November 2026

Forest Hill Heights Memory Care

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** 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]	**2** **Wear Fall Colors 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]	**3** **Election Day** 10:30 Wake Up To Wellness [MCL] 11:00 Matching Memory [MCD] 12:30 Daily Chronicle Fun Facts [MCL] **1:00 Crafty Time! [MCL]** **3:00 Life Long Learning [MCD]** 4:00 Picture Book Recall [MCD] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**4** 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]	**5** **Wear Your Favorite Sweater Day!** **10:00 Frank James Jams [MCD]** 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]	**6** **Wear Purple 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]	**7** 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 Turkey Games! [MCL] 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 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]	**9** **Wear Fall Colors 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]	**10** 10:30 Wake Up To Wellness [MCL] 11:00 Matching Memory [MCD] 12:30 Daily Chronicle Fun Facts [MCL] **1:00 Crafty Time! [MCL]** **2:00 Music with Tom Cooke [MCD]** **2:00 Scenic Bus Trip** **3:00 Life Long Learning [MCD]** 4:00 Picture Book Recall [MCD] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**11** **Veterans Day** **Wear Patriotic Colors Day!** **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] **2:00 Veteran's Day Service with Ben** **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]	**12** **Wear Plaid/Flannel 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]	**13** **Wear Purple 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]	**14** 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 Turkey Games! [MCL] 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 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]	**16** **Wear Fall Colors 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]	**17** 10:30 Wake Up To Wellness [MCL] 11:00 Matching Memory [MCD] 12:30 Daily Chronicle Fun Facts [MCL] **1:00 Fall Afternoon Social! [MCD]** **3:00 Life Long Learning [MCD]** 4:00 Picture Book Recall [MCD] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**18** 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]	**19** **Wear a Graphic 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] 5:30 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 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]	**21** 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 Turkey Games! [MCL] 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 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]	**23** **Wear Fall Colors 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]** **5:00 Family Photo Night! [MP]** 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**24** 10:30 Wake Up To Wellness [MCL] 11:00 Matching Memory [MCD] 12:30 Daily Chronicle Fun Facts [MCL] **1:00 Crafty Time! [MCL]** **1:30 Music with Vic [MCD]** **2:00 Scenic Bus Trip** **3:00 Life Long Learning [MCD]** 4:00 Picture Book Recall [MCD] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**25** 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]	**26** **Thanksgiving** **Wear Fall Colors/Turkey Themed 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 Travelogue [MCD]** 4:00 Writing Refresh [MCD] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]	**27** **Wear Purple 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]	**28** 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 Turkey Games! [MCL] 4:00 Dry Erase Puzzles [MCL] 5:30 After Dinner Stretch [MCL] 6:00 Evening TV Shows [MCL] 7:00 Evening Music [MCL]
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