

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Sterling Care Forest Hill

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* Residents, Family Members & Visitors Are Welcome to Participate in Activities.

*Activity Calendar (Activities, Times, Location) is Subject to Change. * Location Guide: A = Activity Room, DR = Dayroom, H = Hallway, OP = Outdoor Patio, RR = Resident Room, TG = Therapy Gym