


# August 2017 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>August Outings</b> August 9<sup>th</sup>: Scenic Ride of the National Mall</p> <p>August 22<sup>nd</sup>: A Visit to Brookside Gardens with Lunch</p> <p>Outings are available to residents on a rotating schedule.</p>	<p><b>Happy Birthday!</b> Bernadette Crehan – August 5<sup>th</sup> Dorothy Millan – August 5<sup>th</sup> Terry Lenzner – August 10<sup>th</sup> Karl Hebebrand – August 16<sup>th</sup> Alice Berlad – August 26<sup>th</sup></p> 	<p><b>1</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Arts &amp; Crafts with Latifah (GR-A2) 11:00 AM Dog Visit with Dolly Parton &amp; Chris (GR-A1&amp;2) 11:30 AM Life Skills (GR-A2) 12:00 PM <b>Birthday Luncheon (GR-A1&amp;2)</b> 12:45 PM Walking Club with Latifah (Patio) 2:15 PM <b>Guitar Songs &amp; Sing-a-longs with Chris Covell (GR-A1)</b> 3:00 PM Ice Cream Social (GR-A1&amp;2) 6:30 PM <b>Music with Piano Man, Jerry Roman (GR-A1)</b></p>	<p><b>2</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Culinary Arts: Garden Fresh Thyme &amp; Honey Ricotta Spread with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Must See Places of the World, Australia (GR-A1&amp;2) 2:15 PM A Virtual Visit to Ireland with Chris (CR) 2:30 PM Walking Club with Latifah (Patio) 3:00 PM Afternoon Stretch with Latifah (GR-A1) 7:00 PM Washington Nationals Baseball vs. Miami Marlins, Channel 42 (GR-A1&amp;2)</p>	<p><b>3</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News &amp; Current Events with Chris (GR-A1) 12:45 PM Walking Club with Latifah (Patio) 2:00 PM Dog Visit with Dolly Parton &amp; Chris (GR-A1) 2:30 PM <b>Happy Hour &amp; Piano Performance with Joaquin Stubbs (GR-A1)</b> 7:00 PM Mind Joggers (GR-A1&amp;2)</p>	<p><b>4</b></p> <p>10:00 AM Morning Stretch with Chris (GR-A1) 10:30 AM Dramatic Readings with Chris (GR-A1) 12:45 PM Concert: Legendary Crooners (GR-B2) 2:15 PM The Life &amp; Music of Louis Armstrong with Chris (GR-A1) 3:00 PM Afternoon Stretch with Chris (GR-A1) 7:00 PM Musical: Frank Sinatra's On the Town (GR-A1) and Frank Sinatra's Take Me Out To The Old Ball Game (GR-A2) <b>Louis Armstrong's Birthday</b></p>	<p><b>5</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Birthday Bingo with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&amp;2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Balloon Bop Birthday Celebration (GR-A1) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: Andy Griffith Show (GR-A1&amp;2) <b>Happy Birthday Bernadette! Happy Birthday Dorothy!</b></p>
<p><b>6</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Famous Faces with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Sports Games with Latifah (Patio) 2:20 PM Washington Nationals Baseball vs. Chicago Cubs, Channel 42 (GR-B1&amp;2) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (Porch)</p>	<p><b>7</b></p> <p>10:00 AM Morning Stretch with Chris (Porch) 10:30 AM Poetry on the Porch with Chris (Porch) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Kitty Party (GR-B2) 2:00 PM Dog Visit with Felix &amp; Maggie (GR-A1&amp;2) 2:30 PM <b>Guitar Songs &amp; Sing-alongs with Chris (GR-A1)</b> 3:00 PM Afternoon Stretch with Chris (GR-A1) 7:00 PM Concert: Liberace (GR-A1&amp;2)</p>	<p><b>8</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Arts &amp; Crafts with Latifah (GR-A2) 11:00 AM Dog Visit with Dolly Parton &amp; Chris (GR-A1&amp;2) 11:30 AM Life Skills (GR-A2) 12:45 PM Name That Tune with Kayla (GR-A1) 2:15 PM Wild West Dude Ranch with Chris &amp; Latifah (CR) 3:00 PM Dog Visit with Lilly (GR-A1&amp;2) 3:00 PM Ice Cream Social (GR-A1&amp;2) 7:00 PM Puzzles &amp; More (GR-A1)</p>	<p><b>9</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Culinary Arts: Crock Pot Poached Pears with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Must See Places of the World, Scenic Cruises (GR-B2) 2:15 PM A Virtual Visit to Maryland with Chris (CR) 2:30 PM Walking Club with Latifah (Patio) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Watercolors &amp; Music (GR-A1&amp;2)</p>	<p><b>10</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News &amp; Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A1&amp;2) 12:45 PM Walking Club with Latifah (Patio) 2:00 PM Dog Visit with Dolly Parton &amp; Chris (GR-A1) 2:30 PM <b>Happy Hour with Historian &amp; Guitarist, Roy Justice (GR-A1)</b> 7:00 PM Mind Joggers (GR-A1&amp;2) <b>Happy Birthday Terry!