

August 2018 Life Enrichment Program Schedule: Assisted Living



All activities are subject to change with notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scenic Rides: Available on a rotating schedule			1 10:30 AM Robert Jenner Lecture: Chicago (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Music & Memories with Donna Devall (LNG) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	2 10:00 AM Gift Shop (LL) 10:30 AM Menu Meeting (LIB) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Happy Hour with Rearview Mirror (LNG)	3 10:00 AM Gift Shop (LL) 10:30 AM Musical Trivia with Jerry Roman (LNG) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: A Quiet Place (LIB) 2:30 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	4 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Jalisa (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Jalisa (CR) 3:30 PM Brain Teasers & Tea with Jalisa (DR-1)
5 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Jalisa (DR-2) 10:45 AM Faith through Music with Jerry Roman (LNG) 2:00 PM Metropolitan Worship Service & Communion (AH) 3:15 PM Alison Buchanan Voice Studio: Voice Concert of Opera and Broadway (LNG)	6 10:00 AM Gift Shop (LL) 10:30 AM Current Events with Lenore (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Trivia with Joy (DR-1)	7 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 3:30 PM Ice Cream Social & Music (LNG) 3:30 PM Book Club Meets (LIB)	8 10:00 AM Gift Shop & Deli (LL) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 11:45 AM Total Fitness with Joy (LL) 2:00 PM Poetic Expressions with Steven (LIB) 2:30 PM Bingo for Cash with Jalisa (DR-1) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	9 10:00 AM Gift Shop (LL) 10:30 AM Roy Justice History & Music (LNG) 11:45 AM Total Fitness with Joy (LL) 2:00 PM Bingo for Cash (CR) 2:30 PM Life Enrichment Meeting (LIB) 3:30 PM Happy Hour with Pianist Jerry Roman (LNG)	10 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music (BA) 2:00 PM Movie & Popcorn: Finding Your Feet (LIB) 2:30 PM Catholic Mass (AH) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	11 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Jalisa (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Jalisa (CR) 3:30 PM Brain Teasers & Tea with Jalisa (DR-1)
12 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Faith through Music with Jerry Roman (LNG) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	13 10:00 AM Gift Shop (LL) 10:30 AM Current Events with Lenore (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	14 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 3:00 PM Town Hall Meeting (CR) 3:30 PM Ice Cream Social & Music (LNG)	15 10:00 AM Gift Shop & Deli (LL) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Music & Memories with Donna Devall (LNG) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	16 10:30 AM Armchair Travel: The Beauty of Hawaii with Debbie (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Jalisa (CR) 2:00 PM Gift Shop Open (LL) 2:30 PM Catholic Communion (LIB) 3:00 PM Aloha Hula DC: Polynesian Dancers (AH)	17 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: Chappaquiddick (LIB) 2:30 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	18 10:30 AM Broadway Classics & More with Bertram McLeish (LNG) 2:30 PM Bingo for Cash with Joyce (CR) 3:30 PM Brain Teasers & Tea with Joyce (DR-1)
19 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Faith through Music with Ann Palmer (LNG) 2:30 PM Piano Favorites with Therese Ellsworth (LNG) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	20 10:00 AM Gift Shop (LL) 10:30 AM Art Lecture with Joey Manlapaz (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	21 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 3:30 PM Ice Cream Social & Music (LNG) 3:30 PM Book Club Meets (LIB)	22 10:00 AM Gift Shop & Deli (LL) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Poetic Expressions with Steven (LIB) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	23 10:00 AM Gift Shop Open (LL) 10:30 AM Robert Jenner Lecture: Anti-Intellectualism in America (LIB) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Tea Social and Brain Teasers (LIB) 3:30 PM One on One with Engagement Staff	24 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Bingo for Cash (CR) 3:30 PM Celebration of Music with Wendell Bunyan (LNG) Shopping Day	25 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Joyce (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Joyce (CR) 3:30 PM Brain Teasers & Tea with Joyce (LIB)
