

# October 2018 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Oct 11- Bibiale Hadjaridoum</b> <b>Oct 18- Gina Damiano</b> <b>Oct 20- Florence Keren</b> <b>Oct 31- Margaret Yingling</b></p>	<p><b>1</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Sing Along on the Patio with Latifah 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Garden Strolls with Latifah 2:00 PM Watercolors &amp; Music with Latifah (GR-A2) 3:00 PM Refreshment &amp; Music Social with Latifah (GR-A 1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Comedy Classics (GR-A1&amp; A2)</p>	<p><b>2</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Internet Brain Teasers with Jalisa (Apt 114) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social &amp; Musical Memories with Jalisa &amp; Latifah (Patio) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2)</p>	<p><b>3</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah &amp; Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Life in Pictures with Latifah &amp; Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Memory Exercises (GR-A1&amp; A2)</p>	<p><b>4</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Manicures &amp; Music with Latifah (GR-A1) 10:30 AM Armchair Travel: Octoberfest Celebrations Jalisa (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 Happy Hour with Wendell Bunyan (GR-B2) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Evening Concerts (GR-A1&amp; B2)</p>	<p><b>5</b></p> <p>9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM The Sights and Sounds of Nature &amp; Nature Trivia with Jalisa (Patio) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Interactive Music with Jim Stephenson on Guitar (GR-A1) 3:00 PM Tea &amp; Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 6:30 PM Musical Trivia with Jerry Roman (GR- B2)</p>	<p><b>6</b></p> <p>9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs &amp; Clichés with Jalisa (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Relax (GR-A1&amp;A2) 7:00 PM Saturday Night Cinema &amp; Classic TV (GR-A1&amp; B2)</p>
<p><b>7</b></p> <p>9:45 AM Morning News &amp; Review (GR-A2) 10:30 AM Balloon Volley with Latifah (GR-B2) 11:30 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Life in Pictures with Latifah (GR-A2) 2:00 PM Family Fun &amp; 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 &amp; Relax (GR-A1&amp;A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)</p>	<p><b>8</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Artistic Pursuits with Latifah (GR-B2) 10:30 AM Art Workshop with Joey Manlapaz (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Garden Strolls with Latifah 2:00 PM Name that Tune with Latifah (GR-A2) 3:00 PM Refreshment &amp; Music Social with Latifah (GR-A 1) 3:00 PM Education Station with Marianna (Apt 114) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Comedy Classics (GR-A1&amp; A2)</p>	<p><b>9</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Internet Brain Teasers with Jalisa (Apt 114) 10:30 AM Interactive Art &amp; Discussion with Joey Manlapaz (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social &amp; Musical Memories with Jalisa &amp; Latifah (Patio) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2)</p>	<p><b>10</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah &amp; Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Life in Pictures with Latifah &amp; Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Memory Exercises (GR-A1&amp; A2)</p>	<p><b>11</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Manicures &amp; Music with Latifah (GR-A1) 10:30 AM Armchair Travels: Florence, Italy with Jalisa (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Circuit Wellness (GR-A2) 2:30 PM Happy Hour &amp; 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 &amp; Relax (GR-A1&amp;A2) 7:00 PM Evening Concerts (GR-A1&amp; B2)</p>	<p><b>12</b></p> <p>9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM The Sights and Sounds of Nature &amp; Nature Trivia with Jalisa (Patio) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Interactive Music with Jesse (GR-B2) 3:00 PM Tea &amp; Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 6:30 PM Musical Trivia with Jerry Roman (GR- B2)</p>	<p><b>13</b></p> <p>9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs &amp; Clichés with Jalisa (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Relax (GR-A1&amp;A2) 7:00 PM Saturday Night Cinema &amp; Classic TV (GR-A1&amp; B2)</p>
<p><b>14</b></p> <p>9:45 AM Morning News &amp; Review (GR-A2) 10:30 AM Interactive Music with Ari Jacobson on Guitar (GR-A1) 11:30 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Life in Pictures with Latifah (GR-A2) 2:00 PM Family Fun &amp; 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 &amp; Relax (GR-A1&amp;A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)</p>	<p><b>15</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Sing Along on the Patio with Latifah 10:30 AM Robert Jenner Lecture: Tom Paine's Common Sense (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Proverbs &amp; Clichés with Latifah (GR-A1) 2:00 PM Watercolors &amp; Music with Latifah (GR-A2) 3:00 PM Refreshment &amp; Music Social with Latifah (GR-A 1) 3:00 PM Education Station with Marianna (Apt 114) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Comedy Classics (GR-A1&amp; A2)</p>	<p><b>16</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Internet Brain Teasers with Jalisa (Apt 114) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:15 PM Musical, Traveling Ice Cream Cart in a day room near you! 