

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FOREST HILLS OF DC

BY GOODWIN LIVING

FOREST HILLS OF DC BY GOODWIN LIVING		1 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean-AH 2:00pm Cash Prize Bingo -AH 3:00pm Fishbowl Charades - AH 3:30pm First day of September Social & Happy Hour - AH 4:30pm Mail Delivery 	2 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Yoga by Tiffany - AH 2:00pm Art Expressions - AH 2:30pm Cranium Conundrums, Cognitive Thinking Puzzles - AH 4:30pm Mail Delivery 	3 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Pump it up with Miles -AH 2:00pm Resident Council Meeting - AH 3:00pm Axe Throwing Social & Happy Hour - AH 4:30pm Mail Delivery 	4 10:00am What's the Buzz & Triva - AH 10:15am The Hirshon Museum & Sculpture Garden outing; Basquiat and Banksy Exhibit 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean-AH 2:00pm Balloon Volleyball - AH 2:45pm Catholic Mass - Ah 3:15pm Small Bites Social - AH 4:30pm Mail Delivery	5 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Zumba Fitness Fun with Laurie -AH 2:00pm Bingo Fun for everyone - AH 3:00pm National Cheese Pizza Day Social & Puzzle fun - AH 4:30pm Mail Delivery
6 10:00am Morning Greetings & Gather - AH 10:30am Gospel Selections, Meditation & Reflections _ AH 11:15am Morning Praise & Worship Tunes with Jerry Roman - AH 2:00pm Mid- day Matinee & Refreshments - AH 3:30pm Cookies & Juice Social - AH 4:30pm Mail Delivery	7 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am music by Quentin Walston -AH 2pm - 4pm Labor Day Cook out Celebration w Performer outside Garden Area 4:30pm Mail Delivery  Labor Day HAPPY LABOR DAY	8 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean - AH 2:00pm Cash Prize Bingo -AH 3:00pm Fishbowl Charades - AH 3:30pm Cornhole Fun & Happy Hour -AH 4:30pm Mail Delivery	9 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Yoga by Tiffany - AH 2:00pm Creative Corner; Fall Art - AH 3:00pm Wii Bowling Frenzy with friends-AH 4:00pm Chips & Guacamole Social- AH 4:30pm Mail Delivery	10 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Balloon Laser ball w/ Charlene 2:00pm Coin Bingo - AH 3:00pm Welcoming New Resident Happy Hour on Healthcare - Healthcare Patio 4:30pm Mail Delivery 	11 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Jerry Roman the Piano Man 11:00am Lunch Bunch Outing; Clydes of Chevy Chase 2:00pm September Scavenger Hunt 2:45pm Catholic Mass - AH 3:00pm All things September Social 4:30pm Mail Delivery Rosh Hashanah Begins	12 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Fall Watercolor Painting - AM 1:00pm Collegiate Football - Library 2:00pm Bingo Fun for everyone - AH 3:00pm 70's Grooves & Fall Tunes Social -AH 4:30pm Mail Delivery 
13 10:00am Morning Greetings & Gather - AH 10:30am Gospel Selections, Meditation & Reflections _ AH 11:00am Watercolor Painting - AH 2:00pm Balloon Badminton - AH 3:30pm Eduardo and his singing guitar - AH 4:25pm NFL on Fox Wash; VS Eagles Library 4:30pm Mail Delivery 	14 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Balloon Volleyball -AH 2:00pm Proclamation & Opening of National Assisted Living Week Ceremony - AH 2:30pm Jeopardy Challenge - AH 3:00pm Small bites Social - AH 4:30pm Mail Delivery Assisted Living Week 	15 <i>*wear your favorite Fall Hat</i> 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean - AH 2:00pm CrAZy Fall Hat BINGO - AH 3:00pm Walking Taco Nacho Bar & Happy Hour- AH 4:30pm Mail Delivery Assisted Living Week 	16 <i>*wear your favorite shade of green</i> 