October 2026

* We wear PINK Thursdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *We wear PINK Thursdays 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Get Pumped with Miles -AH 2:00pm Resident Council Meeting - AH 3:00pm All for Fall Game time- AH 3:30pm Autumn Time Social & Happy Hour- AH 4:30pm Mail Delivery	2 10:00am *What's the buzz & Trivia - AH* 10:30am *Fall time Craft with Sidwell Friends - AH* 10:30am Morning Prayers with Lynne - AH 11:30am Seated Fitness with Sean- AH 1:45pm Ca$hpot BINGO - AH 2:45pm Catholic Mass - Library 3:00pm Fall Fun facts Social & Board Games - AH 4:30pm Mail Delivery	3 10:00am What's the Buzz &Trivia - AH 10:30am Morning Rounds & Daily Chronicle Review - HCC 11:00am *ZUMBA Fitness Fun with Laurie - AH* 1:00pm Collegiate Football - Library 2:00pm BINGO Fun for everyone - AH 3:00pm *National Cinnabon Day Social - AH* 4:30pm Mail Delivery Simchat Torah Begins
4 *9:30am NFL on FOX Wash; VS Colts @Tottenham* 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 *Afternoon Worship Service with Dale - AH* 2:30pm Fall time Hallmark Movies - AH 3:30pm Fall Breeze Social - AH 4:30pm Mail Delivery	5 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am music by *Quentin Walton - Lobby* *11:00am Seated Fitness Fun with Sean - AH* *2:00pm Mid-day Devotion w/ Lynne* *2:30pm The History & Fun facts of The World Series with Miles-AH* *3:00pm Warm Doughnuts & Cider* *Happy Hour- AH* *4:30 Mail Delivery*	6 10:00am What's the buzz & Trivia- AH 10:30am *Fall time Service Project & Craft w/ Sidwell Friends - AH* 11:30am *Seated Fitness Fun w/ Sean - AH* *2:00pm Candy corn Bingo- AH* *3:00pm Fall Foliage Social- AH* *4:30pm Mail Delivery*	7 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Yoga with Tiffany -AH 2:00pm Mid-day Devotion with Lynne- AH 2:30pm Mandalas & Meditation- AH 3:00pm Remember When Social - AH 4:30pm Mail Delivery	8 *We wear PINK Thursdays 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Laser Balloon ball with Charlene - AH 1:00pm Food Forum in AL Dining Room 2:00pm Candy BINGO - AH 3:00pm Welcoming New Residents Reception & Happy Hour - AH 4:30pm Mail Delivery	9 10:00am *What's the buzz & Trivia - AH* 10:30am Morning Prayers with Lynne - AH 11:00am *Piano Tunes with Jerry Roman -AH* 11:00am LUNCH BUNCH outing 2:00pm Wii Bowling fun - AH 2:30pm Penny Pinchers Game - AH 2:45pm Catholic Mass - Library 3:00pm Sweater Weather Social - AH 4:30pm Mail Delivery	10 10:00am What's the Buzz &Trivia - AH 10:30am Morning Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun with Sean - AH* 1:30pm *Piano Tunes By Matthew - Lobby* 2:00pm Cash BINGO with HU Students - AH 3:00pm *Cornhole & Board game fun Social - AH* 4:30pm Mail Delivery
11 10:00am Morning Greetings & Gather - AH 10:30am *Morning Devotion with Lynne - AH* 11:00am Cranium Busters & Puzzles - AH *1:00pm NFL on FOX Wash; Vs Giants - Library* 2:00pm Balloon Volleyball - AH 3:00pm Soulful Sunday Social with friends - AH 4:30pm Mail Delivery	12 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* *2:00pm Mid-day Devotion w/Lynne* *2:30pm Columbus Day Trivia & Fun Facts - AH* *3:00pm All that Jazz Happy Hour-AH* Columbus Day (U.S.)	13 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* *2:00pm Health Talk w/ Teresa; Breast Cancer Awareness Month-AH* *2:30pm Cookie Decorating - AH* *3:00pm Coin Bingo- AH* *4:30pm Mail Delivery*	14 10:00am *What's the buzz & Trivia- AH* 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Yoga with Tiffany -AH 2:00pm Mid-day Devotion with Lynne- AH 2:30pm " Taste of Bavarian" Octoberfest - AH 4:30pm Mail Delivery Oktoberfest	15 *We wear PINK Thursdays 10:00am *What's the buzz & Trivia- AH* 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Get pumped with Miles- AH* 2:00pm Fall time BINGO - AH 3:00pm All things Fall Social & Happy Hour - AH 4:30pm Mail Delivery	16 *9:45am Butler's Apple Orchard Outing* 10:00am *What's the buzz & Trivia - AH* 10:30am Morning Prayers with Lynne - AH 11:00am Seated Fitness with Sean - AH 2:00pm BOO loon Badminton - AH 2:45pm Catholic Mass - Library 3:00pm Cranium Conundrums Social-AH 4:30 Mail Delivery	17 10:00am What's the Buzz &Trivia - AH 10:30am Morning Rounds & Daily Chronicle Review - HCC 11:00am *ZUMBA Fitness Fun with Laurie - AH* 1:00pm Collegiate Football - Library 2:00pm *BINGO Fun for everyone - AH* 3:00pm Autumn Tunes & cookies *Social - AH* 4:30pm Mail Delivery
