# **December 2017** Life Enrichment Program Schedule: Forest Side

*All activities are subject to change with notice*

FOREST SIDE MEMORY CARE
A FOREST HILLS OF DC COMMUNITY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **LOCATION & PROGRAM KEY**<br>**(GR-A1)** Great Room A, 1st floor<br>**(GR-B1)** Great Room B, 1st floor<br>**(GR-A2)** Great Room A, 2nd floor<br>**(GR-B2)** Great Room B, 2nd floor<br>**(CR)** Club Room<br>**(FR)** Family Room<br><br>**(RES)** Residents<br>**Special programs in bold.** | **HAPPY BIRTHDAY!**<br><br>**Barbara Ruskin 12/14**<br>**Charlotte Ehrenhaft 12/27**<br><br> | 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.<br><br>Individual's Choice indicates varied individual or small group activities. Activity domains / Life Enrichment opportunities include Physical, Cognitive, Social, Sensory and Spiritual | **FOREST SIDE DAY PROGRAM**<br>Hours of Operation:<br><br>Monday–Friday 8:30am-4:30pm<br><br>Lunch is served at 12:00pm<br>Social & Refreshments at 3:00pm<br><br>Weekends & Holidays CLOSED | | **1**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch with Jalisa (GR-A2)<br>**10:30** Around the World with Jalisa: Ooh La, La Christmas In Paris (CR)<br>**11:30 AM** Walking Club with Jalisa (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Deck The Halls with Jalisa (GR-A2)<br>**2:00 PM** Christmas Trivia (GR-A1**)**<br>**3:00 PM Tea and Music Social**(GR-A1)<br>**3:30 PM** Afternoon Joy with Jalisa (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Cinema & Classic TV (GR-A1& B2 | **2**<br>**9:45 AM** Morning Stretch with Shaunta (GR-A2)<br>**10:30 AM** Name that Tune with Shaunta(CR)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** A Cup Of Christmas Tea Story with Shaunta (GR-A2)<br>**2:00 PM** Nails and Tales with Shaunta (GR-A1)<br>**3:00 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Christmas Night Cinema & Classic TV (GR-A1& B2) |
| 3<br>**9:45 AM** Morning Stretch with Joy (GR-A2)<br>**10:30 AM** Sunday Inspiration with Shaunta (CR)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Reading and Relaxation with Joy<br>**2:00 PM Smooth Sounds of Darryl (GR-A1)**<br>**3:00 PM** Sunday, Sundae with Shaunta (GR-A1)<br>**3:45 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** The Big Broadcast Radio Show, 88.5 FM (GR-A2) | **4**<br>**8:30 AM** Friendship & Fun Latifah (GR-B1)<br>**9:45 AM** Morning Stretch with Latifah (GR-A2)<br>**10:30** Crafty Pursuits with Latifah: Hello Snow (CR)<br>**10:30 AM** Spa Morning with Latifah (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Latifah (GR-A1)<br>**2:00 PM** Sing-a-longs with Latifah **(GR-A1)**<br>**3:00 PM** Refreshment & Music Social (GR-A1)<br>**3:30 PM** Afternoon Stretch with Latifah (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Comedy Classics (GR-A1& A2) | **5**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 By Faith: Validation Group (CR)**<br>**10:30 AM** Small Group Projects with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**12:00 PM Birthday Luncheon (GR-A1&2)**<br>**1:00 PM** Reading & Relaxation (GR-A2)<br>**2:00 PM Documentary & Discussion with Shaunta: The King Of Rock and Roll (CR)**<br>**2:15 PM** Nails and Tales with Joy (GR-A1)<br>**3:00 PM** Refreshments & Music with Shaunta (GR-A1)<br>**3:00 PM** Dog Visits with Lily (GR-A1&A2)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**6:30 PM Music with Piano Man, Jerry Roman (GR-A1)** | **6**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Shake Rattle and Roll (GR-A 1&2)<br>**10:30 Around the World with Shaunta: Christmas in Rio de Janerio (CR)**<br>**10:30 AM** Puzzles & More with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs and Clichés with Joy (GR-A2)<br>**2:00 PM** Baking with Joy: Holiday Cookies (GR-A2)<br>**3:00 PM** Holiday Cookies & Tea Social with Shaunta & Joy (GR-A1 & 2)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A2)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Memory Exercises (GR-A1& A2) | **7**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM** Spa Morning with Joy (GR-A1)<br>**10:30 AM** News & Current Events with Shaunta (GR-A2)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Sing-a-longs with Shaunta (GR-A2)<br>**2:15 PM** Proverbs & Clichés with Joy (GR-A1)<br>**3:30 PM Happy Hour & Jazz with Wendell Bunyan (GR-B2)**<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Evening Concerts (GR-A1& B2) | **8**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch with Joy (GR-A2)<br>**10:30 AM** Holiday Karaoke with Shaunta(CR)<br>**10:30 AM** Life Skills and Reminiscing with Joy (GR-A1)<br>**11:30 AM** Walking Club with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Joy (GR-A2)<br>**2:00 PM** Life in Pictures with Joy (GR-A1)<br>**2:00 PM** Name That Tune with Shaunta (GR-A2)<br>**3:00 PM** Tea & Music Social (GR-A1)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2) **7:00 PM** Cinema & Classic TV (GR-A1& B2**)** | 9<br>**9:45 AM** Morning Stretch with Latifah (GR-A2)<br>**10:30 AM** Creative Corner with Latifah: Creating Gingerbread houses(CR)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>1**:00 PM** Reading and Relaxation (GR-A1&A2)<br>**2:00 PM Movies and Popcorn: Miracle on 34th Street(CR)**<br>**3:00 PM** Tea Social with Latifah (GR-A1)<br>**4:00 PM** Afternoon Stretch with Latifah (GR-A1)<br>**4:30 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Music & Reminiscing(GR-A1& B2) |
| **10**<br>**9:45AM** Morning Stretch with Latifah (GR-A2)<br>**10:30 AM** with Latifah (GR-A2)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Manicures & Reminiscing with Latifah (CR)<br>**2:00PM** Reading and Relaxation Latifah (GR-A1)<br>**3:30 PM** Afternoon Stretch with Latifah (GR-A1)<br>**4:00PM Washington Redskins Football vs. L.A. Chargers, (GR-1&2)**<br>**7:00 PM** The Big Broadcast Radio Show, 88.5 FM (GR-A2) | **11**<br>**8:30 AM** Friendship & Fun with Joyce (GR-B1)<br>**9:45 AM** Shake Rattle and Roll (GR-A 1&2)<br>**10:30 AM** Art Workshop with Joey & Shaunta (CR)<br>**10:30 AM** Spa Morning with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Joy (GR-A1&A2)<br>**2:00 PM** Crafty Pursuits with Shaunta: Christmas Cards (GR-A1)<br>**2:00 PM** Watercolors & Reminiscing with Joy (GR-A1)<br>**3:00 PM** Refreshment & Music Social with Joy (GR-A1)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Movie Musical (GR-A1&A2) | **12**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM By Faith: Validation Group (CR)**<br>**10:30 AM** Small Group Projects with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs and Clichés with Joy (GR-A2)<br>**2:00 PM Internet Travels & Discussion with Shaunta: Christmas in New York (CR)**<br>**2:15 PM** Puzzles & Pictures with Joy (GR-A1)<br>**3:00 PM** Refreshments & Music with Shaunta (GR-A1)<br>**3:00 PM** Dog Visit with Lily (GR-A1&2)<br>**3:00 PM** Refreshment & Music Social (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&2)<br>7:00PM Memory Exercises (GR-A1&A2)<br>**Hanukkah Begins** | **13**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Shake Rattle and Roll (GR-A 1&2)<br>**10:30 AM Around the World with Shaunta: Christmas in Israel (CR)**<br>**10:30 AM** Puzzles & More with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM Tales of Light with Shaunta: Honoring Hanukkah GR-2**<br>**2:00 PM** Baking with Joy: Celebrating Hanukkah (GR-A1)<br>**2:00 PM** Mind Joggers with Shaunta (GR-A2)<br>**3:00 PM** Cupcakes & Tea with Joy (GR-A1)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A2)<br>**4:00 PM** Mood, Music and Relax (GR-A1&A2)<br>**7:00 PM** Memory Exercises (GR-A1& A2) | **14**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM** Spa Morning with Joy (GR-A1)<br>**10:30 AM** News & Current Events with Shaunta (GR-A2)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Hanukkah Sing-a-longs(GR-A2)<br>**2:30 PM Happy Hour & Music History with Roy Justice(GR-A1)**<br>**3:30PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Evening