



FOREST HILLS OF DC INCLUSIVE SENIOR LIVING	EST SIDE MEMORY CARE HILLS OF DC COMMUNITY	023			AL Lounge All Floors Assembly Hall Bistro Library	 ♪ Special Events ➡ Exercise ➡ Social ♥ Arts & Crafts ♥ Games ★ Coffee Hour ♥ Volunteers
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Htappy of the	1 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry♥ 11:30 The Happening / News Review 2:00 Presentation with Peter Stephens from Disability Rights DC♥ 3:00 Music with Bruce Thomas♪	2 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Craft Time 2:00 Bingo 3:00 Ice Cream Social 3:30 Ice Cream Cart	3 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Yoga w/ Tiffaney¶– 2:30 Town Hall Meeting	4 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 2:00 Bingo 3:00 Balloon Badminton 6:30 Throwback Thursday Cinema♪	5 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Friday Arts Talk: The Music of Rodgers and Hammerstein 2:00 Cinco de Mayo Celebration 2:30 Catholic Communion +	6 10:50 Daily Chronicles, Trivia, Horoscope № 11:00 Move 2 Music 2:00 Table & Trivia Games & 3:00 Ice Cream Social №
7 10:30 Music w/ Jerry Roman ♪ 10:50 Daily Chronicles, Trivia, Horoscope ₪ 11:00 Hymns & Gospel † 3:00 Music with Senorita Sunshine ♪	8 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry 11:30 The Happening / News Review 2:00 Balloon Badminton 3:00 Slow Song Sing-a-long	9 9:30 Coffee & Chat <i>É</i> 10:15 Daily Chronicles/Trivia/Horoscope <i>11:00 Sit and Be Fit</i> <i>11:30 Armchair Travel</i> <i>2:00 Bingo </i> <i>3:00 Ice Cream Social</i> 3:30 Ice Cream Cart	10 9:30 Coffee & Chat € 10:15 Daily Chronicles/Trivia/Horoscope <i>11:00 Chair Yoga w/ Tiffaney</i> <i>2:30 Wednesday Bowl-a-rama</i> ++ 4:00 Virtual Games	11 9:30 Coffee & Chat € 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba ← 2:00 Bingo & 3:00 Cocktail Hour w/ Rearview Mirror 6:30 Throwback Thursday Cinema ♪	12 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Friday Arts Talk: The Music of Irving Berlin 1:45 Forest Hills Choir.♪ 2:30 Catholic Communion † 3:00 Popcorn Social 6:15 After Hours Bridge Club ØØ	13 10:50 Daily Chronicles, Trivia, Horoscope 11:00 Move 2 Music 2:00 Table & Trivia Games € 3:00 Ice Cream Social
14 10:50 Daily Chronicles, Trivia, Horoscope 11:00 Hymns & Gospel † 2:00 Mother's Day Social♪	10:30 Reading & Lectures w/ Merry	16 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Craft Time 2:00 Bingo 3:00 Ice Cream Social 3:30 Ice Cream Cart	17 9:30 Coffee & Chat € 10:15 Daily Chronicles/Trivia/Horoscope <i>11:00 Chair Yoga w/ Jacinda</i> <i>2:30 Wednesday Bowl-a-rama</i> <i>4</i> 4:00 Virtual Games	18 9:00 OLD PEOPLE ARE COOL RELAY 2023 3:00 Cocktail Hour w/ Jerry Roman⊎ 6:30 Throwback Thursday Cinema♪	19 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Friday Arts Talk: The Music of Duke Ellington 1:45 Forest Hills Choir♪ 2:30 Catholic Communion† 3:00 Popcorn Social 6:15 After Hours Bridge Club ØØ	20 10:50 Daily Chronicles, Trivia, Horoscope 11:00 Move 2 Music 2:00 Table & Trivia Games & 3:00 Ice Cream Social
21 10:50 Daily Chronicles, Trivia, Horoscope 11:00 Hymns & Gospel † 2:00 Cinematic Sunday!♪	22 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry 2:00 Balloon Badminton 5:00 Music with Quentin.	23 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Sit and Be Fit 11:30 Armchair Travel 2:00 Bingo 3:00 Ice Cream Social 3:30 Ice Cream Cart	24 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Yoga w/ Jacinda 2:30 Wednesday Bowl-a-rama 4:00 Virtual Games	25 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 2:00 Bingo 3:00 Cocktail Hour w/ Sara Jones 6:30 Throwback Thursday Cinema ♪	26 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Friday Arts Talk: The Music of Cole Porter 1:45 Forest Hills Choir.♪ 2:30 Catholic Communion† 3:00 Popcorn Social 6:15 After Hours Bridge Club Ø	27 10:50 Daily Chronicles, Trivia, Horoscope № 11:00 Move 2 Music 2:00 Table & Trivia Games & 3:00 Ice Cream Social №
28 10:50 Daily Chronicles, Trivia, Horoscope 11:00 Hymns & Gospel † 2:00 ☐ Cinematic Sunday! ♪	Memorial Day 29 9:30 Coffee & Chat ÷ 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merryth 11:30 The Happening / News Review 2:00 Balloon Badminton 3:00 Karaoke Time	30 9:30 Coffee & Chat ≦ 10:15 Daily Chronicles/Trivia/Horoscope ■ 11:00 Sit and Be Fit 11:30 Armchair Travel 2:00 Bingo 3:00 Ice Cream Social ■ 3:30 Ice Cream Cart	31 9:30 Coffee & Chat 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Morning Stretch 2:30 Wednesday Bowl-a-rama 4:00 Virtual Games	NATIONAL NURSES WEEK	National SKILLED NURSING CARE Week	REMEMBER AND HONOR REMEMBER AND HONOR MEMORIAL DAY