

August 2025

Forest Hill Heights Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August cont'd</div> <div>31</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 ☹️ Balloon Keep Up [MCL]</div><div>2:00 🧩 Rhyme Time! [MCL]</div><div>2:30 🧩 Stickman [MCL]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Peace and Coloring [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div></div> <div><div>FOREST HILL HEIGHTS</div></div>	<div>Activity Schedule is subject to change.</div> <div>Contact our Recreation Staff with any questions.</div> <div>Forest Hill Heights, LLC</div> <div>410-893-3070</div>	<div>❤️ Emotional</div> <div>🧩 Intellectual</div> <div>🕒 Other</div> <div>☹️ Physical</div> <div>🚩 Purposeful</div> <div>👥 Social</div>	<div>Location Key</div> <div>Memory Care Dining MCD</div> <div>Memory Care Lounge MCL</div>	<div>1</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 ☹️ Laps and Chats [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>2</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Short Stories [MCL]</div><div>2:00 🚩 Flower Arranging [MCD]</div><div>3:00 🧩 Historical Events - Klondike Gold Rush [MCL]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>
<div></div> <div>3</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 ☹️ Balloon Keep Up [MCL]</div><div>2:00 🧩 Rhyme Time! [MCL]</div><div>2:30 🧩 Stickman [MCL]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Peace and Coloring [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 🕒 Evening Music [MCL]</div></div>	<div>Wear Yellow Day</div> <div>4</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 🧩 Magazine and Book Club [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Trivia Time [MCL]</div><div>2:00 ☹️ Cone Toss [MCL]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Word Puzzle Corner [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>5</div> <div><div>10:30 ☹️ Chair Dancercise [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Life Long Learning [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>6</div> <div><div>10:30 ☹️ Scarf Aerobics [MCL]</div><div>11:00 ☹️ Balloon Keep Up [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>2:00 ☹️ Scenic Ride Bus Trip</div><div>3:00 🕒 Hydration Station [MCL]</div><div>4:00 ☹️ Hot Potato! [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear 60's Attire Day</div> <div>7</div> <div><div>10:30 ☹️ Seated Stretches [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Pondering Prompts [MCL]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>8</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 🧩 Suncatcher Mandala Craft [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>9</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Short Stories [MCL]</div><div>2:00 🚩 Flower Arranging [MCD]</div><div>3:00 🧩 Historical Events - Mount Vesuvius</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>
<div></div> <div>10</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 ☹️ Balloon Keep Up [MCL]</div><div>2:00 🧩 Rhyme Time! [MCL]</div><div>2:30 🧩 Stickman [MCL]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Peace and Coloring [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>11</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 🧩 Magazine and Book Club [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Trivia Time [MCL]</div><div>2:00 ☹️ Afternoon Movie [MCL]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Word Puzzle Corner [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>12</div> <div><div>10:30 ☹️ Chair Dancercise [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>2:00 🧩 Music with Tom Cooke [MCL]</div><div>3:00 🧩 Life Long Learning [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>10:30 🧩 Rockin' with Danny Dolan [MCL]</div> <div>13</div> <div><div>10:30 ☹️ Scarf Aerobics [MCL]</div><div>11:00 ☹️ Balloon Keep Up [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Travelogue - Kansas [MCL]</div><div>4:00 ☹️ Hot Potato! [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear 70's Attire Day</div> <div>14</div> <div><div>10:30 ☹️ Seated Stretches [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>1:30 🧩 Classics with Chris [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Collage Detective [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear Hawaiian Attire Day</div> <div>15</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 ☹️ Laps and Chats [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>16</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Short Stories [MCL]</div><div>2:00 🚩 Flower Arranging [MCD]</div><div>3:00 🧩 Historical Events - Louis Armstrong</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>
<div></div> <div>17</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 ☹️ Balloon Keep Up [MCL]</div><div>2:00 🧩 Rhyme Time! [MCL]</div><div>2:30 🧩 Stickman [MCL]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Peace and Coloring [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>18</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 🧩 Magazine and Book Club [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Trivia Time [MCL]</div><div>2:00 ☹️ Cone Toss [MCL]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Word Puzzle Corner [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear Maryland Colors Day</div> <div>19</div> <div><div>10:30 ☹️ Chair Dancercise [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🕒 Bus Trip - Harford Mall</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Life Long Learning [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>20</div> <div><div>10:30 ☹️ Scarf Aerobics [MCL]</div><div>11:00 ☹️ Balloon Keep Up [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Box Car Creation and Derby! [MCD]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>4:00 ☹️ Hot Potato! [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear 80's Attire Day</div> <div>21</div> <div><div>10:30 ☹️ Seated Stretches [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Pondering Prompts [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>22</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 ☹️ Laps and Chats [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>23</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Short Stories [MCL]</div><div>2:00 🚩 Flower Arranging [MCD]</div><div>3:00 🧩 Historical Events - Marilyn Monroe [MCL]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>
<div>Wear Maryland Colors Day</div> <div>24</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 ☹️ Balloon Keep Up [MCL]</div><div>2:00 🧩 Rhyme Time! [MCL]</div><div>2:30 🧩 Stickman [MCL]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>3:30 🧩 Peace and Coloring [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>25</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 🧩 Magazine and Book Club [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Trivia Time [MCL]</div><div>2:00 ☹️ Cone Toss [MCL]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Word Puzzle Corner [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>26</div> <div><div>10:30 ☹️ Chair Dancercise [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>1:30 🧩 Music with Vic [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Life Long Learning [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>27</div> <div><div>10:30 ☹️ Scarf Aerobics [MCL]</div><div>11:00 ☹️ Balloon Keep Up [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Hydration Station [MCL]</div><div>4:00 ☹️ Hot Potato! [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div>Wear 90's Attire Day</div> <div>28</div> <div><div>10:30 ☹️ Seated Stretches [MCL]</div><div>11:00 🧩 Matching Memory [MCD]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Picture Book Recall [MCL]</div><div>2:00 🚩 Fold It Function [MCL]</div><div>3:00 🧩 Collage Detective [MCD]</div><div>4:00 🧩 Writing Refresh [MCD]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>29</div> <div><div>10:30 ☹️ Chair Yoga [MCL]</div><div>11:00 ☹️ Laps and Chats [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 BINGO! [MCD]</div><div>3:00 🕒 Nail Polishing [MCD]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>	<div></div> <div>30</div> <div><div>11:00 ☹️ Gentle Stretching [MCL]</div><div>12:30 🧩 Daily Chronicle Fun Facts [MCL]</div><div>1:00 🧩 Short Stories [MCL]</div><div>2:00 🚩 Flower Arranging [MCD]</div><div>3:00 🧩 Historical Events - Matthew Henson [MCL]</div><div>4:00 🧩 Dry Erase Puzzles [MCL]</div><div>5:30 ☹️ After Dinner Stretch [MCL]</div><div>6:00 🕒 Evening TV Shows [MCL]</div><div>7:00 ❤️ Evening Music [MCL]</div></div>