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Yoga by Tiffany - AH 2:00pm Through the years, Guessing Game- AH 3:00pm Nostalgic Nibbles Social - AH 4:30pm Mail Delivery Assisted Living Week	17 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Health talk with Sharise -AH 2:00pm Dancing through the Decades - AH 3:00pm 70's Vibe Social & Happy Hour - AH 4:30 Mail Delivery Assisted Living Week BOOGIE DOWN	18 10:00am What's the Buzz & Triva 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean -AH 1:45pm FH Choir w/ Vicki Merlo - AH 2:00pm Celebratory Cookout with DJ Fat Cat (outside) 2:45pm Catholic Mass- AH 4:30pm Mail Delivery Assisted Living Week 	19 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Zumba Fitness Fun with Laurie -AH 2:00pm Bingo Fun for everyone - AH 3:00pm Tailgate Social & Trivia 4:30pm Mail Delivery Oktoberfest Begins 
20 10:00am Morning Greetings & Gather - AH 10:30am Gospel Selections, Meditation & Reflections _ AH 11:15am Mid-morning Walking Club 2:00pm Watercolor Painting - AH 3:25pm NFL on FOX Wash; VS Cowboys-Lib 3:30pm Eduardo and his singing guitar - AH 4:30pm Mail Delivery 	21 10:00am What's the Buzz & Triva 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Modeling Clay & Meditation - AH 2:00pm Balloon Badminton & Hydration - AH 3:00pm Cornhole fun Social - AH 4:30pm Mail Delivery	22 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean - AH 2:00pm Fall BINGO BONANZA - AH 3:00pm First Day of Fall Trivia & Autumn Time Happy Hour -AH 3:30pm Checkers & Board Games -AH 4:30pm Mail Delivery Autumn Begins 	23 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Yoga by Tiffany - AH 2:00pm Celebrating Hispanic Heritage Month with a Salsa/Merengue Experience-AH 3:00pm All things Fall Social - AH 4:30pm Mail Delivery 	24 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Balloon Laser ball w/ Charlene - AH 2:00pm Ca\$H BINGO - AH 3:00pm All for fall Social & Happy Hour - AH 4:30pm Mail Delivery	25 10:00am What's the Buzz & Triva 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean -AH 11:00am Lunch Bunch Outing; Guapo's Mexican Restaurant 2:00pm Penny Pinchers Game- AH 2:45pm Catholic Mass - Library 3:15pm Last Fridays with Bruce Monthly B-Day Celebration - AH 4:30pm Mail Delivery Sukkot Begins 	26 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Fall Watercolor Painting - AM 1:00pm Collegiate Football - Library 2:00pm Bingo Fun for everyone -AH 3:00pm Cranium Craze & Sweater Weather Social- AH 4:30pm Mail Delivery 
27 10:00am Morning Greetings & Gather - AH 10:30am Gospel Selections, Meditation & Reflections _ AH 11:00am Watercolor Painting - AH 1:00pm NFL on FOX Wash; VS SEAHAWKS 2:00am Balloon Volleyball & Hydration -AH 3:00pm Sweatshirt Weather Social -AH 4:30pm Mail Delivery 	28 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Art Expressions; Fall time painting - AH 2:00pm Monday Matinee with refreshments; Legends of the Fall 4:00pm Thoughts of Fall Social _ AH 4:30pm Mail Delivery	29 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Fitness w/ Sean - AH 2:00pm COIN BINGO - AH 3:00pm Pumpkin Spice & Puzzles Happy Hour -AH 3:30pm Cool Tunes for Cool Times -AH 4:30pm Mail Delivery 	30 10:00am What's the Buzz & Triva - AH 10:30am Morning rounds & Daily Chronicle Review - HCC 11:00am Seated Yoga by Tiffany - AH 2:00pm Fall time Food for thought with Fred - AH 2:30pm Football Follies & Trivia - AH 3:00pm Spiced Doughnuts & Coffee Social - AH 4:30pm Mail Delivery 	<i>*All Activities are subject to change</i> September 2026		