

August 2026

Forest Hill Heights Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 9:30 🧘 Chair Dancercise [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🧩 Page Word Puzzles [AR] 2:00 🎲 Board Games [AR] 3:00 📖 Jewelry Making [L] 4:00 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Dice Games [AR] 7:00 📺 Evening TV Shows [L]	Wear A Football Jersey/Apparel Day! 31 9:30 🧘 Seated Stretches [L] 10:30 🧩 Word Searches [AR] 1:00 🧩 Trivia Corner [AR] 2:00 📺 Nail Polishing [AR] 3:00 🎬 Afternoon Movie in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L]	 FOREST HILL HEIGHTS	Activity Schedule is subject to change. Contact our Recreation Staff with any questions. Forest Hill Heights, LLC 410-893-3070	🧩 Intellectual 🌱 Other 🎯 Physical 🚩 Purposeful 👥 Social 🦋 Spiritual	Location Key Activity Room AR Lounge L Multi-Purpose Room MP	9:30 🧘 Chair Yoga [L] 10:30 🎈 Word Puzzles [AR] 11:00 🧩 August Color Along [AR] 1:00 🎬 Sing-A-Long in the Lounge! [L] 2:00 🎈 Balloon Soccer in the Lounge [L] 3:00 🧩 Crafty Hour - Free Paint / Draw [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 1
9:30 🧘 Chair Dancercise [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🧩 Page Word Puzzles [AR] 2:00 🎲 Board Games [AR] 3:00 📖 Jewelry Making [L] 4:00 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Dice Games [AR] 7:00 📺 Evening TV Shows [L] 2	Wear Yellow Day! 3 9:30 🧘 Seated Stretches [L] 10:30 🧩 Word Searches [AR] 1:00 🧩 Trivia Corner [AR] 2:00 📺 Nail Polishing [AR] 3:00 🎬 Horse Racing in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L]	9:30 🎈 Scarf Aerobics [L] 10:00 🧩 Who Am I? [AR] 11:00 🎲 Conversation Ball [AR] 1:00 📖 Jewelry Making [AR] 2:00 🙏 Rev. Weih Baptist Service 3:00 🎬 Sing-A-Long in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎬 Music with Tom Cooke 7:00 📺 Evening TV Shows [L] 4	9:30 🧘 Chair Yoga [L] 11:15 🙏 Full Mass with St. Ignatius [AR] 1:00 🚩 Food Committee Meeting with Heather! [AR] 1:00 🙏 North Harford Worship Music [L] 1:30 🎬 BINGO! [AR] 3:00 🎲 Dice Games! [AR] 4:00 🧩 Word Mining and Stickman [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L] 5	9:30 🧘 Seated Dumbbell Exercise [L] 10:00 🧩 Page Word Puzzles [AR] 10:30 🧩 Resident Meeting [AR] 11:00 🎲 Table Broom Hockey [AR] 1:00 📺 Nail Polishing [AR] 2:30 🧩 Trivia Corner [AR] 3:30 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Pokeno and Cards Club [AR] 7:00 📺 Evening TV Shows [L] 6	Wear a Beach Themed T-Shirt Day! 7 8:30 🍳 Breakfast Trip to Ihop! 9:30 🧘 Chair Dancercise [L] 10:30 🧩 Group Discussions [AR] 11:00 🎈 White Board Games! [L] 1:30 🎬 BINGO! [AR] 3:30 🎬 Harp Concert with Laura [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Chair Yoga [L] 10:30 🎈 Word Puzzles [AR] 11:00 🧩 August Color Along [AR] 1:00 🎬 Sing-A-Long in the Lounge! [L] 2:00 🎈 Balloon Soccer in the Lounge [L] 3:00 🧩 Star of the Month - Robert Redford [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 8
9:30 🧘 Chair Dancercise [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🧩 Page Word Puzzles [AR] 2:00 🎲 Board Games [AR] 2:00 🎬 Oak Grove Musical Performance 3:00 📖 Jewelry Making [L] 4:00 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Dice Games [AR] 7:00 📺 Evening TV Shows [L] 9	9:30 🧘 Seated Stretches [L] 10:30 🧩 Word Searches [AR] 1:00 🧩 Trivia Corner [AR] 2:00 📺 Afternoon Movie in the Lounge 3:00 🎬 Frosted Lemonades in the Lounge! 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 10	Wear Orange Day! 11 9:30 🎈 Scarf Aerobics [L] 10:00 🧩 Who Am I? [AR] 11:00 🎲 Conversation Ball [AR] 12:00 🎬 Lunch In - Lib's Grill [AR] 1:00 📖 Jewelry Making [AR] 2:00 🧩 Travels with Larry! [AR] 2:30 🎈 Get Fit with Andres! [L] 3:00 🎬 Sing-A-Long in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Chats and Hydration Station [AR] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Chair Yoga [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🙏 North Harford Worship Music [L] 1:30 🎬 BINGO! [AR] 3:00 🎲 Dice Games! [AR] 4:00 🧩 Word Mining and Stickman [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🙏 Jokes and Jams with Centre Methodist 7:00 📺 Evening TV Shows 12	9:30 🎬 Scenic Bus Trip 9:30 🧘 Seated Dumbbell Exercise [L] 10:00 🧩 Page Word Puzzles [AR] 11:00 🎲 Table Broom Hockey [AR] 1:00 📺 Nail Polishing [AR] 2:30 🧩 Trivia Corner [AR] 3:30 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Pokeno and Cards Club [AR] 7:00 📺 Evening TV Shows [L] 13	Wear a Graphic T-Shirt Day! 14 9:30 🧘 Chair Dancercise [L] 10:30 🧩 Group Discussions [AR] 11:00 🎈 White Board Games! [L] 1:30 🎬 BINGO! [AR] 3:30 🎈 Balloon Parachute! [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Chair Yoga [L] 10:30 🎈 Word Puzzles [AR] 11:00 🧩 August Color Along [AR] 1:00 🎬 Sing-A-Long in the Lounge! [L] 2:00 🎈 Balloon Soccer in the Lounge [L] 3:00 🧩 Crafty Hour - Rainbow Glue Suncatcher! [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 15
