

# December 2018 Life Enrichment Program Schedule: Forest Side

All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LOCATION &amp; PROGRAM KEY</b> <b>(GR-A1)</b> Great Room A, 1st floor <b>(GR-B1)</b> Great Room B, 1st floor <b>(GR-A2)</b> Great Room A, 2nd floor <b>(GR-B2)</b> Great Room B, 2nd floor <b>(CR)</b> Club Room <b>(FR)</b> Family Room  <b>Special programs in bold.</b>	<b>FOREST SIDE DAY PROGRAM</b> <b>Hours of Operation:</b>  <b>Monday–Friday 8:30am-4:30pm</b>  <b>Lunch is served at 12:00pm</b> <b>Social &amp; Refreshments at 3:00pm</b>  <b>Weekends &amp; Holidays CLOSED</b>	<b>December Birthdays:</b>   <b>Barbara Ruskin - Dec14</b> <b>Charlotte Ehrenhaft – Dec 27</b>			<b>9:45 AM</b> Morning Stretch with Jalisa (GR-A2) <b>10:30 AM</b> Internet Life in Pictures (Holiday Theme) with Jalisa (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:00 AM</b> Proverbs & Clichés with Jalisa (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Strolls with Jalisa (GR-A1) <b>2:00 PM</b> Watercolors with Jalisa (GR-A2) <b>3:00 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>2</b> <b>9:45 AM</b> Morning News & Review (GR-A2) <b>10:30 AM</b> Balloon Volley with Latifah (GR-B2) <b>11:30 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Life in Pictures with Denise (GR-A2) <b>2:00 PM Family Fun &amp; Games with Denise</b> (GR-A2) <b>3:00 PM Sunday, Sundae Social with Denise</b> (GR-A1) <b>3:45 PM</b> Afternoon Stretch with Denise (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> The Big Broadcast Radio Show, 88.5 FM (GR-A2)	<b>3</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM Familiar Songs/Holiday Name that Tune with Latifah (GR-A2)</b> <b>10:30 AM</b> Individual Pursuits with Engagement Staff (GR-A1) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Indoor Strolls <b>2:00 PM</b> Holiday Watercolors & Music with Latifah (GR-A2) <b>3:00 PM</b> Refreshment & Music Social with Latifah (GR-A 1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Comedy Classics (GR-A1& A2)	<b>4</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Internet Brain Teasers with Jalisa (CR) <b>10:30 AM</b> Bingo with Latifah (GR-A1) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>12:00 PM</b> Birthday Luncheon in a dining room near you! <b>1:00 PM</b> Circuit Wellness (GR-A2) <b>1:30 PM</b> Internet Travels with Latifah (GR-A2) <b>2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2)</b> <b>3:00 PM</b> Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) <b>3:30 PM</b> Afternoon Strolls with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1 & B2)	<b>5</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Computer Connections: Familiar Songs Sing along with Latifah & Jalisa (GR-A2) <b>11:15 AM</b> Memory Exercises (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Latifah (GR-A2) <b>2:00 PM</b> Interactive Games with Life Enrichment (GR-A1) <b>3:00 PM</b> Tea Social & Life in Pictures with Latifah & Jalisa (GR-A1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Memory Exercises (GR-A1& A2)	<b>6</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> In the Kitchen with Life Enrichment: Decorating Christmas Cookies (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Circuit Wellness (GR-A2) <b>2:00 PM</b> Balloon Volley to Music with Latifah (GR-A1) <b>3:00 PM</b> Refreshments Served (GR-B2) <b>3:30 PM</b> Holiday Happy Hour with Wendell Bunyan (GR-B2) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>6:00 PM</b> Holiday Lights Ride with Toney <b>7:00 PM</b> Evening Concerts (GR-A1& B2)	<b>7</b> <b>9:45 AM</b> Morning Stretch with Shea (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> Armchair Travels with Jalisa <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Jalisa <b>2:00 PM Familiar Songs and Holiday Music with Jesse (GR-B2)</b> <b>3:00 PM</b> Tea & Mind Joggers with Jalisa (GR-A2) <b>3:30 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>6:30 PM</b> Holiday Musical Trivia with Jerry Roman (GR- B2)	<b>8</b> <b>9:45 AM</b> Morning Stretch with Jalisa (GR-A2) <b>10:30 AM</b> Internet Life in Pictures (Iconic Photos) with Jalisa (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:00 AM</b> Proverbs & Clichés with Jalisa (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Strolls with Jalisa (GR-A1) <b>2:00 PM</b> Watercolors with Jalisa (GR-A2) <b>3:00 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>9</b> <b>9:45 AM</b> Morning News & Review (GR-A2) <b>10:30 AM</b> Holiday Music with Pablo Productions (GR-B2) <b>11:30 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Life in Pictures with Latifah (GR-A2) <b>2:00 PM Family Fun &amp; Games with Denise</b> (GR-A2) <b>3:00 PM Sunday, Sundae