

August 2026
Forest Hill Heights Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 ☹ Balloon Keep Up [MCL] 2:00 🧩 Rhyme Time! [MCL] 2:30 🧩 Stickman [MCL] 3:00 🌿 Hydration Station [MCL] 3:30 🧩 Peace and Coloring [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	Wear A Football Jersey/Apparel Day! 31 10:30 ☹ Chair Yoga [MCL] 11:00 🧩 Magazine and Book Club [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Trivia Time [MCL] 2:00 ☹ Cone Toss [MCL] 3:00 🌿 Nail Polishing [MCD] 4:00 Concentration Puzzle Corner [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	 FOREST HILL HEIGHTS	Activity Schedule is subject to change. Contact our Recreation Staff with any questions. Forest Hill Heights, LLC 410-893-3070	❤ Emotional 🧩 Intellectual 🌿 Other ☹ Physical 📖 Purposeful 👥 Social 🦋 Spiritual	Location Key Memory Care Dining MCD Memory Care Lounge MCL	11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Short Stories [MCL] 2:00 📖 Flower Arranging [MCD] 3:00 ☹ Balloon Toss and Ice Cream on the Patio [MCL] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]
2 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 ☹ Balloon Keep Up [MCL] 2:00 🧩 Rhyme Time! [MCL] 2:30 🧩 Stickman [MCL] 3:00 🌿 Hydration Station [MCL] 3:30 🧩 Peace and Coloring [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	Wear Yellow Day! 3 10:30 ☹ Chair Yoga [MCL] 11:00 🧩 Magazine and Book Club [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Trivia Time [MCL] 2:00 ☹ Cone Toss [MCL] 3:00 🌿 Nail Polishing [MCD] 4:00 Concentration Puzzle Corner [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	4 10:30 ☹ Chair Dancercise [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 3:00 🧩 Life Long Learning [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	5 10:30 ☹ Scarf Aerobics [MCL] 11:00 ☹ Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 4:00 ☹ Hot Potato and Hydration Station [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	6 Wear a Beach Themed T-Shirt Day! 10:30 ☹ Seated Stretches [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 1:30 🧩 Classics with Chris [MCD] 2:30 📖 Fold It Function [MCL] 3:00 🧩 Pondering Prompts [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	7 10:30 ☹ Chair Yoga and Munchkins Social [MCL] 11:00 ☹ Laps and Chats [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🌿 Nail Polishing [MCD] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	8 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Short Stories [MCL] 2:00 📖 Flower Arranging [MCD] 3:00 ☹ Balloon Toss and Ice Cream on the Patio [MCL] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]
9 3:30 🦋 Oak Grove Musical Performance [MCD] 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 ☹ Balloon Keep Up [MCL] 2:00 🧩 Rhyme Time! [MCL] 2:30 🧩 Stickman [MCL] 3:00 🌿 Hydration Station [MCL] 3:30 🧩 Peace and Coloring [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	10 9:30 ☹ Scenic Bus Trip 10:30 ☹ Chair Yoga [MCL] 11:00 🧩 Magazine and Book Club [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Order Up Picture Game [MCL] 2:00 ☹ Cone Toss [MCL] 3:00 🌿 Nail Polishing [MCD] 4:00 Concentration Puzzle Corner [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	11 Wear Orange Day! 10:30 ☹ Chair Dancercise [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 2:00 🧩 Music with Tom Cooke [MCD] 3:00 🧩 Life Long Learning [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	12 10:30 🧩 Rockin' with Danny Dolan [MCD] 10:30 ☹ Scarf Aerobics [MCL] 11:00 ☹ Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 4:00 ☹ Hot Potato and Hydration Station [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	13 10:30 ☹ Seated Stretches [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 2:00 🧩 Root Beer Float Social! [MCD] 3:00 🧩 Pondering Prompts [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	14 Wear a Graphic T-Shirt Day! 10:45 ☹ Energetic Exercise with Amanda! [MCL] 11:00 ☹ Laps and Chats [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 2:30 🧩 Crafty Hour - Sticky Sunflower Wreath [MCD] 3:00 🌿 Nail Polishing [MCD] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	15 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Short Stories [MCL] 2:00 📖 Flower Arranging [MCD] 3:00 ☹ Balloon Toss and Ice Cream on the Patio [MCL] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]
16 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 ☹ Balloon Keep Up [MCL] 2:00 🧩 Rhyme Time! [MCL] 2:30 🧩 Stickman [MCL] 3:00 🌿 Hydration Station [MCL] 3:30 🧩 Peace and Coloring [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	17 10:30 ☹ Chair Yoga [MCL] 11:00 🧩 Magazine and Book Club [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Crafty Hour- Citrus Stamping! [MCD] 2:00 ☹ Cone Toss [MCL] 3:00 🌿 Nail Polishing [MCD] 4:00 Concentration Puzzle Corner [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	18 9:30 ☹ Bus Trip to the HDG Promenade! 10:30 ☹ Chair Dancercise [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 3:00 🧩 Life Long Learning [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	19 Wear a Graphic T-Shirt Day! 10:30 ☹ Scarf Aerobics [MCL] 11:00 ☹ Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 4:00 ☹ Hot Potato and Hydration Station [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	20 Wear a Hawaiian Shirt Day! 10:30 ☹ Seated Stretches [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 2:00 📖 Fold It Function [MCL] 3:00 🧩 Pondering Prompts [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 6:00 🧩 Hawaiian Luau in the AL Lounge! 7:00 ❤ Evening Music [MCL]	21 Fun Scrub Top Day! 10:30 ☹ Chair Yoga and Munchkins Social [MCL] 11:00 ☹ Laps and Chats [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🌿 Nail Polishing [MCD] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	22 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Short Stories [MCL] 2:00 📖 Flower Arranging [MCD] 3:00 ☹ Balloon Toss and Ice Cream on the Patio [MCL] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]
Wear Your Favorite Color Day! 23 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 ☹ Balloon Keep Up [MCL] 2:00 🧩 Rhyme Time! [MCL] 2:30 🧩 Stickman [MCL] 3:00 🌿 Hydration Station [MCL] 3:30 🧩 Peace and Coloring [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	24 9:30 ☹ Scenic Bus Trip 10:30 ☹ Chair Yoga [MCL] 11:00 🧩 Magazine and Book Club [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Trivia Time [MCL] 2:00 ☹ Cone Toss [MCL] 3:00 🌿 Nail Polishing [MCD] 4:00 Concentration Puzzle Corner [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	25 10:30 ☹ Chair Dancercise [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 3:00 🧩 Life Long Learning [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	26 10:30 ☹ Scarf Aerobics [MCL] 11:00 ☹ Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 4:00 ☹ Hot Potato and Hydration Station [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	27 Wear a Band T-Shirt Day! 10:30 ☹ Seated Stretches [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 2:00 📖 Fold It Function [MCL] 3:00 🧩 Pondering Prompts [MCD] 4:00 🧩 Writing Refresh [MCD] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	28 Fun Scrub Top Day! 10:45 ☹ Energetic Exercise with Amanda! [MCL] 11:00 ☹ Laps and Chats [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🌿 Nail Polishing [MCD] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]	29 11:00 ☹ Gentle Stretching [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Short Stories [MCL] 2:00 📖 Flower Arranging [MCD] 3:00 ☹ Balloon Toss and Ice Cream on the Patio [MCL] 4:00 🧩 Dry Erase Puzzles [MCL] 5:30 ☹ After Dinner Stretch [MCL] 6:00 🌿 Evening TV Shows [MCL] 7:00 ❤ Evening Music [MCL]