

# July 2018 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:45 AM Morning News & Review (GR-A2) 10:30 AM Balloon Volley & Big Band Music with Latifah (GR-A1) 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)	<b>2</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Reminiscing on the Patio with Latifah 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Garden Strolls with Latifah 2:00 PM (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1&2) 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)	<b>3</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM World Events with Shea (Apt 114) 10:30 AM Memory Exercise: Animal Bingo with Latifah (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 12:00 PM Birthday Luncheon (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 with Life Enrichment (GR-A1) 3:00 PM Tea Social & Reminiscing with Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	<b>4</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Patriotic Music and Folk Songs with Scott Giambuso (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 12:00 PM Independence Day Cookout (Patio) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Tea Social & Soothing Music with Latifah (GR-A1) 3:30 PM Afternoon Stretch with Engagement Staff (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Memory Exercises (GR-A1& A2) <b>Independence Day</b>	<b>5</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Manicures & Music (GR-A1) 10:30 AM Armchair Travels with Shea: The Bible Museum (Apt 114) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 3:00 PM Refreshments Served (GR-B2) 3:30 PM Happy Hour with Wendell Bunyan (GR-B2) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	<b>6</b> 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM Garden Club with Shea: The Sights and Sounds of Nature (Patio) 11:15 AM Catholic Communion (FR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Shea 2:00 PM Sing along with Jessie (GR-B2) 3:00 PM Tea & Music Social (GR-A1) 3:30 PM Afternoon Stretch with Shea (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 6:30 PM Musical Trivia with Jerry Roman (GR- B2)	<b>7</b> 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM Computer Connections: Familiar Songs Sing along with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Poetic Expressions with Shea (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Walking Club with Shea (GR-A1) 2:00 PM Watercolors with Shea (Abstract) (GR-A2) 3:00 PM Afternoon Stretch with Shea (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>8</b> 9:45 AM Morning News & Review (GR-A2) 10:30 AM Interactive Music with Guitarist Ari Jacobson (GR-A1) 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)	<b>9</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Art Workshop with Joey Manlapaz (GR-A2) 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Garden Strolls with Latifah 2:00 PM (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1&2) 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)	<b>10</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM World Events with Shea (Apt 114) 10:30 AM Interactive Art & Discussion with Joey Manlapaz (Apt 114) 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 with Life Enrichment (GR-A1) 3:00 PM Tea Social & Reminiscing with Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	<b>11</b> 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 Sounds of Military Rd. Men's Group with Latifah (Front Porch) 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 & Soothing Music 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)	<b>12</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Engagement Staff (GR-A1) 10:30 AM Armchair Travels with Latifah: International Spy Museum (Apt 114) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Circuit Wellness (GR-A2) 2:30 PM Happy Hour & History with 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)	<b>13</b> 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM Garden Club with Joy: Garden Chores 11:15 AM Catholic Communion (FR) 11:30 AM One on One with Joy (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Joy 2:00 PM Music & Memories with Pablo Productions (GR-B2) 3:00 PM Tea & Music Social with Joy (GR-A1) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	<b>14</b> 9:45 AM Morning Stretch with Denise (GR-A2) 10:30 AM Artistic Pursuits with Denise (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Poetic Expressions with Denise (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Walking Club with Denise (GR-A1) 2:00 PM News in Review with Denise (GR-A2) 3:00 PM Afternoon Stretch with Denise (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>15</b> 9:45 AM Morning News & Review (GR-A2) 10:30 AM Balloon Volley & Big Band Music with Latifah (GR-A1) 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)	<b>16</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Reminiscing on the Patio with Latifah 10:30 AM Robert Jenner Lecture: Everyday Life in the Middle Ages (Apt 114) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Garden Strolls with Latifah 2:00 PM (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1&2) 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)	<b>17</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Exercise: Animal 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-A1) 2:00 PM Creative Arts & Crafts with Life Enrichment (GR-A1) 3:00 PM Tea Social & Reminiscing with Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	<b>18</b> 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 Sounds of Military Rd. Men's Group with Latifah (Front Porch) 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 & Soothing Music 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)	<b>19</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Latifah (GR-A1) 10:30 AM Armchair Travels with Latifah: National Museum of African American History (Apt 114) 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 (Patio) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	<b>20</b> 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM Garden Club with Jalisa: Painting Flowers on the Patio 11:15 AM Catholic Communion (FR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Sing along with Jessie (GR-B2) 3:00 PM Tea & Music Social with Jalisa (GR-A1) 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)	<b>21</b> 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Computer Connections: Familiar Songs Sing along with Joy (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Poetic Expressions with Shea (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Walking Club with Joy (GR-A1) 2:00 PM Watercolors with Joy (Abstract) (GR-A2) 3:00 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>22</b> 9:45 AM Morning News & Review (GR-A2) 10:30 AM Easy Listening with Pianist Amy Boromet (GR-A1) 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)	<b>23</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Famous Faces 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 Watercolors & Music with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1&2) 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)	<b>24</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Exercise: Animal 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-A1) 2:00 PM Creative Arts & Crafts with Life Enrichment (GR-A1) 3:00 PM Tea Social & Reminiscing with Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	<b>25</b> 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 Sounds of Military Rd. Men's Group with Latifah (Front Porch) 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 & Soothing Music 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)	<b>26</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Latifah (GR-A1) 10:30 AM Armchair Travels with Latifah: National Museum of African American History (Apt 114) 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 on the Patio 3:30 PM Music Trivia on the Patio with Latifah 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	<b>27</b> 9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM Interactive Art & Discussion with Joey Manlapaz (Apt 114) 11:15 AM Catholic Communion (FR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Afternoon Stroll with Joy 2:00 PM Computer Connections: Sing along with Joy (GR-A2) 3:00 PM Tea & Music Social with Joy (GR-A1) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	<b>28</b> 9:45 AM Morning Stretch with Denise (GR-A2) 10:30 AM Artistic Pursuits with Denise (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Poetic Expressions with Denise (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:30 PM Walking Club with Denise (GR-A1) 2:00 PM News in Review with Denise (GR-A2) 3:00 PM Afternoon Stretch with Denise (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>29</b> 9:45 AM Morning News & Review (GR-A2) 10:30 AM Balloon Volley & Big Band Music with Latifah (GR-A1) 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-A2) 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)	<b>30</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Famous Faces 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 Watercolors & Music with Latifah (GR-A2) 3:00 PM Refreshment & Music Social with Latifah (GR-A 1&2) 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)	<b>31</b> 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Exercise: Animal 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-A1) 2:00 PM Creative Arts & Crafts with Life Enrichment (GR-A1) 3:00 PM Tea Social & Reminiscing with Latifah (GR-A1) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	Individual visits with residents take place daily throughout the day depending on need and resident preference. Evening movies, concerts, and television specials for residents noted each day as space permits. Monthly outings are available to residents on a rotating schedule.	<b>LOCATION &amp; PROGRAM KEY</b> (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  (RES) Residents Special programs in bold.	<b>HAPPY BIRTHDAY!</b>  Elizabeth Doudoumopoulos – July 5 Paulette Pressley – July 9 Melvin Elfin- July 18  	<b>FOREST SIDE DAY PROGRAM</b> <b>Hours of Operation:</b>  Monday–Friday 8:30am-4:30pm  Lunch is served at 12:00pm Social & Refreshments at 3:00pm  Weekends & Holidays CLOSED