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2)</p>	<p><b>17</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah &amp; Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Afternoon Stroll with Latifah (GR-A2) 2:00 PM Interactive Games with Life Enrichment (Garden) 3:00 PM Tea Social &amp; Life in Pictures with Latifah &amp; Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Memory Exercises (GR-A1&amp; A2)</p>	<p><b>18</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Manicures &amp; Music with Latifah (GR-A1) 10:30 AM Armchair Travels: Tuscany, Italy with Jalisa (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Andi (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Evening Concerts (GR-A1&amp; B2)</p>	<p><b>19</b></p> <p>9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 10:30 AM The Sights and Sounds of Nature &amp; Nature Trivia with Jalisa (Patio) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Interactive Music with Jesse (GR-B2) 3:00 PM Tea &amp; Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Cinema &amp; Classic TV (GR-A1&amp; B2)</p>	<p><b>20</b></p> <p>9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs &amp; Clichés with Jalisa (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Relax (GR-A1&amp;A2) 7:00 PM Saturday Night Cinema &amp; Classic TV (GR-A1&amp; B2)</p>
<p><b>21</b></p> <p>9:45 AM Morning News &amp; Review (GR-A2) 10:30 AM Balloon Volley with Latifah (GR-B2) 11:30 AM Mood Music &amp; Relax (GR-A1&amp;2) 2:00 PM Family Fun &amp; 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 &amp; Relax (GR-A1&amp;A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)</p>	<p><b>22</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Sing Along on the Patio with Latifah 10:30 AM Robert Jenner Lecture: (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Proverbs &amp; Clichés with Latifah (GR-A1) 2:00 PM Watercolors &amp; Music with Latifah (GR-A2) 3:00 PM Refreshment &amp; Music Social with Latifah (GR-A 1) 3:00 PM Education Station with Marianna (Apt 114) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Comedy Classics (GR-A1&amp; A2)</p>	<p><b>23</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Internet Brain Teasers with Jalisa (Apt 114) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social &amp; Musical Memories with Jalisa &amp; Latifah (Patio) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2)</p>	<p><b>24</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah &amp; Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Life in Pictures with Latifah &amp; Jalisa (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Memory Exercises (GR-A1&amp; A2)</p>	<p><b>25</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Manicures &amp; Music with Latifah (GR-A1) 10:30 AM Armchair Travels: Rome, Italy with Jalisa (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 Happy Hour with Wendell Bunyan (GR-B2) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Evening Concerts (GR-A1&amp; B2)</p>	<p><b>26</b></p> <p>9:45 AM Morning Stretch with Shea (GR-A2) 10:30 AM Interactive Art &amp; Discussion with Joey Manlapaz (Apt 114) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:30 PM Afternoon Stroll with Jalisa 2:00 PM Interactive Music with Jim Stephenson on Guitar (GR-A1) 3:00 PM Tea &amp; Mind Joggers with Jalisa (GR-A2) 3:30 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Cinema &amp; Classic TV (GR-A1&amp; B2)</p>	<p><b>27</b></p> <p>9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Internet Life in Pictures with Jalisa (GR-A2) 10:30 AM One on One with Engagement Staff (GR-A1) 11:00 AM Proverbs &amp; Clichés with Jalisa (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;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 &amp; Relax (GR-A1&amp;A2) 7:00 PM Saturday Night Cinema &amp; Classic TV (GR-A1&amp; B2)</p>
<p><b>28</b></p> <p>9:45 AM Morning News &amp; Review (GR-A2) 10:30 AM Interactive Music with Dave Ziebarth on Guitar (GR-A1) 11:30 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Life in Pictures with Latifah (GR-A2) 2:00 PM Family Fun &amp; 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 &amp; Relax (GR-A1&amp;A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)</p>	<p><b>29</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Sing Along on the Patio with Latifah 10:30 AM Individual Pursuits with Engagement Staff (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Proverbs &amp; Clichés with Latifah (GR-A1) 2:00 PM Watercolors &amp; Music with Latifah (GR-A2) 3:00 PM Refreshment &amp; Music Social with Latifah (GR-A 1) 3:00 PM Education Station with Marianna (Apt 114) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Comedy Classics (GR-A1&amp; A2)</p>	<p><b>30</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Internet Brain Teasers with Jalisa (Apt 114) 10:30 AM Bingo with Latifah (GR-A1) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Circuit Wellness (GR-A2) 1:30 PM Internet Travels with Latifah (GR-A2) 2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) 3:00 PM Tea Social &amp; Musical Memories with Jalisa &amp; Latifah (Patio) 3:30 PM Afternoon Strolls with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2)</p>	<p><b>31</b></p> <p>9:45 AM Morning Stretch (GR-A 1&amp;2) 10:30 AM Computer Connections: Familiar Songs Sing along with Latifah &amp; Jalisa (GR-A2) 11:15 AM Memory Exercises (GR-A2) 11:45 AM Mood Music &amp; Relax (GR-A1&amp;2) 1:00 PM Afternoon Stroll with Latifah (GR-A2) 1:30 PM Interactive Games with Life Enrichment (GR-A1) 3:00 PM Halloween Celebration with Ari Jacobson on Guitar (GR-A1) 3:30 PM Afternoon Stretch with Latifah (GR-A1) 4:00 PM Mood Music &amp; Relax (GR-A1&amp;A2) 7:00 PM Memory Exercises (GR-A1&amp; A2) <b>Happy Halloween</b></p>	<p><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</p> <p><b>Special programs in bold.</b></p>		<p><b>FOREST SIDE DAY PROGRAM</b> <b>Hours of Operation:</b></p> <p><b>Monday–Friday 8:30am-4:30pm</b></p> <p><b>Lunch is served at 12:00pm</b> <b>Social &amp; Refreshments at 3:00pm</b></p> <p><b>Weekends &amp; Holidays CLOSED</b></p>