

May 2017 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Happy Birthday! Mary Sue Hannan – May 4th Dr. James Puklin – May 11th Lillian Wright – May 12th</p> 	<p>1</p> <p>10:00 AM Range of Motion & Music (GR-A1) 10:30 AM Poetry & Song with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&2) 1:30 PM May Day Fun with Chris (GR-A1) 2:15 PM Hula Dancing with Aloha Hula DC (GR-A1) 3:15 PM Afternoon Stretch & Refreshments with Chris (GR-A1) 7:00 PM Movie: Elvis Blue Hawaii (GR-A2) 7:00 PM Documentary: Cruise to Hawaii (GR-A1) May Day / Lei Day</p>	<p>2</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Spa: Manicures, Music & Relaxation with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&2) 12:30 PM Birthday Luncheon (GR-A1&2) 2:15 PM Reminiscing with Latifah & Chris (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Ice Cream Social (GR-A1) 6:30 PM Music with Piano Man, Jerry Roman (GR-A1)</p>	<p>3</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Culinary Arts: Chocolate Pudding Pie with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&2) 2:00 PM Bake Shop Open with Latifah (FR) 2:15 PM Gardening with Chris (BP) 3:00 PM Afternoon Stretch with Latifah (BP) 7:00 PM Washington Nationals Baseball vs. Arizona Wildcats, Channel 5 (GR-A1&2)</p>	<p>4</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News & Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&2) 12:45 PM Chair Yoga with Latifah (GR-A2) 2:00 PM Dog Visit with Dolly Parton (GR-A1) 2:30 PM Sue Hannan's 100th Birthday Celebration with Chris (GR-A1) 7:00 PM Mind Joggers (GR-A1&2) Happy Birthday Sue!</p>	<p>5</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Arts & Crafts with Latifah (GR-A2) 12:00 PM Cinco de Mayo Lunch 2:15 PM A Virtual Visit to Mexico with Latifah (GR-A1) 3:00 PM Afternoon Stretch & Refreshments with Latifah (GR-A1) 7:00 PM Concert: Burn the Floor (GR-A1) 7:00 PM Documentary: Mexico (GR-A2) Cinco de Mayo</p>	<p>6</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM A Day at the Races with Chris (GR-A2) 11:30 AM Life Skills (GR-A1&2) 2:30 PM Piano Performance by Joaquin Espinel (GR-A1) 3:00 PM Tea Social & Music (GR-A1) 3:45 PM Afternoon Stretch (GR-A1) 7:00 PM Movie: Secretariat (GR-A1) 7:00 PM Movie: National Velvet (GR-A2)</p>
<p>7</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Honoring Nurses with Chris (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Guitar Songs & Sing-a-longs with Chris (GR-A1) 3:00 PM Tea Social & Music (GR-A1) 3:45 PM Afternoon Stretch with Chris (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A1&2) National Nurses' Week</p>	<p>8</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Spa: Manicures & Music (GR-A2) 10:30 AM Art Appreciation & Application with Joey Mánlapaz (CR) 11:30 AM Life Skills (GR-A2) 2:15 PM American Pride Bingo (GR-A1) 3:15 PM Afternoon Stretch with Latifah (GR-A1) 7:00 PM Documentary: America's Most Scenic Drives (GR-A1&2) Spirit of America Theme Week</p>	<p>9</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Arts & Crafts with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Chair Yoga with Latifah (GR-A2) 12:45 PM Sunlight Serenade with Chris (GR-A1) 2:15 PM Red, White, & Blue Ring Toss with Latifah (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Ice Cream Social (GR-A1&2) 7:00 PM Watercolors & Music (GR-A1&2)</p>	<p>10</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Culinary Arts: Star Spangled Cookies with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:00 PM Bake Shop Open with Latifah (FR) 2:15 PM Mad Hatter Tea Party with Chris (GR-A1) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Washington Nationals Baseball vs. Baltimore Orioles, Channel 42 (GR-A1&2)</p>	<p>11</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM Outstanding Opera Music with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&2) 2:00 PM Dog Visit with Dolly Parton (GR-A1) 2:30 PM Happy Hour with Historian & Guitarist, Roy Justice (GR-A1) 7:00 PM Mind Joggers (GR-A1&2) Happy Birthday Dr. Puklin!</p>	<p>12</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM First Ladies with Chris (GR-A2) 11:00 AM Shabbat Service (FR) 2:15 PM Patriotic Songs & Sing-alongs with Chris (GR-A1) 3:00 PM Afternoon Stretch & Refreshments with Chris (GR-A1) 7:00 PM Movies: American Presidents (GR-A1) and Portrait of America (GR-A2) Happy Birthday Lillian!</p>	<p>13</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Puzzles & More with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Parachute Fun with Latifah (GR-A1) 3:00 PM Tea Social & Music GR-A1 3:45 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: Andy Griffith (GR-A1&2)</p>