9:30 🧘 Chair Dancercise [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🧩 Page Word Puzzles [AR] 2:00 🎲 Board Games [AR] 3:00 📖 Jewelry Making [L] 4:00 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Dice Games [AR] 7:00 📺 Evening TV Shows [L] 16	9:30 🎬 Bus Trip to the HGD Promenade! 9:30 🧘 Seated Stretches [L] 10:30 🧩 Word Searches [AR] 1:00 🧩 Trivia Corner [AR] 2:00 📺 Nail Polishing [AR] 3:00 🎬 Ladies Tea [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 17	9:30 🎈 Scarf Aerobics [L] 10:00 🧩 Who Am I? [AR] 11:00 🎲 Conversation Ball [AR] 12:00 🎬 Lunch In - Pappas [AR] 1:00 📖 Jewelry Making [AR] 2:00 🧩 Just Having Fun Singing Group! 3:00 🎬 Sing-A-Long in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Chats and Hydration Station [AR] 7:00 📺 Evening TV Shows [L] 18	Wear a Graphic T-Shirt Day! 19 9:30 🧘 Chair Yoga [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🙏 North Harford Worship Music [L] 1:30 🎬 BINGO! [AR] 3:00 🎲 Dice Games! [AR] 4:00 🧩 Word Mining and Stickman [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L]	Wear a Hawaiian Shirt Day! 20 9:30 🧘 Seated Dumbbell Exercise [L] 10:00 🧩 Page Word Puzzles [AR] 11:00 🎲 Table Broom Hockey [AR] 1:00 🧩 Resident Inservice with Jess from Bayada! Hypertension and Heart Health 2:00 📺 Nail Polishing [AR] 2:30 🧩 Trivia Corner [AR] 3:30 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎬 Hawaiian Luau and Rockin' with Danny Dolan 7:00 📺 Evening TV Shows [L]	Fun Scrub Top Day! 21 9:30 🧘 Chair Dancercise [L] 10:30 🧩 Group Discussions [AR] 11:00 🎈 White Board Games! [L] 1:30 🎬 BINGO! [AR] 3:30 🎈 Balloon Parachute! [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Chair Yoga [L] 10:30 🎈 Word Puzzles [AR] 11:00 🧩 August Color Along [AR] 1:00 🎬 Sing-A-Long in the Lounge! [L] 2:00 🎈 Balloon Soccer in the Lounge [L] 3:00 🧩 Travelogue - The Everglades [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 22
Wear Your Favorite Color Day! 23 9:30 🧘 Chair Dancercise [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🧩 Page Word Puzzles [AR] 2:00 🎲 Board Games [AR] 3:00 📖 Jewelry Making [L] 4:00 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Dice Games [AR] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Seated Stretches [L] 10:30 🧩 Word Searches [AR] 1:00 🧩 Trivia Corner [AR] 2:00 📺 Nail Polishing [AR] 3:00 🎬 Men's Social [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 24	9:30 🎈 Scarf Aerobics [L] 10:00 🧩 Who Am I? [AR] 11:00 🎲 Conversation Ball [AR] 12:00 🎬 Lunch In - Magerk's [AR] 1:00 📖 Jewelry Making [AR] 2:00 🧩 Concentration Puzzles! [AR] 3:00 🎬 Sing-A-Long in the Lounge 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Chats and Hydration Station [AR] 7:00 📺 Evening TV Shows [L] 25	9:30 🧘 Chair Yoga [L] 10:30 🙏 Rosary and Communion [AR] 1:00 🙏 North Harford Worship Music [L] 1:30 🎬 BINGO! [AR] 3:00 🎲 Dice Games! [AR] 4:00 🧩 Word Mining and Stickman [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🙏 Jokes and Jams with Centre Methodist [L] 7:00 📺 Evening TV Shows [L] 26	Wear a Band T-Shirt Day! 27 9:30 🎬 Scenic Bus Trip 9:30 🧘 Seated Dumbbell Exercise [L] 10:00 🧩 Page Word Puzzles [AR] 11:00 🎲 Table Broom Hockey [AR] 1:00 📺 Nail Polishing [AR] 1:30 🎬 Classics with Chris 2:30 🧩 Trivia Corner [AR] 3:30 🎈 Balloon Toss [AR] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎲 Pokeno and Cards Club [AR] 7:00 📺 Evening TV Shows [L]	Fun Scrub Top Day! 28 9:30 🧘 Chair Dancercise [L] 10:30 🧩 Group Discussions [AR] 11:00 🎬 Silver Reader Delivery 11:00 🎈 White Board Games! [L] 1:30 🎬 BINGO! [AR] 3:30 🎈 Balloon Parachute! [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Balloon Bash! [L] 7:00 📺 Evening TV Shows [L]	9:30 🧘 Chair Yoga [L] 10:30 🎈 Word Puzzles [AR] 11:00 🧩 August Color Along [AR] 1:00 🎬 Sing-A-Long in the Lounge! [L] 2:00 🎈 Balloon Soccer in the Lounge [L] 3:00 🧩 Crafty Hour - Flower Collage Art [L] 4:30 🧩 Daily Chronicle Fun Facts [L] 6:00 🎈 Arcade Games and Puzzle Club [AR] 7:00 📺 Evening TV Shows [L] 29