Social with Denise</b> (GR-A1) <b>3:45 PM</b> Afternoon Stretch with Denise (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> The Big Broadcast Radio Show, 88.5 FM (GR-A2)	<b>10</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Familiar Songs & Artistic Pursuits with Latifah (GR-B2) <b>10:30 AM</b> Art Workshop with Joey Manlapaz (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Proverbs & Clichés with Latifah (GR-A1) <b>2:00 PM</b> Name that Tune with Latifah (GR-A2) <b>3:00 PM</b> Refreshment & Music Social with Latifah (GR-A 1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Comedy Classics (GR-A1& A2)	<b>11</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Interactive Art & Discussion with Joey Manlapaz (CR) <b>10:30 AM</b> Bingo with Latifah (GR-A1) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Internet Brain Teasers with Latifah (GR-A2) <b>2:00 PM Creative Arts &amp; Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2)</b> <b>3:00 PM</b> Tea Social & Musical Memories with Latifah (GR-A1) <b>3:30 PM</b> Afternoon Strolls with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1 & B2)	<b>12</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Computer Connections: Familiar Songs Sing along with Latifah (GR-A2) <b>11:15 AM</b> Memory Exercises (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Latifah (GR-A2) <b>2:00 PM</b> Interactive Games with Life Enrichment (Garden) <b>3:00 PM</b> Tea Social & Life in Pictures with Latifah (GR-A1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Memory Exercises (GR-A1& A2)	<b>13</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> In the Kitchen with Life Enrichment: Gingerbread House Creations (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Circuit Wellness (GR-A2) <b>2:30 PM</b> Holiday Celebration with Historian & Guitarist, Roy Justice (GR-A1) <b>3:00 PM</b> Refreshments Served (GR-A1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Evening Concerts (GR-A1& B2)	<b>14</b> <b>9:45 AM</b> Morning Stretch with Shea (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> Armchair Travels with Claudia (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with <b>2:00 PM Familiar Songs and Holiday Music with Jesse (GR-B2)</b> <b>3:00 PM</b> Tea & Music with Engagement Staff (GR-A2) <b>3:30 PM</b> Afternoon Stretch with Engagement Staff (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1& B2)	<b>15</b> <b>9:45 AM</b> Morning Stretch with Latifah (GR-A2) <b>10:30 AM</b> Internet Life in Pictures (Classic Cars) with Latifah (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:00 AM</b> Proverbs & Clichés with Latifah (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Strolls with Latifah (GR-A1) <b>2:00 PM</b> Holiday Concert with Soprano Harper Denhard (GR-A1) <b>3:00 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>16</b> <b>9:45 AM</b> Morning News & Review (GR-A2) <b>10:30 AM</b> Balloon Volley with Denise (GR-B2) <b>11:30 AM</b> Mood Music & Relax (GR-A1&2) <b>2:00 PM Family Fun &amp; Games with Denise</b> (GR-A2) <b>3:00 PM Sunday, Sundae Social with Denise</b> (GR-A1) <b>3:45 PM</b> Afternoon Stretch with Denise (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> The Big Broadcast Radio Show, 88.5 FM (GR-A2)	<b>17</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM Familiar Songs/Holiday Name that Tune with Latifah (GR-A2)</b> <b>10:30 AM</b> Robert Jenner Lecture: The Life & Songs of Irvin Berlin (CR) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Proverbs & Clichés with Latifah (GR-A1) <b>2:00 PM</b> Name that Tune with Latifah (GR-A2) <b>3:00 PM</b> Refreshment & Music Social with Latifah (GR-A 1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Comedy Classics (GR-A1& A2)	<b>18</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Holiday Karaoke with Jalisa & Latifah (CR) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Internet Travels with Jalisa (GR-A2) <b>2:00 PM</b> Creative Arts & Crafts: Forest Side Kindness Rocks with Life Enrichment (GR-A2) <b>3:00 PM</b> Tea Social & Musical Memories with Jalisa & Latifah (GR-A1) <b>3:30 PM</b> Afternoon Strolls with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1 & B2)	<b>19</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Computer Connections: Familiar Songs Sing along with Latifah & Jalisa (GR-A2) <b>10:30 AM</b> Scenic Ride Outing with Toney <b>11:15 AM</b> Memory Exercises (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Latifah (GR-A2) <b>2:00 PM</b> Interactive Games with Life Enrichment (GR-A1) <b>3:00 PM</b> Tea Social & Life in Pictures with Latifah & Jalisa (GR-A1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Memory Exercises (GR-A1& A2)	