<p>14</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Arts & Crafts with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:00 PM Mother's Day Luncheon 1:35 PM Washington Nationals Baseball vs. Philadelphia Pirates, Ch.29 (GR-B1&2) 2:15 PM Garden Games with Latifah (BP) 3:00 PM Tea Social & Music (BP) 3:45 PM Afternoon Stretch (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A1&2) Happy Mother's Day</p>	<p>15</p> <p>10:00 AM Range of Motion & Music (CR) 10:30 AM Lecture with Robert Jenner: The History of Marijuana (CR) 11:30 AM Life Skills (GR-A2) 2:15 PM Puzzles & More (GR-A1&2) 3:15 PM Afternoon Stretch with Refreshments (GR-A1&2) 7:00 PM BBC-TV: Pie in the Sky (GR-A1&2)</p>	<p>16</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Sports Games with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Chair Yoga with Latifah (GR-A2) 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) 7:00 PM Watercolors & Music (GR-A1&2)</p>	<p>17</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Culinary Arts: Patriotic Parfaits with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:00 PM Bake Shop Open with Latifah (FR) 2:15 PM Poetry on the Patio with Chris (GR-A1) 3:00 PM Afternoon Stretch & Refreshments (GR-A1) 7:00 PM Washington Nationals Baseball vs. Pittsburgh Pirates, Channel 42 (GR-A1&2)</p>	<p>18</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News & Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&2) 12:45 PM Chair Yoga with Latifah (GR-A2) 2:00 PM Dog Visit with Dolly (GR-A1) 2:30 PM Happy Hour & Karaoke Lounge with Chris Covell (GR-A1) 7:00 PM Mind Joggers (GR-A1&2)</p>	<p>19</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Creative Storytelling with Chris (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM A Virtual Visit to the National Mall (GR-A1) 3:00 PM Afternoon Stretch & Refreshments (GR-A1) 7:00 PM Concert: A Tribute to Pavarotti (GR-A1&2) International Museum Day</p>	<p>20</p> <p>10:00 AM Morning Stretch (BPorch) 10:30 AM Cool Down with Cliches with Jalisa (GR-A2) 11:30 AM Life Skills (GR-A1&2) 2:15 PM Healthy Living with Jalisa (GR-A1) 3:00 PM Tea Social & Music with Jalisa (GR-A1) 3:45 PM Afternoon Stretch (GR-A1) 7:00 PM BBC-TV: Lord Peter Wimsey Mysteries (GR-A1&2)</p>
<p>21</p> <p>10:00 AM Morning Stretch (BPorch) 10:30 AM Cool Down with Cliches with Jalisa (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Poems & Proverbs with Jalisa (Patio) 3:00 PM Tea Social & Music (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A1&2)</p>	<p>22</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM All About Animals with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Gardening with Chris (BP) 3:00 PM Afternoon Stretch & Refreshments with Latifah (BP) 7:00 PM Documentary: Sights & Sounds of Nature (GR-A1&2)</p>	<p>23</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Balloon Bop with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Chair Yoga with Latifah (GR-A2) 2:00 PM Bingo's Gang String Quartet (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Ice Cream Social (GR-A1) 7:00 PM Watercolors & Music (GR-A1)</p>	<p>24</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Culinary Arts: Garden Fresh Thyme with Lemon Dip with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:00 PM Bake Shop Open with Latifah (FR) 2:15 PM Modern Marvels with Chris (GR-A1) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Washington Nationals Baseball vs. Seattle Mariners, Channel 42 (GR-A1&2)</p>	<p>25</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News & Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&2) 2:15 PM Dog Visit with Dolly (GR-A1) 3:00 PM Happy Hour with Rearview Mirror (GR-A1) 7:00 PM Mind Joggers (GR-A1&2)</p>	<p>26</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM American Pride Bingo (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Virtual Visit to Chicago (GR-A1) 3:00 PM Afternoon Stretch (GR-A1&2) 7:00 PM Documentary: Kitten Party (GR-A1) 7:00 PM Documentary: Puppy Party (GR-A2)</p>	<p>27</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Reminiscing with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Sports Games (GR-A1) 3:00 PM Tea Social & Music (GR-A1) 3:45 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: Lawrence Welk (GR-A1&2)</p>
<p>28</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Spa: Manicure & Music (GR-A2) 11:30 AM Life Skills (GR-A2) 2:15 PM Parachute Fun with Latifah (GR-A1) 3:00 PM Tea Social & Music (GR-A1) 3:45 PM Afternoon Stretch with Latifah (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (GR-A1&2)</p>	<p>29</p> <p>10:00 AM Range of Motion (GR-A2) 10:30 AM Arts & Crafts with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:00 PM BBQ Food & Fun (BP) 2:15 PM Memorial Day Tribute with Chris (BP) 3:00 PM Afternoon Stretch (BP) 7:00 PM Puzzles & Games (GR-A1) Memorial Day</p>	<p>30</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Proverbs with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&2) 2:00 PM Flora & Fauna in our Backyard with Chris (BP) 3:00 PM Dog Visit with Lilly (GR-A1&2) 3:00 PM Ice Cream Social (GR-A1) 7:00 PM Watercolors & Music (GR-A1&2)</p>	<p>31</p> <p>10:00 AM Range of Motion & Music (GR-A2) 10:30 AM Culinary Arts: Garden Fresh Mock Mint Julips with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&2) 2:00 PM Bake Shop with Latifah (FR) 2:15 PM Famous Faces with Chris (GR-A1) 3:00 PM Afternoon Stretch with Latifah (GR-A1) 7:00 PM Mind Joggers (GR-A1&2)</p>	<p>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 (DR) Dining Room (BPo) Front Porch (BP) Back Patio Special guests in bold.</p>	<p>Individual visits with residents take place daily throughout the day depending on need and resident preference.</p> <p>Special Events or activities take place throughout the day that may not be reflected on the schedule.</p>	