BIRTHDAYS

Cheyenne Jackson 05/06

Aakillah Johnson 05/11

Colleen Gilotte 05/14

Amber Sylvester 05/19

Stephanie Frank 05/20

Nikki Matousek 05/22

Faith Marshall 05/23

Heather Roberts 05/23

Wanda Holdsworth 05/31

STAFF ANNIVERSARIES

Anya Chervak 1 Year

Janey Garcia 2 Years

Lillian Duffy 3 Years

Mary Lynch 9 Years

Friendly Reminders:

- Everything in **red** you need to sign up for!
- Bring a fellow resident to activities! We want them to join in on the fun too! 😊
- Check the activity board daily for the latest updates and fun to be had!
- Be Kind to your fellow residents.



ACTIVITY HIGHLIGHTS

05/01- Full Mass Service with St. Ignatius 11am

05/01- Dining Discussions at 2pm

05/02- Resident Meeting at 10:30am

05/02- BINGO in the Activity Room at 1:30pm

05/02- WEAR SUNGLASSES DAY

05/04- Rosary and Communion at 10:30am

05/04- Oak Grove Church Musical Performance in the Lounge at 2pm

05/05- Afternoon Movie in the Lounge at 1pm

05/05- Rita's Social in the Lounge at 2:30pm

05/05- WEAR RED, YELLOW, AND GREEN DAY

05/06- **Lunch in from Pappas at 12pm \$**

05/06- Baptist Services with Rev. Weih at 2pm

05/06- SCENIC RIDE – at 2PM

05/06- Music with Tom Cooke at 6pm

05/07- Rosary and Communion at 10:30am

05/07- North Harford Worship at 1pm

05/07- BINGO in the Activity Room at 1:30pm

05/08- Coca-Cola Social at 2pm

05/09- 7 Oaks Senior Choir in the Lounge at 10:30am

05/09- BINGO in the Activity Room at 1:30pm

05/10- WEAR BLUE DAY

05/11- Rosary and Communion at 10:30am

05/12- Birds and Bloom at 10:00am

05/12- WEAR FLORAL PRINT DAY

05/13- **Lunch in from Papa John's at 12pm \$**

05/13- Just Having Fun Signing Group at 2pm

05/13- Yesterday Once More with Ken King at 6pm

05/14- Reader's Theater at 10:30am

05/14- Rosary and Communion at 10:30am

05/14- North Harford Worship at 1pm

05/14- BINGO in the Activity Room at 1:30pm

05/14- Jokes and Jams with Centre Methodist at 6pm

05/15- Beauty Shop in the Multipurpose Room at 1:30pm

05/15- Rockin' with Danny Dolan and the Prom at 6pm

05/16- BINGO in the Activity Room at 1:30pm

05/16- WEAR A GRAPHIC T-SHIRT DAY

05/18- Rosary and Communion at 10:30am

05/19- Birds and Bloom at 10:00am

05/20- **Lunch in from Das Bierhalle at 12pm \$**

05/20- Creativity Club – Poppy Craft at 3pm

05/20- WEAR BLUE JEANS DAY

05/21- Rosary and Communion at 10:30am

05/21- North Harford Worship at 1pm

05/21- BINGO in the Activity Room at 1:30pm

05/22- Classics with Chris at 1:30pm

05/22- Silver Reader Delivery at 11am

05/22- BINGO in the Activity Room at 1:30pm

05/25- Rosary and Communion at 10:30am

05/25- WEAR PURPLE DAY

05/26- Birds and Bloom at 10:00am

05/26- Music with Vic and May Birthday's Party at 6pm

05/26- WEAR PATRIOTIC COLORS DAY

05/27- BUS TRIP - WALMART – at 2PM

05/28- Reader's Theater at 10:30am

05/28- Rosary and Communion at 10:30am

05/28- North Harford Worship at 1pm

05/28- BINGO in the Activity Room at 1:30pm

05/28- Creativity Club – Pinecone Zinnias at 3pm

05/28- Jokes and Jams with Centre Methodist at 6pm

05/30- BINGO in the Activity Room at 1:30pm



Lunch-In's

Please sign up! (\$)

05/06 – Pappas

05/13 – Papa John's

05/20 – Das Bierhalle

The Silver Reader book bundle exchange will be on May 23rd at 11am, these new items will be available in the Activity Room, Monday thru Friday from 9am-4pm.

Don't Forget!!!

The Resident's Meeting in the Activity Room at 10:30am on May 2nd.

DON'T FORGET TO SIGN UP FOR OUR BUS TRIPS! AS A REMINDER, IF YOU SEE A (\$), ADDITIONAL FUNDS ARE REQUIRED TO PARTICIPATE.

The Harp Concert with Laura will be rescheduled for later this month. Thank you!

April Highlights



Please be sure to remind your family members that we will be hosting our Caregiver Breakfast once a month. This month our breakfast will be on Friday, May 30th at 8:30am. Breakfast will be served from Chik-fil-A, in the multipurpose room with Mikaela and Krystiana from our management team. We hope to see your family there.

JOIN US FOR DINING DISCUSSIONS ON 05/01 AT 2PM IN THE ACTIVITY ROOM. THIS IS A SAFE SPACE TO SHARE ANY SUGGESTIONS OR CONCERNS REGARDING THE DIETARY DEPARTMENT.



You are cordially invited to a Masquerade Ball prom on May 15th at 6pm. Entertainment will be provided by Danny Dolan! We look forward to seeing you there.

EMPLOYEE OF THE MONTH:



Forest Hill Heights would like to recognize Robert Davis as Employee of the Month for May 2025. Thank you for your dedication and the difference you make in the lives of everyone at Forest Hill Heights.

