

# October 2017 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:45 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Manicures with Latifah (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Mind Joggers with Latifah (GR- A1) 2:00 PM Sports Games with Latifah (GR-A1) 3:00 PM Sunday Cider Social & Clichés 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)	2 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Chris (GR-A2) 10:30 AM Poetry & Creative Storytelling with Chris (GR-A2) 11:15 AM Walking Club (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés (GR-A1) 2:15 PM Old Fashioned Guitar Songs & Sing-a-longs with Chris Covell (GR-A1) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Movie Musical (GR-A1&A2)	3 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Book (Photos) (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 12:00 PM Birthday Luncheon (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM Music Masters: The Marches of John Phillip Sousa with Chris (CR) 2:00 PM Short Stories on the Patio with Joy 3:00 PM Mocktails & Music Social (CR) 4:00 PM Mood Music & Relax (GR-A1&A2) 6:30 PM Music with Piano Man, Jerry Roman (GR-A1)	4 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Sing-a-long Songs with Joy (GR-A2) 10:30 AM Walking Club with Chris (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Foods from a Fall Harvest: Pumpkin Bread with Chris (GR-A2) 2:00 PM Puzzles & Projects with Joy (GR-A1) 3:00 PM Tea Social with Joy (GR-A1) 3:00 PM Mocktails & Social Hour (GR-A2) 4:00 PM Mood Music & Relax (GR-A1&A2)	5 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Joy (GR-A2) 10:30 AM News & Current Events: Celebrating Sukkot with Chris (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Dog Visit with Dolly Parton (GR-A1) 2:30 PM Happy Hour & Karaoke Lounge with Chris & Joy (GR-A1) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	6 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Life Skills & Reminiscing (GR-A2) 11:15 AM Walking Club with Joy (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM Name That Tune with Joy (GR-A1) 3:00 PM Tea Social & Music Social (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)	7 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Cool Down & Cliches with Jalisa (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 12:45 PM Individual's Choice (GR-A1, 2 & B2) 2:00 PM Music and Dance: The Andrew Sisters with Jalisa (GR-A1) 3:00 PM Tea 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 Saturday Night Cinema & Classic TV (GR-A1& B2)
8 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Proverbs & Cliches with Jalisa (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Manicures & Reminiscing with Jalisa (GR-A2) 2:00 PM Puzzles & Games with Jalisa (GR-A1) 3:00 PM Sunday Cider Social & Poems (Halloween & Autumn) with Jalisa (GR-A1) 3:45 PM Afternoon Stretch with Jalisa (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	9 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Art Workshop with Joey (CR) 10:30 AM Name that Tune with Joy (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Joy (GR-A1) 2:00 PM Patriotic Songs & Sing-a-longs with Chris & Joy (GR-A1) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1&A2)	10 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Book Creations with Joy (Travel) (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM World Music & Dance Party AHCA Volunteers & Life Enrichment (GR-A1) 3:00 PM Ice Cream Social (GR-A1&2) 3:00 PM Dog Visit with Lily (GR-A1&2) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Reading Exercises (GR-A2)	11 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Sing-a-long Songs with Joy (GR-A2) 10:30 AM Walking Club with Chris (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Foods from Iran: Yogurt Dip with Herbs from our Garden with Chris & Joy (GR-A1) 3:00 PM Birthday Social (GR-A1) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) Happy Birthday Bibi!	12 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Joy (GR-A2) 10:30 AM News & Current Events with Chris (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Proverbs & Cliches with Joy (GR-A1) 2:30 PM Happy Hour & History with Guitarist, Roy Justice (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	13 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Chris (GR-A2) 10:30 AM Balloon Volley to the Andrew Sisters Music (GR-A2) 11:15 AM Walking Club (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM Name That Tune Sing along with Chris (GR-A1) 3:00 PM Tea Social & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	14 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Cool Down & Cliches with Joy (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Puzzles & Pictures with Joy (GR-A1) 2:00 PM Fruit Cup Creations with Joy (GR-A1) 3:00 PM Tea Social with Joy (GR-A1) 4:00 PM Afternoon Stretch with Joy (GR-A1) 4:30 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
15 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Famous Faces with Joy (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Washington Redskins Football vs. San Francisco 49ers, Fox Channel 5 (GR-B1&B2) 1:00 PM Manicures & Reminiscing with Joy (GR-A1) 2:30 PM Sunday Cider Social & Memory Exercises 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 The Big Broadcast Radio Show, 88.5 FM (GR-A2)	16 8:30 AM Friendship & Fun (GR-B1) 9:30 AM Morning Stretch with Chris (CR) 10:30 AM Lecture with Robert Jenner: Switzerland, Small Wonder (CR) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Chris (GR-A1&A2) 2:15 PM 1960s Folk Songs & Sing-a-longs with Chris Covell (GR-A1) 3:00 PM Mocktails & Music Social (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Movie Musical (GR-A1&A2)	17 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Memory Book Creations with Joy (Family) (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation with Joy (GR-A2) 2:00 PM Dramatic Readings with Chris (GR-A2) 2:00 PM Short Stories on the