

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>May</div> <div>2025</div> <div>Forest Hill Heights Memory Care</div> </div>				<div> <div>10:30am- Seated Stretches</div> <div>11am- Folding Function</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Bottle Toss</div> <div>1:30pm- Pondering Prompts</div> <div>3pm- Balloon Keep Up</div> <div>3:30pm- Writing Refresh</div> <div>4pm- Hydration Station</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Gratitude Chats</div> <div>7pm- Evening Music Relaxation</div> <div>May Day</div> </div>	<div> <div>10:30am- Chair Aerobics</div> <div>11am- Nail Polishing</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Puzzles and Ponderings</div> <div>2pm- Short Stories</div> <div>3pm- Hydration Station</div> <div>3:30pm- Walks & Talks</div> <div>4pm- Puzzle Corner</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Friday Night News</div> <div>7pm- Evening Music Relaxation</div> <div>Wear Sunglasses Day</div> </div>	<div> <div>11am- Good Morning News and Chats</div> <div>11:30am- Gentle Stretching</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Resident's Choice</div> <div>2pm- Rhyme Time</div> <div>2:30pm- Fly Swat</div> <div>3pm- Hydration Station</div> <div>3:30pm- Magnetic Fishing</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Saturday Night TV Shows</div> <div>7pm- Evening Music Relaxation</div> </div>
<div> <div>11am- Good Morning News and Chats</div> <div>11:30am- Gentle Stretching</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1:00pm- Balloon Keep Up</div> <div>2pm- Rhyme Time</div> <div>2:30pm- Stickman</div> <div>3pm- Hydration Station</div> <div>3:30pm- Peace & Coloring</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am- Chair Yoga</div> <div>11am- National Geographic Hour</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Cone Toss</div> <div>1:30pm- Beach Volleyball</div> <div>3pm-Nail Polishing</div> <div>4pm- Word Puzzle Corner</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Gratitude Chats</div> <div>7pm- Evening Music</div> <div>Wear Red, Yellow, and Green</div> <div>Cinco de Mayo</div> </div>	<div> <div>10:30am- Chair Dancercise</div> <div>11am- Fold It Function</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Creative Coloring/Free Draw</div> <div>1:30pm-Categories</div> <div>2:30pm- Music Trivia</div> <div>3:30pm- Short Stories</div> <div>4pm- Hydration Station</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Inside Laps</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am- Scarf Aerobics</div> <div>11am- Building Station</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- BINGO! and Trivia!</div> <div>2pm- Star of the Month – Vincent Price Detective</div> <div>3pm- Hydration Station and Junk Drawer</div> <div>3:30pm- Flower Arranging</div> <div>4pm- Hot Potato</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Movie Night</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am- Seated Stretches</div> <div>11am- Lincoln Log Creations</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Bottle Toss</div> <div>1:30pm- Classics with Chris</div> <div>3:00pm- Lifestyle Remembrance – Remembering a Day on the Lake</div> <div>4pm- Matching Memory</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Gratitude Chats</div> <div>7pm- Evening Music</div> </div>	<div> <div>10:30am- Chair Aerobics</div> <div>11am- Nail Polishing</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm-Short Stories</div> <div>2:00pm- Hydration Station/ Frank's Ukulele Fun</div> <div>3:00pm- Walks & Talks</div> <div>4pm- Puzzle Corner</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Friday Night News</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>11am- Good Morning News and Chats</div> <div>11:30am- Gentle Stretching</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Resident's Choice</div> <div>2pm- Rhyme Time</div> <div>2:30pm- May Color Along</div> <div>3pm- Hydration Station</div> <div>3:30pm- Magnetic Fishing</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Saturday Night TV Shows</div> <div>7pm- Evening Music Relaxation</div> <div>Wear Blue Day</div> </div>
<div> <div>11am- Good Morning News and Chats</div> <div>11:30am- Gentle Stretching</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1:00pm- Balloon Keep Up</div> <div>2pm- Rhyme Time</div> <div>2:30pm- Scent Reminiscent</div> <div>3pm- Hydration Station</div> <div>3:30pm- Peace & Coloring</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Evening Music Relaxation</div> <div>Mother's Day</div> <div>National Skilled Nursing Care Week</div> </div>	<div> <div>10:30am- Chair Yoga</div> <div>11am- National Geographic Hour</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Can You Say Picture This? Game</div> <div>3pm-Nail Polishing</div> <div>4pm- Word Puzzle Corner</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Gratitude Chats</div> <div>7pm- Evening Music</div> <div>Wear Floral Print Day</div> </div>	<div> <div>10:30am- Chair Dancercise</div> <div>11am- Lincoln Log Creations</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Bottle Toss</div> <div>1:30pm-Music with Tom Cooke</div> <div>2:30pm- May Trivia</div> <div>3:30pm- Short Stories</div> <div>4pm- Matching Memory</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Inside Laps</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am-Rockin' with Danny Dolan</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Balloon Keep Up</div> <div>1:30pm- BINGO! and Trivia!</div> <div>2:30pm- Creativity Club: Bubble Painting</div> <div>3pm- Hydration Station</div> <div>3:30pm- Flower Arranging</div> <div>4:00pm- Rhyme Time</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Movie Night</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am- Seated Stretches</div> <div>11am- Folding Function</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1:00pm- Pondering Prompts</div> <div>3pm- Balloon Keep Up</div> <div>3:30pm- Writing Refresh</div> <div>4pm- Hydration Station</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Gratitude Chats</div> <div>7pm- Evening Music Relaxation</div> </div>	<div> <div>10:30am- Chair Aerobics</div> <div>11am- Nail Polishing</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm-Short Stories</div> <div>2:00pm- Hydration Station</div> <div>3:00pm- Walks & Talks</div> <div>4pm- Puzzle Corner</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Friday Night News</div> <div>7pm- Evening Music Relaxation</div> <div>Wear a Graphic T-shirt Day</div> </div>	<div> <div>11am- Good Morning News and Chats</div> <div>11:30am- Gentle Stretching</div> <div>12:30pm- Daily Chronicle & Fun Facts</div> <div>1pm- Resident's Choice</div> <div>2pm- Rhyme Time</div> <div>2:30pm- Fly Swat</div> <div>3pm- Hydration Station</div> <div>3:30pm- Magnetic Fishing</div> <div>5:30pm- After Dinner Stretch</div> <div>6pm- Saturday Night TV Shows</div> <div>7pm- Evening Music Relaxation</div> <div>Armed Forces Day</div> </div>
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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