

September 2026
Forest Hill Heights Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 FOREST HILL HEIGHTS	Activity Schedule is subject to change. Contact our Recreation Staff with any questions. Forest Hill Heights, LLC 410-893-3070	9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Star of the Month - John Travolta [AR] 11:00 🧩 Conversation Ball [AR] 1:00 🧩 Jewelry Making [AR] 2:00 🍷 Concentration Puzzles! [AR] 2:00 🦋 Rev. Weih Baptist Service [MP] 3:00 🧩 Sing-A-Long in the Lounge 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 🧩 Music with Tom Cooke [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [L] 11:15 🦋 Full Mass with St. Ignatius [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]	9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Resident Meeting [AR] 11:00 ☹ Table Broom Hockey [AR] 1:00 🍷 Culinary Meeting [AR] 2:00 ☹ Nail Polishing [AR] 2:00 🧩 Scenic Bus Trip 2:30 🍷 Crafty Hour with Michelle! [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]	Wear Red Day! 9:30 ☹ Wake Up To Wellness [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 🧩 Wake Up To Wellness [L] 10:30 ☹ Word Puzzles [AR] 11:00 🍷 September 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]
9:30 🧩 Wake Up To Wellness [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]	Labor Day Wear a Graphic T-Shirt Day! 9:30 ☹ Wake Up To Wellness [L] 10:30 🍷 Word Searches [AR] 1:00 🍷 Trivia Corner [AR] 2:00 ☹ Nail Polishing [AR] 3:00 🧩 Wii Games!!! [AR] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 ☹ Arcade Games and Puzzle Club [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [L] 10:00 🧩 Who Am I? [AR] 11:00 🧩 Conversation Ball [AR] 12:00 🧩 Lunch In - Noodles and Co. [AR] 1:00 🧩 Jewelry Making [AR] 2:00 🍷 Travels with Larry! [AR] 3:00 🧩 Sing-A-Long in the Lounge 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 🧩 Yesterday Once More with Ken King! [L] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [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]	Wear Gold Day! 9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Crossword Puzzles [AR] 11:00 ☹ Table Broom Hockey [AR] 1:00 ☹ Nail Polishing [AR] 2:30 🍷 Crafty Hour with Michelle! [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]	8:30 🧩 Breakfast Trip to Bob Evans! 9:30 ☹ Wake Up To Wellness [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 🧩 Wake Up To Wellness [L] 10:30 ☹ Word Puzzles [AR] 11:00 🍷 September 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]
9:30 🧩 Wake Up To Wellness [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 Brown Day! 9:30 ☹ Wake Up To Wellness [L] 10:30 🍷 Word Searches [AR] 1:00 🍷 Trivia Corner [AR] 2:00 🧩 Afternoon Movie in the Lounge [L] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 ☹ Arcade Games and Puzzle Club [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Travelogue - Montreal, Canada [AR] 11:00 🧩 Conversation Ball [AR] 12:00 🧩 Lunch In - Jersey Mike's Subs [AR] 1:00 🧩 Jewelry Making [AR] 2:00 🧩 Just Having Fun Singing Group [L] 3:00 ☹ Nail Polishing [AR] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 🧩 Chats and Hydration Station [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [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]	9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Crossword Puzzles [AR] 11:00 ☹ Table Broom Hockey [AR] 11:30 ☹ Wheel Chair Wash with Bayada! 1:00 ☹ Resident Inservice with Jess from Bayada! [AR] 2:00 🧩 Scenic Bus Trip 2:30 🍷 Crafty Hour with Michelle! [AR] 3:30 ☹ Balloon Toss [AR] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 🧩 Rockin' with Danny Dolan [L] 7:00 ☹ Evening TV Shows [L]	Wear a Fun Scrub Top Day! 9:30 ☹ Wake Up To Wellness [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 🧩 Wake Up To Wellness [L] 10:30 ☹ Word Puzzles [AR] 11:00 🍷 September 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]
9:30 🧩 Wake Up To Wellness [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 Purple Day! 9:30 ☹ Wake Up To Wellness [L] 10:30 🍷 Word Searches [AR] 1:00 🍷 Trivia Corner [AR] 2:00 🧩 Afternoon Movie in the Lounge with Apple Pie [L] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 ☹ Arcade Games and Puzzle Club [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [L] 10:00 🧩 Who Am I? [AR] 11:00 🧩 Conversation Ball [AR] 12:00 🧩 Lunch In - Saladworks [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]	Wear Fall Colors Day! 9:30 ☹ Wake Up To Wellness [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]	Wear a Car/Motorcycle/Automotive T-Shirt Day! 9:30 ☹ Wake Up To Wellness [L] 10:00 🍷 Crossword Puzzles [AR] 11:00 ☹ Table Broom Hockey [AR] 12:30 🧩 Classics with Chris [L] 1:00 ☹ Nail Polishing [AR] 2:30 🍷 Crafty Hour with Michelle! [AR] 3:30 ☹ Balloon Toss [AR] 4:30 🍷 Daily Chronicle Fun Facts [L] 5:00 🧩 FHH Annual Cruise-In/Car Show! 7:00 ☹ Evening TV Shows [L]	Dress Like Dolly Parton Day! 9:30 ☹ Wake Up To Wellness [L] 10:30 🍷 Group Discussions [AR] 11:00 🍷 Silver Reader Delivery [L] 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 🧩 Wake Up To Wellness [L] 10:30 ☹ Word Puzzles [AR] 11:00 🍷 September 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]
9:30 🧩 Wake Up To Wellness [L] 10:30 🦋 Rosary and Communion [AR] 1:00 🦋 Calgary Baptist Service 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 ☹ Wake Up To Wellness [L] 10:30 🍷 Word Searches [AR] 1:00 🍷 Trivia Corner [AR] 2:00 ☹ Nail Polishing [AR] 3:00 🧩 Wii Games!!! [AR] 4:30 🍷 Daily Chronicle Fun Facts [L] 6:00 ☹ Arcade Games and Puzzle Club [AR] 7:00 ☹ Evening TV Shows [L]	9:30 ☹ Wake Up To Wellness [L] 10:00 🧩 Who Am I? [AR] 11:00 🧩 Conversation Ball [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]	Wear Orange Day! 9:30 ☹ Wake Up To Wellness [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]	Location Key 🍷 Intellectual ☹ Other ☹ Physical 🧩 Purposeful 🧩 Social 🦋 Spiritual Activity Room AR Multi-Purpose Room MP Lounge L		