Concerts (GR-A1& B2) | **15**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch with Latifah (GR-A2)<br>**10:30 AM** 12 days of Christmas Countdown (GR-A2)<br>**11:30 AM** Walking Club with Latifah (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Reading & Relaxation (GR-A2)<br>**2:00 PM** Bingo with Latifah (GR-A1**)**<br>**3:00 PM** Tea & Music Social (GR-A2)<br>**3:30 PM** Afternoon Stretch with Latifah (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Cinema & Classic TV (GR-A1& B2) | **16**<br>**9:45 AM** Morning Stretch with Denise (GR-A2)<br>**10:30 AM** Creative Corner with Denise(GR-A2)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Puzzles & Pictures with Denise**(GR-A2)**<br>**2:00 PM Small Group Projects Denise: Making cards in honor of Hanukkah (GR-A1)**<br>**3:00 PM** Afternoon Stretch (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Saturday Night Cinema & Classic TV (GR-A1& B2) |
| **17**<br>**9:45 AM** Morning Stretch with Denise (GR-A2)<br>**10:30 AM** Lets Dance with Denise (GR-A2)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00PM Washington Redskins Football vs. Arizona Cardinals(GR-A1&A2)**<br>**2:00 PM** Familiar Songs & Sing along with Denise (GR-A1)<br>**3:00 PM** Sunday Tea Social & with Denise (GR-A1)<br>**3:45 PM** Afternoon Stretch Denise (GR-A1)<br>**4:00 PM Soothing Guitar and Holiday Music with Ingrid (GR- A1)**<br>**7:00 PM** The Big Broadcast Radio Show, 88.5 FM (GR-A2) | **18**<br>**8:30 AM** Friendship & Fun with Latifah (GR-B1)<br>**9:45 AM** Morning Stretch with Latifah (GR-A2<br>**10:30 AM Lecture with Robert Jenner: The Kings of Retail (CR)**<br>**10:30 AM** Spa Morning with Latifah (GR-A1<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Latifah (GR-A1)<br>**2:00 PM Crafty Pursuits: Snowman Pinecones with Latifah (GR-A2)**<br>**3:00 PM** Refreshment & Music Social with Latifah (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Comedy Classics (GR-A1&A2) | **19**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM By Faith: Validation Group (CR)**<br>**10:30 AM**<br>1:00 PM Tales of the Light with Shaunta: Honoring Hanukkah (GR-A2)<br>**2:30 PM** Holiday **Music with Steve Gellman (GR-A1)**<br>**3:00 PM** Refreshments & Music with Shaunta (GR-A1)<br>**3:00 PM** Dog Visit with Lily (GR-A1&2)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&2)<br>**7:00 PM** Music & Reminiscing (GR-A 1&2 | **20**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Shake Rattle and Roll (GR-A 1&2)<br>**10:30 AM Around the World with Shaunta: Christmas in Germany (CR)**<br>**10:30 AM** Puzzles & More with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Famous Faces with Joy (GR-A2)<br>**2:00 PM** Holiday Karaoke with Shaunta (GR-A1)<br>**2:00 PM** One on One with Joy (GR-A1)<br>**3:00 PM** Refreshments & Reminiscing with Joy (CR)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A2)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00PM** Memory Exercises(GR-A1&A2) | **21**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM** Spa Morning with Joy (GR-A1)<br>**10:30 AM** News & Current Events with Shaunta (GR-A2)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Sing Along with Shaunta (GR-A2)<br>**2:15 PM** Proverbs & Clichés with Joy (GR-A1)<br>**3:30PM Happy Hour& Dance Party with Chyp and Andi(GR-A1)**<br>**4:00PM** Mood Music & Relax(GR-A1&2)<br>**7:00 PM** Holiday Movies (GR-A1& B2) | **22**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch with Joy (GR-A2)<br>**10:30 AM** Holiday Karaoke with Shaunta(CR)<br>**10:30 AM** Life Skills and Reminiscing with Joy (GR-A1)<br>**11:30 AM** Walking Club with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Joy (GR-A2)<br>**2:00 PM** Life in Pictures with Joy (GR-A1)<br>**2:00 PM** Name That Tune with Shaunta (GR-A2)<br>**3:00 PM** Tea & Music Social (GR-A1)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Cinema & Classic TV (GR-A1& B2**)** | **23**<br>**9:45 AM** Morning Stretch with Latifah(GR-A2)<br>**10:30 AM** Name that tune Latifah (GR-A2)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Puzzles & Pictures with Latifah (GR-A1)<br>**2:00 PM Creative Corner with Latifah: Pine Cone Christmas Trees (GR-A1)**<br>**3:00 PM** Tea Social with Latifah (GR-A1)<br>**4:00 PM** Afternoon Stretch with Latifah(GR-A1)<br>**4:30 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Saturday Night Cinema & Classic TV (GR-A1& B2) |