</b></p>	<p><b>11</b></p> <p>10:00 AM Morning Stretch with Chris (GR-A1) 10:30 AM Dramatic Readings with Chris (GR-A1) 11:00 AM <b>Shabbat Service (FR)</b> 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Majestic Mountains (GR-B2) 2:15 PM Brain Games with Chris (GR-A1) 3:00 PM Afternoon Stretch with Latifah (CR) 7:00 PM Movie: Walk the Line (GR-A1) Musical: Oklahoma (GR-A2)</p>	<p><b>12</b></p> <p>10:00 AM Morning Stretch (Porch) 10:30 AM Cool Down &amp; Cliches with Jalisa (GR-A2) 11:30 AM Life Skills (GR-A1&amp;2) 12:45 PM Walking Club with Jalisa (Patio) 2:15 PM Healthy Living with Jalisa (GR-A1) 3:00 PM Tea Social with Jalisa (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: Beverly Hillbillies (GR-A2) Classic TV: Kids Say the Darndest Things (GR-A1)</p>
<p><b>13</b></p> <p>10:00 AM Morning Stretch with Jalisa (Porch) 10:30 AM Cool Down &amp; Cliches with Jalisa (GR-A2) 12:45 PM Walking Club with Jalisa (Patio) 1:35 PM Washington Nationals Baseball vs. San Francisco, Channel 42 (GR-B1&amp;2) 2:15 PM Poems &amp; Proverbs with Jalisa (GR-A1) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (Porch)</p>	<p><b>14</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A1) 10:30 AM Spa: Manicures, Music &amp; Relaxation with Latifah (GR-A2) 10:30 AM <b>Art Appreciation &amp; Application with Joey Mánlapaz (CR)</b> 12:45 PM Documentary: Puppy Party (GR-B2) 2:15 PM <b>Guitar Songs &amp; Sing-a-longs with Chris (GR-A1)</b> 3:15 PM Afternoon Stretch with Latifah (Patio) 7:00 PM Concert: Luciano Pavarotti (GR-A1&amp;2)</p>	<p><b>15</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Arts &amp; Crafts with Latifah &amp; (GR-A2) 11:00 AM Dog Visit with Dolly Parton &amp; Chris (GR-A1&amp;2) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (Patio) 2:30 PM <b>Music with Steve Gellman (GR-A1)</b> 3:00 PM Dog Visit with Lilly (GR-A1&amp;2) 3:00 PM Ice Cream Social (GR-A1&amp;2) 7:00 PM Puzzles &amp; More (GR-A1)</p>	<p><b>16</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:00 AM <b>Scenic Ride of the National Mall with Chris Covell</b> 10:30 AM Culinary Arts: Vanilla Rice Pudding with Latifah (GR-A2) 12:45 PM Documentary: Must See Places of the World, The Ancient World (GR-B2) 2:15 PM A Virtual Visit to Germany with Chris (GR-A1) 2:30 PM Walking Club with Latifah (Patio) 3:00 PM Afternoon Stretch (GR-A1) <b>Happy Birthday Karl!</b></p>	<p><b>17</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News &amp; Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (GR-A2) 2:00 PM Dog Visit with Dolly Parton (GR-A1) 2:30 PM Sensory Sensations, Farmer's Market with Chris &amp; Latifah (CR) 3:30 PM <b>Happy Hour &amp; Dance Party &amp; Guitarist, Roy Justice (GR-A1)</b> 7:00 PM Mind Joggers (GR-A1&amp;2)</p>	<p><b>18</b></p> <p>10:00 AM Morning Stretch with Chris (GR-A1) 10:30 AM Dramatic Readings with Chris (GR-A1) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Sunrises &amp; Sunsets (GR-B2) 2:15 PM Brain Games with Chris (GR-A1) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Musical: Frank Sinatra's On the Town (GR-A2) and Frank Sinatra's Take Me Out To The Old Ball Game (GR-A1)</p>	<p><b>19</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Bingo with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&amp;2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Balloon Bop with Latifah (GR-A1) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: The Honeymooners (GR-A1&amp;2)</p>
<p><b>20</b></p> <p>10:00 AM Morning Stretch with Latifah (Porch) 10:30 AM Famous Faces with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Sports Games with Latifah (Patio) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 4:40 PM Washington Nationals Baseball vs. San Diego Padres, Channel 5 (GR-B1&amp;2) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (Porch)</p>	<p><b>21</b></p> <p>10:00 AM Morning Stretch with Chris (CR) 10:30 AM <b>Lecture with Robert Jenner: The Story of the English Language (CR)</b> 12:45 PM Documentary: The Supreme Court, A Nation of Liberties (GR-B2) 2:00 PM Dog Visit with Felix &amp; Maggie (GR-A1&amp;2) 2:30 PM <b>Guitar Songs &amp; Sing-alongs with Chris (GR-A1)</b> 3:00 PM Afternoon Stretch with Joy (BP) 7:00 PM Concert: Broadway's Hidden Treasures (GR-A1) and Carole King (GR-A2)</p>	<p><b>22</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Arts &amp; Crafts with Latifah (GR-A2) 11:00 AM <b>Outing to Brookside Gardens and Lunch with Chris Covell</b> 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Sensory Sensations, A Day at the Beach with Chris &amp; Latifah (Patio) 3:00 PM Dog Visit with Lilly (GR-A1&amp;2) 3:00 PM Ice Cream Social (GR-A1&amp;2) 7:00 PM Puzzles &amp; More (GR-A1)</p>	<p><b>23</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Culinary Arts: Creamy Fruit Bars with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Concert: A Musical Tribute, America the Beautiful (GR-B2) 2:15 PM A Virtual Visit to California with Chris (CR) 2:30 PM Walking Club with Latifah (Patio) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Watercolors &amp; Music (GR-A1&amp;2)</p>	<p><b>24</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News &amp; Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (GR-A2) 2:00 PM Dog Visit with Dolly Parton &amp; Chris (GR-A1) 2:30 PM <b>Happy Hour &amp; Karaoke Lounge Singing with Chris Covell (GR-A1)</b> 7:00 PM Mind Joggers (GR-A1&amp;2)</p>	<p><b>25</b></p> <p>10:00 AM Morning Stretch with Chris (GR-A1) 10:30 AM Dramatic Readings with Chris (GR-A1) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: Sunrises &amp; Sunsets (GR-B2) 2:15 PM Brain Games with Chris (GR-A1) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Movie: Walk the Line (GR-A2) Musical: Oklahoma (GR-A1)</p>	<p><b>26</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Birthday Bingo with Latifah (GR-A2) 11:30 AM Life Skills (GR-A1&amp;2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM Balloon Bop Birthday Celebration with Latifah (GR-A1) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM Classic TV: Candid Camera (GR-A1&amp;2) <b>Happy Birthday Alice!</b></p>
<p><b>27</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Spa: Manicures, Music &amp; Relaxation with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (Patio) 1:35 PM Washington Nationals Baseball vs. NY Mets, Channel 5 (GR-B1&amp;2) 2:15 PM Sports Games with Latifah (Patio) 3:00 PM Tea Social &amp; Music (GR-A1) 3:30 PM Afternoon Stretch (GR-A1) 7:00 PM The Big Broadcast Radio Show, 88.5 FM (Porch)</p>	<p><b>28</b></p> <p>10:00 AM Morning Stretch with Chris (Porch) 10:30 AM Poetry on the Porch with Chris (Porch) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: San Diego Zoo (GR-B2) 2:00 PM Dog Visit with Felix &amp; Maggie (GR-A1&amp;2) 2:30 PM <b>Guitar Songs &amp; Sing-alongs with Chris (GR-A1)</b> 3:00 PM Afternoon Stretch with Chris (GR-A1) 7:00 PM Concert: Judy Garland (GR-A1&amp;2)</p>	<p><b>29</b></p> <p>10:00 AM Morning Stretch (GR-A2) 10:30 AM Arts &amp; Crafts with Latifah (GR-A2) 11:00 AM Dog Visit with Dolly Parton &amp; Chris (GR-A1&amp;2) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (Patio) 2:15 PM All About Birds with Latifah (GR-A1) 3:00 PM Dog Visit with Lilly (GR-A1&amp;2) 3:00 PM Ice Cream Social (GR-A1&amp;2) 7:00 PM Puzzles &amp; More (GR-A1)</p>	<p><b>30</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Culinary Arts: Garden Delight Rosemary Cranberry Mocktails with Latifah (GR-A2) 11:30 AM Life Skills (GR-A2) 12:45 PM Documentary: The Sights and Sounds of Nature (GR-B2) 2:15 PM A Virtual Visit to New York City with Chris (GR-A1) 2:30 PM Walking Club with Latifah (Patio) 3:00 PM Afternoon Stretch (GR-A1) 7:00 PM Watercolors &amp; Music (GR-A1&amp;2)</p>	<p><b>31</b></p> <p>10:00 AM Morning Stretch with Latifah (GR-A2) 10:30 AM Card Games with Latifah (GR-A2) 10:30 AM News &amp; Current Events with Chris (GR-A1) 11:30 AM Life Skills (GR-A2) 12:45 PM Walking Club with Latifah (GR-A2) 2:00 PM Dog Visit with Dolly Parton &amp; Chris (GR-A1) 2:30 PM <b>Happy Hour &amp; Folk Music with Chris Covell (GR-A1)</b> 7:00 PM Mind Joggers (GR-A1&amp;2)</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 (DR) Dining Room</p> <p>Special programs 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> <p>Outings are available to residents on a rotating schedule.</p>