26 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Singing Hymns with Ann Palmer (LIB) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	27 10:00 AM Gift Shop (LL) 10:30 AM Art Workshop with Joey Manlapaz (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	28 10:00 AM Gift Shop (LL) 10:30 AM Music & Memories with Bertram McLeish (LNG) 11:45 AM Total Fitness Debbie (LL) 2:30 PM Bingo for Cash with Debbie (CR) 3:30 PM Ice Cream Social & Music (LNG)	29 10:00 AM Gift Shop & Deli (LL) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Bingo for Cash (DR-1) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	30 10:00 AM Gift Shop Open (LL) 10:30 AM Life Stories with Debbie (LIB) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Tea Social and Brain Teasers (LIB) 3:30 PM One on One with Engagement Staff	31 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: Isle of Dogs (LIB) 2:30 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	LOCATION & PROGRAM KEY (CR) Conference Room (AH) Assembly Hall (DR-1) Day Room, 1st floor (DR-2) Day Room, 2nd floor (LL) Lower Level (LIB) Library (LNG) Lounge (BA) Bridge Area Special programs in bold

August 2018 Life Enrichment Program Schedule: Health Care Center



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATION & PROGRAM KEY (CR) Conference Room (AH) Assembly Hall (DR-1) Day Room, 1st floor (DR-2) Day Room, 2nd floor (LL) Lower Level (LIB) Library (LNG) Lounge (BA) Bridge Area Special programs in bold			1 10:30 AM Robert Jenner Lecture: Chicago (LIB) 10:15 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Individual Pursuits with Joy (DR-2) 11:45 AM Total Fitness with Joy (LL) 2:30 PM Music & Memories with Donna Devall (LNG) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	2 10:00 AM Gift Shop (LL) 10:15 AM Range of Motion with Debbie (DR-2) 10:30 AM Menu Meeting (LIB) 10:45 AM Internet Travels with Debbie (DR-1) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Linda (CR) 3:30 PM Happy Hour with Rearview Mirror (LNG)	3 10:00 AM Gift Shop (LL) 10:30 AM Musical Trivia with Jerry Roman (LNG) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: A Quiet Place (LIB) 2:30 PM Bingo for Cash with Linda (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	4 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Jalisa (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Jalisa (CR) 3:30 PM Brain Teasers & Tea with Jalisa (DR-1)
5 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Jalisa (DR-2) 10:45 AM Faith through Music with Jerry Roman (LNG) 2:00 PM Metropolitan Worship Service & Communion (AH) 3:15 PM Alison Buchanan Voice Studio: Voice Concert of Opera and Broadway (LNG)	6 10:00 AM Gift Shop (LL) 10:15 AM Range of Motion with Debbie (DR-2) 10:30 AM Current Events with Lenore (LIB) 10:45 AM Internet Karaoke with Debbie (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Linda (CR) 3:00 PM Resident Council (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	7 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 10:30 AM Familiar Songs Sing along with Joy (DR-2) 11:15 AM Range of Motion to Music with Joy (DR-2) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Individual Pursuits with Joy 3:30 PM Ice Cream Social & Music (LNG) 3:30 PM Book Club Meets (LIB)	8 10:00 AM Gift Shop & Deli (LL) 10:15 AM Range of Motion & Music with Joy (DR-2) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 10:45 AM Individual Pursuits with Joy (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Poetic Expressions with Steven (LIB) 2:00 PM Outdoor Strolls with Joy 2:30 PM Bingo for Cash (DR-1) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	9 10:00 AM Gift Shop (LL) 10:30 AM Roy Justice History & Music (LNG) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Balloon Volley with Joy (DR-2) 2:30 PM Life Enrichment Meeting (LIB) 3:30 PM Happy Hour with Pianist Jerry Roman (LNG)	10 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 10:30 AM Mind Joggers (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: Finding Your Feet (LIB) 2:30 PM Catholic Mass (AH) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	11 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Jalisa (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Jalisa (CR) 3:30 PM Brain Teasers & Tea with Jalisa (DR-1)
