


January 2019 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATION & PROGRAM KEY (GR-A1) Great Room A, 1st floor (GR-B1) Great Room B, 1st floor (GR-A2) Great Room A, 2nd floor (GR-B2) Great Room B, 2nd floor (CR) Club Room (FR) Family Room Special programs in bold.		1 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Internet Brain Teasers with Jalisa (CR) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 12:00 PM Birthday Luncheon in a dining room near you! 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1 & B2)	2 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah & Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Tea Social & Life in Pictures with Latifah & Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2)	3 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM In the Kitchen with Life Enrichment: Seasonal Fruit Salad (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:00 PM Balloon Volley to Music with Latifah (GR-A1) 2:30 PM Refreshments Served (GR-A1) 3:00 PM Holiday Happy Hour with Joe Chiocca (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 6:00 PM Musical Trivia with Jerry Roman (GR-B2) 7:00 PM Evening Concerts (GR-A1& B2)	4 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM Armchair Travels with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Familiar Songs Sing along with Jesse (GR-B2) 3:00 PM Tea & Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 6:30 PM Musical Trivia with Jerry Roman (GR-B2)	5 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures (European Castles) with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs & Clichés with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Strolls with Jalisa (GR-A1) 2:00 PM Watercolors with Jalisa (GR-A2) 3:00 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
6 9:45 AM Morning News & Review (GR-A2) 10:30 AM Balloon Volley with Denise (GR-B2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Life in Pictures with Denise (GR-A2) 2:00 PM Family Fun & Games with Denise (GR-A2) 3:00 PM Sunday, Sundae Social with Denise (GR-A1) 3:45 PM Afternoon Stretch with Denise (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	7 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Familiar Songs & Artistic Pursuits with Latifah (GR-B2) 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Indoor Strolls 2:00 PM Holiday Watercolors & Music with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1& A2)	8 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Interactive Art & Discussion with Joey Manlapaz (CR) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1 & B2)	9 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah & Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Tea Social & Life in Pictures with Latifah & Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2)	10 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM In the Kitchen with Life Enrichment: Seasonal Veggie Salad (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:30 PM Educational Happy Hour with Historian & Guitarist, Roy Justice (GR-A1) 3:00 PM Refreshments Served (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	11 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM Armchair Travels with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Familiar Songs Sing along with Vince Borrelli (GR-A1) 3:00 PM Tea & Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	12 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures (Iconic Photos) with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs & Clichés with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Strolls with Jalisa (GR-A1) 2:00 PM Watercolors with Jalisa (GR-A2) 3:00 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
13 9:45 AM Morning News & Review (GR-A2) 10:30 AM Music & Memories with Vocalist, Steve Pollack (GR-B2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Life in Pictures with Latifah (GR-A2) 2:00 PM Family Fun & Games with Latifah (GR-A2) 3:00 PM Sunday, Sundae Social with Latifah (GR-A1) 3:45 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	14 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Familiar Songs & Artistic Pursuits with Latifah (GR-B2) 10:30 AM Art Workshop with Joey Manlapaz (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Latifah (GR-A1) 2:00 PM Name that Tune with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1& A2)	15 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Internet Brain Teasers with Jalisa (CR) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1 & B2)	16 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Artistic Connections with Joey Manlapaz (GR-B2) 3:00 PM Tea Social & Life in Pictures with Latifah (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2)	17 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM In the Kitchen with Life Enrichment: Fruit Salad Creations (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:00 PM Balloon Volley to Music with Latifah (GR-A1) 3:00 PM Refreshments Served (GR-B2) 3:30 PM Dance Party with Chyp & Andi (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	18 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM Armchair Travels with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Familiar Songs Sing along with Vince Borrelli (GR-A1) 3:00 PM Tea & Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	19 9:45 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Internet Life in Pictures (Tropical Beaches) with Latifah (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs & Clichés with Latifah (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Strolls with Latifah (GR-A1) 2:00 PM Watercolors with Jalisa (GR-A2) 3:00 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
20 9:45 AM Morning News & Review (GR-A2) 10:30 AM Balloon Volley with Latifah (GR-B2) 11:30 AM Mood Music & Relax (GR-A1&2) 2:00 PM Family Fun & Games with Latifah (GR-A2) 3:00 PM Sunday, Sundae Social with Latifah (GR-A1) 3:45 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	21 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Familiar Songs & Artistic Pursuits with Latifah (GR-B2) 10:30 AM Robert Jenner Lecture: The Life & Songs of Irvin Berlin (CR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Latifah (GR-A1) 2:00 PM Name that Tune with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1& A2) Martin Luther King Jr Day	22 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Internet Brain Teasers with Jalisa (CR) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1 & B2)	23 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah & Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Tea Social & Life in Pictures with Latifah & Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2)	24 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM In the Kitchen with Life Enrichment: Veggie Salad Creations (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:00 PM Balloon Volley to Music with Latifah (GR-A1) 2:30 PM Refreshments Served (GR-B2) 3:00 PM Mobetter Entertainment (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	25 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM Interactive Art & Discussion with Joey Manlapaz (CR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Familiar Songs Sing along with Vince Borrelli (GR-A1) 3:00 PM Tea & Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	26 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures (Scenic Travels) with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs & Clichés with Jalisa (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Strolls with Jalisa (GR-A1) 2:00 PM Watercolors with Jalisa (GR-A2) 3:00 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
27 9:45 AM Morning News & Review (GR-A2) 10:30 AM Fantastic Folk Singing with Siobhan Obrien (GR-A1) 10:30 AM Balloon Volley with Latifah (GR-B2) 12/30 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Life in Pictures with Latifah (GR-A2) 2:00 PM Family Fun & Games with Latifah (GR-A2) 3:00 PM Sunday, Sundae Social with Latifah (GR-A1) 3:45 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	28 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Familiar Songs & Artistic Pursuits with Latifah (GR-A2) 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Latifah (GR-A1) 2:00 PM Name that Tune with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1& A2)	29 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Internet Brain Teasers with Jalisa (CR) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1 & B2)	30 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Afternoon Stroll with Latifah (GR-A2) 1:30 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Tea Social & Life in Pictures with Latifah (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2)	31 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM In the Kitchen with Life Enrichment: Veggie Salad Creations (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:00 PM Balloon Volley to Music with Latifah (GR-A1) 3:00 PM Refreshments Served (CR) 3:30 PM Karaoke Happy Hour (Familiar Songs) with Jalisa & Latifah (CR) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	FOREST SIDE DAY PROGRAM Hours of Operation: Monday–Friday 8:30am-4:30pm Lunch is served at 12:00pm Social & Refreshments at 3:00pm Weekends & Holidays CLOSED	January Birthdays:  Martha Patterson - 14 Rosalie Cornelius – 27