Patio with Joy 3:00 PM Dog Visit with Lily (GR-A1&2) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	18 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Sing-a-long Songs with Joy (GR-A2) 10:30 AM Walking Club with Chris (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Virtual Destinations with Chris (CR) 2:00 PM Puzzles & Projects with Joy (GR-A2) 3:00 PM Tea Social with Joy (GR-A2) 3:00 PM Mocktails & Social Hour (CR) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Puzzles & Painting (GR-A2)	19 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Joy (GR-A2) 10:30 AM News & Current Events with Marianna (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Proverbs & Cliches with Joy (GR-A1) 2:00 PM Dog Visit with Dolly & Chris (GR-A1) 3:00 PM Mocktails & Social Hour (GR-A1) 3:30 PM Happy Hour & Dance Party with Chyp and Andi (GR-A1) 7:00 PM Evening Concerts (GR-A1& B2)	20 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Life Skills & Reminiscing (GR-A2) 11:15 AM Walking Club with Joy (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM Name That Tune with Joy (GR-A1) 3:00 PM Tea Social & Music Social (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)	21 9:45 AM Morning Stretch with Chris (GR-A2) 10:30 AM Dramatic Readings with Chris (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Puzzles & Pictures (GR-A1) 3:00 PM Tea Social & Music (GR-A1) 4:00 PM Afternoon Stretch with Chris (GR-A1) 4:30 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
22 9:45 AM Morning Stretch with Jalisa (GR-A2) 10:30 AM Dramatic Readings with Chris (Halloween) (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 2:00 PM Familiar Songs & Sing along Chris (GR-A1) 3:00 PM Sunday Cider Social with Chris (GR-A1) 3:45 PM Afternoon Stretch (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A2)	23 8:30 AM Friendship & Fun (GR-B1) 9:30 AM Morning Stretch with Joy (GR-A2) 10:30 AM Healthy Pizza Creations with Joy (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Joy (GR-A1) 2:15 PM Arts & Crafts with Joy (Halloween Party Masks) (GR-A2) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Comedy Classics (GR-A1&A2)	24 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Chris (GR-A2) 10:30 AM Memory Book Creations with Joy (Stories) (GR-A2) 1:00 PM Reading & Relaxation with Joy (GR-A2) 2:00 PM One on One on the Patio with Joy 2:30 PM Music with Steve Gellman (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Ice Cream Social (GR-A1&2) 4:00 PM Mood Music & Relax (GR-A1&2) 7:00 PM Reading Exercises (GR-A2)	25 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Sing-a-long Songs with Joy (GR-A2) 10:30 AM Walking Club with Chris (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Virtual Destinations with Chris (CR) 2:00 PM Puzzles & Projects with Joy (GR-A2) 3:00 PM Tea Social with Joy (GR-A2) 3:00 PM Mocktails & Social Hour (CR) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2)	26 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch (GR-A 1&2) 10:30 AM Bingo with Joy (GR-A2) 10:30 AM Celebrating Sukkot with Chris (GRA) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Internet Travels with Joy (GR-A2) 2:00 PM Dog Visit with Dolly Parton (GR-A1) 2:30 PM Happy Hour & Karaoke Lounge with Chris & Joy (GR-A1) 3:30 PM Afternoon Stretch with Joy (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Evening Concerts (GR-A1& B2)	27 8:30 AM Friendship & Fun (GR-B1) 9:45 AM Morning Stretch with Chris (GR-A2) 10:30 AM Balloon Volley to the Andrew Sisters Music (GR-A2) 11:15 AM Walking Club (GR-A1) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation (GR-A2) 2:00 PM Name That Tune Sing along with Chris (GR-A1) 3:00 PM Tea Social & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Cinema & Classic TV (GR-A1& B2)	28 9:45 AM Morning Stretch (GR-A2) 10:30 AM Cool Down & Cliches with Joyce (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Puzzles & Pictures with Joy (GR-A1) 2:00 PM No Bake Cookie Creations with Joy (GR-A1) 3:00 PM Tea Social with Joy (GR-A1) 4:00 PM Afternoon Stretch with Joy (GR-A1) 4:30 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Saturday Night Cinema & Classic TV (GR-A1& B2)
29 9:45 AM Morning Stretch with Joy (GR-A2) 10:30 AM Famous Faces with Joy (GR-A2) 11:30 AM Mood Music & Relax (GR-A1&2) 1:00 PM Manicures & Reminiscing with Joy (GR-A1) 2:30 PM Sunday Cider Social & Memory Exercises 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 The Big Broadcast Radio Show, 88.5 FM (GR-A2)	30 8:30 AM Friendship & Fun (GR-B1) 9:30 AM Morning Stretch with Chris (CR) 10:30 AM Poetry & Creative Storytelling with Chris (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Proverbs & Clichés with Chris(GR-A1) 2:15 PM Classic Country Artists (Learning Circle) with Chris Covell (GR-A1) 3:00 PM Mocktails & Music Social (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&A2) 7:00 PM Movie Musical (GR-A1&A2)	31 9:00 AM Friendship & Fun (GR-B1) 10:00 AM Morning Stretch with Chris(GR-A2) 10:30 AM Party Prep with Joy (GR-A2) 11:45 AM Mood Music & Relax (GR-A1&2) 1:00 PM Reading & Relaxation with Joy (GR-A2) 2:00 PM Halloween Celebration with Chris (Stories & Song) (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Mocktails & Music Social (GR-A1) 4:00 PM Mood Music & Relax (GR-A1&2) Happy Halloween!	HAPPY BIRTHDAY!  Bibi Hadjardioun – October 11 <sup>th</sup> Florence Keren – October 20 <sup>th</sup> 	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	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  (RES) Residents Special programs in bold.	Individual visits with residents take place daily throughout the day depending on need and resident preference. Evening movies, concerts, and television specials for residents are noted each day as space permits. Monthly outings are available to residents on a rotating schedule.  Individual's Choice indicates varied individual or small group activities. Activity domains / Life Enrichment opportunities include Physical, Cognitive, Social, Sensory and Spiritual