| **24/31**<br>**9:45 AM** Morning Stretch (GR-A2)<br>**10:30 AM** Famous Faces (GR-A2)<br>**11:30 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Manicures & Reminiscing (GR-A1)<br>**2:00 PM** Sunday Tea Social & Memory Exercises (GR-A1)<br>**3:30 PM** Memory Exercises (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** The Big Broadcast Radio Show, 88.5 FM (GR-A2)<br><br>**Christmas Eve/ New Year's Eve** | **25**<br>**9:45 AM** Shake Rattle and Roll(GR-A 1&2)<br>**10:30 AM** Creative Holiday Storytelling & Poems with Joy (GR-A2)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Proverbs & Clichés with Joy (GR-A1)<br>**2:00 PM Movies and Popcorn: A Christmas Carol(CR)**<br>**3:00 PM** Refreshment & Music Social (GR-A1)<br>**3:30 PM** Afternoon Stretch (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2<br>**7:00 PM** Music & Reminiscing (GR-A1&A2)<br><br>**Christmas Day** | **26**<br>**8:30 AM** Friendship & Fun with Joy (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM By Faith: Validation Group (CR)**<br>**10:30 AM** Automobiles of the 1950's with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Reading & Relaxation with Joy (GRA2)<br>**2:00 PM Documentary & Discussion with Shaunta: The King Of Rock and Roll (CR)**<br>**2:15 PM** Puzzles & Pictures with Joy (GR-A1)<br>**3:00 PM** Refreshments & Music with Shaunta (GR-A1)<br>**3:00 PM** Dog Visit with Lilly (GR-A1&2)<br>**3:30 PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:00 PM** Mood Music & Relax (GR-A1&2)<br>**7:00 PM** Music & Reminiscing (GR-A 1&2 | **27**<br>**8:30 AM** Friendship & Fun Joy (GR-B1)<br>**9:45 AM** Shake Rattle and Roll (GR-A 1&2)<br>**10:30 AM Around the World & Discussion with Shaunta: New Year's In Barcelona, Spain (CR)**<br>**10:30 AM** Puzzles & More with Joy (GR-A1)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Famous Faces with Joy: (GR-A2)<br>**2:00 PM** Karaoke Sing Along with Shaunta (GR-2)<br>**2:00 PM** One on One with Joy (GR-A1)<br>**3:00 PM** Ice Cream & Music Social with Joy (GR-A2)<br>**3:30 PM** Afternoon Joy with Shaunta (GR-A2)<br>**4:00 PM** Mood Music & Relax (GR-A1&A2) | **28**<br>**8:30 AM** Friendship & Fun (GR-B1)<br>**9:45 AM** Morning Stretch (GR-A 1&2)<br>**10:30 AM** Spa Morning with Joy (GR-A1)<br>**10:30 AM** News & Current Events with Shaunta (GR-A2)<br>**11:45 AM** Mood Music & Relax (GR-A1&2)<br>**1:00 PM** Internet Travels with Joy (GR-A2)<br>**2:15 PM** Proverbs & Clichés with Joy (GR-A1)<br>**3:30 PM Happy Hour & Jazz with Wendell Bunyan (GR-B2)**<br>**4:00 PM** Mood Music & Relax (GR-A1&A2)<br>**7:00 PM** Evening Concerts (GR-A1& B2) | **29**<br>**8:30AM** Friendship& Fun(GR-B1)<br>**9:45AM** Let's Dance(GR-A1&2)<br>**10:30AM** Crafty Pursuits with Jalisa (GR-A1)<br>**11:30AM** Walking Club(GR-A1)<br>**11:45AM** Mood Music & Relax (GR-A1&2)<br>**1:00PM** Proverbs and Clichés with Shaunta (GR-A2)<br>**2:00PM** Word Jumbles with Jalisa (GR-A1)<br>**3:00PM** Tea & Music Social (GR-A1)<br>**3:30PM** Afternoon Joy with Jalisa (GR-A1)<br>**4:00PM** Mood Music & Relax( GR-A1&A2)<br>**7:00PM** Holiday Classics & TV (GR-A1&B2**)** | **30**<br>**9:45AM** Morning Stretch with Shaunta (GR-A2)<br>**10:30AM** Creative Corner with Shaunta (CR)<br>**11:30AM** Mood Music & Relax (GR-A1&A2)<br>**1:00PM** Puzzles & Pictures with Shaunta (GR-A1)<br>**2:00PM Time Capsules with Shaunta (CR)**<br>**3:00PM** Tea Social with Shaunta (CR)<br>**4:00PM** Afternoon Stretch with Shaunta (GR-A1)<br>**4:30PM** Mood Music & Relax (GR-A1&A2)<br>**7:00PM** Saturday Night Cinema & Classic TV (GR-A1&B2) |