18 10:00am Morning Greetings & Gather - AH 10:30am *Morning Devotion with Lynne - AH* 11:00am Cranium Busters & Puzzles - AH 2:00pm Mid - day Matinee & Refreshments-AH 3:30pm *Eduardo & His Singing Guitar - AH* 4:30pm Mail Delivery	19 *8:15PM NFL on Fox Wash; Vs 49ers* 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* *2:00pm Mid-day Devotion w/Lynne* 3:00pm Cornhole Fun Social & Happy Hour - AH 4:30pm Mail Delivery	20 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* 2:00pm Bingo Bonanza - AH 3:00pm *Food for Thought Cooking Demo with Chef Gerald - AH* 4:30pm Mail Delivery	21 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Yoga with Tiffany -AH 2:00pm Mid-day Devotion with Lynne- AH 2:30pm Jeopardy Challenge * Fall Edition - AH 3:00pm Fall in love Social - AH 4:30pm Mail Delivery	22 *We wear PINK Thursdays 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Laser Balloon ball with Charlene - AH 2:00pm Blackout Bingo - AH 3:00pm Harvest Time Happy Hour- AH 4:30pm Mail Delivery **6pm - 8pm Let's Celebrate 100 years of Service for Forest Hills - Lobby*	23 10:00am *What's the buzz & Trivia - AH* 10:30am Morning Prayers with Lynne - AH 11:00am LUNCH BUNCH Outing 11:00am Seated Fitness with Sean - AH 2:00pm *Fall time Potpourri Making - AH* *2:45pm Catholic Mass - Library* *3:00pm Pumpkin Spice & Everything Nice Social - AH* *4:30pm Mail Delivery*	24 10:00am What's the Buzz &Trivia - AH 10:30am Morning Rounds & Daily Chronicle Review - HCC 11:00am *Word scrabble & Puzzles -AH* 1:00pm Collegiate Football - Library 2:00pm *Coin Bingo with Friends - AH* 3:00pm Brain Puzzles & Pretzels Social - AH 4:30pm Mail Delivery
25 ** BYE Week for Commanders* 10:00am Morning Greetings & Gather - AH 10:30am Gospel Selections, Meditation & Reflections - AH 11:15am *Spin & Solve Puzzles - AH* 2:00pm *Afternoon Worship Service with Dale - AH* 3:30pm *Eduardo & His Singing Guitar - AH* 4:30pm Mail Delivery	26 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* *2:00pm Mid-day Devotion w/Lynne* *2:30pm Name that Spooky Character* *3:00pm Spin & Win Social & Happy Hour -AH* *4:30pm Mail Delivery*	27 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am *Seated Fitness Fun w/ Sean - AH* *2:00pm Coin Bingo - AH* *3:00pm Apple slices Social & Fall Brain Busters - AH* *4:30pm Mail Delivery*	28 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Yoga with Tiffany -AH 2:00pm Mid-day Devotion with Lynne- AH 2:30pm - 4pm Halloween Fest with Ryan of Goodwin Living- AH 4:30pm Mail Delivery	29 *We wear PINK Thursdays 10:00am What's the buzz & Trivia- AH 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Creative Corner - AH 2:00pm Boo Time BINGO - AH 3:00pm Witches Brew Game & Happy Hour - AH 4:30pm Mail Delivery	30 10:00am *What's the buzz & Trivia - AH* 10:30am Morning Prayers with Lynne - AH 11:00am Seated Fitness with Sean - AH 2:00pm Pumpkin Decorating - AH 2:45pm Catholic Mass - Library 3:15pm Monthly Birthday Celebration & Last Friday with Bruce Social -AH 4:30pm Mail Delivery	31 10:00am *What's the buzz & Trivia- AH* 10:30am AM Rounds & Daily Chronicle Review - HCC 11:00am Fall in Love with Painting - AH 2:00pm Halloween BINGO Mania - AH 3:00pm Fall Frenzy Trivia & Trick or Treat Social - AH HAPPY HALLOWEEN

Forest Hills of DC Assisted Living & Healthcare Center **4901 Connecticut Avenue NW, DC 20008**

*all activities are subject to change