12 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Faith through Music with Jerry Roman (LNG) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	13 10:00 AM Gift Shop (LL) 10:15 AM Balloon Volley with Debbie (DR-2) 10:30 AM Current Events with Lenore (LIB) 11:00 AM Mind Joggers with Linda (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	14 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 10:30 AM Familiar Songs Sing along with Joy (DR-2) 11:15 AM Range of Motion to Music with Joy (DR-2) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Individual Pursuits with Joy 3:30 PM Ice Cream Social & Music (LNG)	15 10:00 AM Gift Shop & Deli (LL) 10:15 AM Range of Motion & Music with Joy (DR-2) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 10:45 AM Individual Pursuits with Joy (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Music & Memories with Donna Devall (LNG) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	16 10:00 AM Gift Shop Open (LL) 10:15 AM Range of Motion with Joy (DR-2) 10:30 AM Armchair Travel: The Beauty of Hawaii with Debbie (LIB) 10:45 AM Music & Small Group Pursuits with Joy (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Catholic Communion (LIB) 3:00 PM Aloha Hula DC: Polynesian Dancers (AH)	17 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 10:30 AM Mind Joggers (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Movie & Popcorn: Chappaquiddick (LIB) 2:30 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	18 10:30 AM Broadway Classics & More with Bertram McLeish (LNG) 2:30 PM Bingo for Cash with Joyce (CR) 3:30 PM Brain Teasers & Tea with Joyce (DR-1)
19 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Faith through Music with Ann Palmer (LNG) 2:30 PM Piano Favorites with Therese Ellsworth (LNG) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	20 10:00 AM Gift Shop (LL) 10:15 AM Range of Motion with Joy (DR-2) 10:30 AM Art Lecture with Joey Manlapaz (LIB) 11:00 AM Mind Joggers with Joy (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	21 10:00 AM Gift Shop (LL) 10:30 AM Armchair Travels, Reminiscing & Discussion with Debbie (LIB) 10:30 AM Familiar Songs Sing along with Joy (DR-2) 11:15 AM Range of Motion to Music with Joy (DR-2) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Individual Pursuits with Joy 3:30 PM Ice Cream Social & Music (LNG) 3:30 PM Book Club Meets (LIB)	22 10:00 AM Gift Shop & Deli (LL) 10:15 AM Range of Motion & Music with Joy (DR-2) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 10:45 AM Individual Pursuits with Joy (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Poetic Expressions with Steven (LIB) 2:00 PM Outdoor Strolls with Joy 2:30 PM Bingo for Cash (DR-1) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	23 10:00 AM Gift Shop Open (LL) 10:15 AM Range of Motion with Joy (DR-2) 10:30 AM Robert Jenner Lecture: Anti-Intellectualism in America (LIB) 10:45 AM Music & Small Group Pursuits with Joy (DR-2) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Balloon Volley with Joy (DR-2) 3:30 PM Tea Social & Internet Brain Teasers (LIB)	24 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 10:30 AM Mind Joggers (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash (CR) 3:30 PM Celebration of Music with Wendell Bunyan (LNG) Shopping Day	25 10:00 AM Netflix Original: Season One, The Royals (LIB) 10:30 AM Range of Motion with Joyce (DR-2) 11:00 AM Mind Joggers (DR-1) 2:30 PM Bingo for Cash with Joyce (CR) 3:30 PM Brain Teasers & Tea with Joyce (LIB)
26 10:00 AM Worship Program (Joel Osteen) (DR-1) 10:00 AM Range of Motion & Music with Joy (DR-2) 10:45 AM Singing Hymns with Ann Palmer (LIB) 2:30 PM Piano Favorites with Therese Ellsworth (LNG) 3:30 PM Tea Social & Internet Brain Teasers with Joy (DR-1)	27 10:00 AM Gift Shop (LL) 10:15 AM Range of Motion with Joy (DR-2) 10:30 AM Art Workshop with Joey Manlapaz (AH) 11:00 AM Mind Joggers with Joy (DR-1) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Joy (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1)	28 10:00 AM Gift Shop (LL) 10:30 AM Music & Memories with Bertram McLeish (LNG) 11:45 AM Total Fitness Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Individual Pursuits with Joy 3:30 PM Ice Cream Social & Music (LNG)	29 10:00 AM Gift Shop & Deli (LL) 10:15 AM Range of Motion & Music (DR-1&2) 10:30 AM Editorials & Discussion with Lenore (New York Times) (LIB) 10:45 AM Music & Reminiscing on the Patio (DR-2) 10:45 AM Small Group Projects with Joy (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Outdoor Strolls with Joy 2:30 PM Bingo for Cash (DR-1) 3:30 PM Tea Social & Brain Teasers with Debbie (LIB)	30 10:00 AM Gift Shop Open (LL) 10:15 AM Range of Motion with Joy (DR-2) 10:30 AM Life Stories with Debbie (LIB) 10:45 AM Music & Small Group Pursuits with Joy (DR-2) 11:15 AM Catholic Communion (AH) 11:45 AM Total Fitness with Debbie (LL) 2:00 PM Bingo for Cash with Debbie (CR) 2:00 PM Balloon Volley with Joy (DR-2) 3:30 PM Tea Social & Internet Brain Teasers (LIB)	31 10:00 AM Gift Shop (LL) 10:30 AM Manicures & Music with Debbie (BA) 10:30 AM Internet Brain Teasers with Jalisa (DR-1) 11:30 AM Range of Motion with Jalisa (DR-2) 11:45 AM Total Fitness with Debbie (LL) 2:30 PM Bingo for Cash (CR) 3:30 PM Tea Social & Trivia with Debbie (DR-1) Shopping Day	Scenic Rides: Available on a rotating schedule Structured Room Visits: Take place daily Time depending on resident's preference