

September 2026
Forest Hill Heights Memory Care



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		10:30 🕒 Wake Up To Wellness [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] 1		10:30 🕒 Wake Up To Wellness [MCL] 11:00 🕒 Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🧩 Music Circle! [MCL] 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] 2		10:30 🕒 Wake Up To Wellness [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] 3		10:00 🧩 Munchkins Social! [MCD] 10:30 🕒 Wake Up To Wellness [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] 4		11:00 🕒 Wake Up To Wellness [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] 5	
11:00 🕒 Wake Up To Wellness [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] 6		Labor Day Wear a Graphic T-Shirt Day! 10:30 🕒 Wake Up To Wellness [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] 7		10:30 🕒 Wake Up To Wellness [MCL] 11:00 🧩 Matching Memory [MCD] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 Picture Book Recall [MCL] 1:30 🎈 Bus Trip - Friend's Park 2:00 🧩 Music with Tom Cooke [MCD] 3:00 🧩 Life Long Learning [MCD] 3:30 🧩 Crafty Hour - Bingo Dabber Tree [MCD] 5:30 🕒 After Dinner Stretch [MCL] 6:00 🕒 Evening TV Shows [MCL] 7:00 ❤️ Evening Music [MCL] 8		10:30 🧩 Rockin' with Danny Dolan [MCD] 10:30 🕒 Wake Up To Wellness [MCL] 11:00 🕒 Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🧩 Music Circle! [MCL] 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] 9		Wear Gold Day! 10:30 🕒 Wake Up To Wellness [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] 2:00 📄 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] 10		10:30 🕒 Wake Up To Wellness [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] 11		11:00 🕒 Wake Up To Wellness [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] 12	
11:00 🕒 Wake Up To Wellness [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 🎈 Oak Grove Musical Performance 3:30 🧩 Peace and Coloring [MCD] 5:30 🕒 After Dinner Stretch [MCL] 6:00 🕒 Evening TV Shows [MCL] 7:00 ❤️ Evening Music [MCL] 13		Wear Brown Day! 10:30 🕒 Wake Up To Wellness [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] 14		10:30 🕒 Wake Up To Wellness [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] 15		10:30 🕒 Wake Up To Wellness [MCL] 11:00 🕒 Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 1:30 🎈 Scenic Bus Trip 3:00 🧩 Music Circle! [MCL] 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] 16		10:30 🕒 Wake Up To Wellness [MCL] 11:00 🧩 Matching Memory [MCD] 11:30 🕒 Wheel Chair Wash with Bayada! 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] 17		Wear a Fun Scrub Top Day! 10:00 🧩 Munchkins Social! [MCD] 10:30 🕒 Wake Up To Wellness [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] 18		11:00 🕒 Wake Up To Wellness [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] 19	
11:00 🕒 Wake Up To Wellness [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] 20		Wear Purple Day! 10:30 🕒 Wake Up To Wellness [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 🧩 Apple Pie Social! [MCD] 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] 21		10:30 🕒 Wake Up To Wellness [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] 3:30 🧩 Crafty Hour - Fall Leaf Wreath [MCD] 5:30 🕒 After Dinner Stretch [MCL] 6:00 🕒 Evening TV Shows [MCL] 7:00 ❤️ Evening Music [MCL] 22		Wear Fall Colors Day! 10:30 🕒 Wake Up To Wellness [MCL] 11:00 🕒 Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 1:30 🎈 Scenic Bus Trip 3:00 🧩 Music Circle! [MCL] 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] 23		Wear a Car/Morotcycle/Automotive T-Shirt Day! 10:30 🕒 Wake Up To Wellness [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] 5:00 🎈 FHH Annual Cruise-In/Car Show! 5:30 🕒 After Dinner Stretch [MCL] 6:00 🕒 Evening TV Shows [MCL] 7:00 ❤️ Evening Music [MCL] 24		Dress Like Dolly Parton Day! 10:30 🕒 Wake Up To Wellness [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] 25		11:00 🕒 Wake Up To Wellness [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] 26	
11:00 🕒 Wake Up To Wellness [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] 27		10:30 🕒 Wake Up To Wellness [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] 28		10:30 🕒 Wake Up To Wellness [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] 29		Wear Orange Day! 10:30 🕒 Wake Up To Wellness [MCL] 11:00 🕒 Balloon Keep Up [MCL] 12:30 🧩 Daily Chronicle Fun Facts [MCL] 1:00 🧩 BINGO! [MCD] 3:00 🧩 Music Circle! [MCL] 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] 30		❤️ Emotional 🧩 Intellectual 🌱 Other 🎈 Physical 📄 Purposeful 🧩 Social Location Key Memory Care Dining MCD Memory Care Lounge MCL					