November 2026
Forest Hill Heights Assisted Living

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** 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]	**2** **Wear Fall Colors Day!** 9:30 Wake Up To Wellness [L] **10:00 Frank James Jams** 1:00 Trivia Corner [AR] 2:00 Nail Polishing [AR] **3:00 Crafty Hour in the Activity Room [AR]** 4:30 Daily Chronicle Fun Facts [L] 6:00 Arcade Games and Puzzle Club [AR] 7:00 Evening TV Shows [L]	**3** **Election Day** 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] **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** 7:00 Evening TV Shows [L]	**4** 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]	**5** **Wear Your Favorite Sweater Day!** 9:30 Wake Up To Wellness [L] 10:00 Crossword Puzzles [AR] **10:30 Resident Meeting [AR]** 11:00 Table Broom Hockey [AR] 1:00 Nail Polishing [AR] **2:00 Stationary Club with Mary! [MP]** **2:30 Scenic Bus Trip** 3:30 Turkey Tumble Bowling [AR] 4:30 Daily Chronicle Fun Facts [L] 6:00 Pokeno and Cards Club [AR] 7:00 Evening TV Shows [L]	**6** **Wear Purple Day!** 9:30 Wake Up To Wellness [L] 10:00 Group Discussions [AR] 11:00 White Board Games! [L] **1:15 Food Committee Meeting [AR]** 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]	**7** 9:30 Wake Up To Wellness [L] 10:00 Word/Picture Puzzles [AR] 11:00 November 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]
8 9:30 Wake Up To Wellness [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** **Wear Fall Colors Day!** 9:30 Wake Up To Wellness [L] 10:00 Word Searches [AR] 1:00 Nail Polishing [AR] **2:00 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]	**10** 9:30 Wake Up To Wellness [L] 10:00 Who Am I? [AR] 11:00 Conversation Ball [AR] 12:00 Lunch In - Papa John's [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** 7:00 Evening TV Shows [L]	**11** **Veterans Day** **Wear Patriotic Colors Day!** 9:30 Wake Up To Wellness [L] 10:30 Rosary and Communion [AR] **1:00 North Harford Worship Music [L]** 1:30 Dice Games! [AR] **2:00 Veteran's Day Service with Ben** 3:00 BINGO! [AR] 4:30 Daily Chronicle Fun Facts [L] **6:00 Jokes and Jams with Centre Methodist [L]** 7:00 Evening TV Shows [L]	**12** **Wear Plaid/Flannel 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 Scenic Bus Trip** 3:30 Turkey Tumble Bowling [AR] 4:30 Daily Chronicle Fun Facts [L] 6:00 Pokeno and Cards Club [AR] 7:00 Evening TV Shows [L]	**13** **Wear Purple Day!** 9:30 Wake Up To Wellness [L] 10:00 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]	**14** 9:30 Wake Up To Wellness [L] 10:00 Word/Picture Puzzles [AR] 11:00 November 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]
15 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]	**16** **Wear Fall Colors Day!** 9:30 Wake Up To Wellness [L] 10:00 Word Searches [AR] 1:00 Trivia Corner [AR] 2:00 Nail Polishing [AR] **3:00 Ladies Tea / 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]	**17** 9:30 Wake Up To Wellness [L] 10:00 Who Am I? [AR] 11:00 Conversation Ball [AR] 12:00 Lunch In - Vagabond Sandwich Co. [AR] 1:00 Jewelry Making [AR] **2:00 Just Having Fun Singing Group!** 3:00 Concentration Puzzles! [AR] 4:30 Daily Chronicle Fun Facts [L] 6:00 Chats and Hydration Station [AR] 7:00 Evening TV Shows [L]	**18** 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]	**19** **Wear a Graphic T-Shirt Day!** 9:30 Wake Up To Wellness [L] 10:00 Crossword Puzzles [AR] 11:00 Table Broom Hockey [AR] **1:00 Resident Inservice with Jess from Bayada! [AR]** **2:00 Stationary Club with Mary! [MP]** **2:30 Bus Trip to Kohl's** 3:30 Turkey Tumble Bowling [AR] 4:30 Daily Chronicle Fun Facts [L] **6:00 Rockin' with Danny Dolan** 7:00 Evening TV Shows [L]	**20** **Wear Purple Day!** 9:30 Wake Up To Wellness [L] 10:00 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]	**21** 9:30 Wake Up To Wellness [L] 10:00 Word/Picture Puzzles [AR] 11:00 November 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]
22 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]	**23** **Wear Fall Colors Day!** 9:30 Wake Up To Wellness [L] 10:00 Word Searches [AR] **11:00 Silver Reader Delivery** 1:00 Trivia Corner [AR] 2:00 Nail Polishing [AR] **3:00 Star of the Month & Travelogue [AR]** 4:30 Daily Chronicle Fun Facts [L] **5:00 Family Photo Night!** **6:00 Music with Vic** 7:00 Evening TV Shows [L]	**24** 9:30 Wake Up To Wellness [L] 10:00 Who Am I? [AR] 11:00 Conversation Ball [AR] 12:00 Lunch In - Jersey Mike's Subs [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 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]	**26** **Thanksgiving** **Wear Fall Colors/Turkey Themed Day!** 9:30 Wake Up To Wellness [L] 10:00 Crossword Puzzles [AR] 11:00 Table Broom Hockey [AR] 1:00 Nail Polishing [AR] **1:30 Classics with Chris** 2:30 Turkey Hat Ring Toss [AR] 3:30 Turkey Tumble Bowling [AR] 4:30 Daily Chronicle Fun Facts [L] 6:00 Pokeno and Cards Club [AR] 7:00 Evening TV Shows [L]	**27** **Wear Purple Day!** 9:30 Wake Up To Wellness [L] 10:00 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]	**28** 9:30 Wake Up To Wellness [L] 10:00 Word/Picture Puzzles [AR] 11:00 November 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]
29 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]	**30** **Wear Fall Colors Day!** 9:30 Wake Up To Wellness [L] 10:00 Word Searches [AR] 1:00 Trivia Corner [AR] 2:00 Nail Polishing [AR] **3:00 Crafty Hour in the Activity Room [AR]** 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	Emotional Intellectual Other Physical Purposeful Social Spiritual	**Location Key** Activity Room **AR** Multi-Purpose Room **MP** Lounge **L**	