<b>20</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> In the Kitchen with Life Enrichment: Popcorn Strings for the tree (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Circuit Wellness (GR-A2) <b>2:00 PM</b> Balloon Volley to Music with Latifah (GR-A1) <b>3:00 PM</b> Refreshments Served (GR-B2) <b>3:30 PM</b> Holiday Dance Party with Chyp & Andi (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Evening Concerts (GR-A1& B2)	<b>21</b> <b>9:45 AM</b> Morning Stretch with Shea (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> Armchair Travels with Latifah (Christmas around the World) (CR) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Latifah <b>2:00 PM</b> Holiday Sing along with Pablo Productions (GR-B2) <b>3:00 PM</b> Tea & Mind Joggers with Latifah (GR-A2) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1& B2)	<b>22</b> <b>9:45 AM</b> Morning Stretch with Jalisa (GR-A2) <b>10:30 AM</b> Internet Life in Pictures (Holiday Theme) with Jalisa (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:00 AM</b> Proverbs & Clichés with Jalisa (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Strolls with Jalisa (GR-A1) <b>2:00 PM</b> Watercolors with Jalisa (GR-A2) <b>3:00 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Saturday Night Cinema & Classic TV (GR-A1& B2)
<b>23/30</b> <b>9:45 AM</b> Morning News & Review (GR-A2) <b>10:30 AM</b> Holiday Music with Pablo Productions (GR-B2) 12/23 <b>10:30 AM</b> Balloon Volley with Latifah (GR-B2) 12/30 <b>11:30 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Life in Pictures with Latifah (GR-A2) <b>2:00 PM Family Fun &amp; Games with Latifah</b> (GR-A2) <b>3:00 PM</b> Sunday, Sundae Social with Latifah (GR-A1) <b>3:45 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> The Big Broadcast Radio Show, 88.5 FM (GR-A2)	<b>24/31</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Familiar Songs & Artistic Pursuits with Latifah (GR-A2) <b>10:30 AM</b> Individual Pursuits with Engagement Staff (GR-A1) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Proverbs & Clichés with Latifah (GR-A1) <b>2:00 PM</b> Party Prep with Latifah (GR-B2) <b>3:00 PM</b> New Year's Celebration with Pablo Productions (GR-B2) 12/31 <b>3:00 PM</b> Refreshment & Music Social with Latifah (GR-A 1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Comedy Classics (GR-A1& A2)	<b>25</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Holiday Sing along and refreshments with Jalisa (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> One on One with Engagement Staff (GR-A2) <b>2:00 PM</b> Holiday Movie & Refreshments (GR-A2) <b>3:30 PM</b> Afternoon Strolls with Engagement Staff <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1 & B2) <b>Merry Christmas</b>	<b>26</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> Computer Connections: Familiar Songs Sing along with Latifah (GR-A2) <b>11:15 AM</b> Memory Exercises (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Afternoon Stroll with Latifah (GR-A2) <b>1:30 PM</b> Interactive Games with Life Enrichment (GR-A1) <b>3:00 PM</b> Tea Social & Life in Pictures with Latifah (GR-A1) <b>3:30 PM</b> Afternoon Stretch with Latifah (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Memory Exercises (GR-A1& A2)	<b>27</b> <b>9:45 AM</b> Morning Stretch (GR-A 1&2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>10:30 AM</b> In the Kitchen with Life Enrichment: Fruit Salad (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:00 PM</b> Circuit Wellness (GR-A2) <b>2:00 PM</b> Balloon Volley to Music with Latifah (GR-A1) <b>3:00 PM</b> Refreshments Served (CR) <b>3:30 PM</b> Karaoke Happy Hour (Familiar Songs) with Jalisa & Latifah (CR) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Evening Concerts (GR-A1& B2)	<b>28</b> <b>9:45 AM</b> Morning Stretch with Shea (GR-A2) <b>10:30 AM</b> Interactive Art & Discussion with Joey Manlapaz (CR) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Stroll with Jalisa <b>2:00 PM</b> Familiar Songs with Jesse (GR-B2) <b>3:00 PM</b> Tea & Mind Joggers with Jalisa (GR-A2) <b>3:30 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Cinema & Classic TV (GR-A1& B2)	<b>29</b> <b>9:45 AM</b> Morning Stretch with Jalisa (GR-A2) <b>10:30 AM</b> Internet Life in Pictures (Who's Who) with Jalisa (GR-A2) <b>10:30 AM</b> One on One with Engagement Staff (GR-A1) <b>11:00 AM</b> Proverbs & Clichés with Jalisa (GR-A2) <b>11:45 AM</b> Mood Music & Relax (GR-A1&2) <b>1:30 PM</b> Afternoon Strolls with Jalisa (GR-A1) <b>2:00 PM</b> Watercolors with Jalisa (GR-A2) <b>3:00 PM</b> Afternoon Stretch with Jalisa (GR-A1) <b>4:00 PM</b> Mood Music & Relax (GR-A1&A2) <b>7:00 PM</b> Saturday Night Cinema & Classic TV (GR-A1& B2)