



December 2019



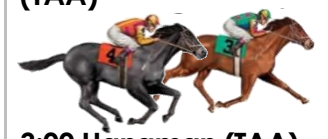



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30 Coffee & Chats (TAA) 10:00 You Be the Judge (TAA) 10:30 Theater & Interactive Storytelling w/ Cindy Arnold  11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Happy Birthday Basketball (TAA) 1:30 Hoops Challenge (TAA) 2:00 Afternoon Snack 2:30 Life of Mary Martin (TAA) 3:00 Oh Christmas Tree (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Social (TAA) 10:00 10 Pin Bowling (TAA) 10:30 Shiny Nose (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Horse Racing Game (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Model "A" History (TAA) 3:00 Bean Bag Toss "Tic Tac Toe" (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup) 5:15 Seahawks Game 	9:30 Morning News (TAA) 10:00 Bingo (TAA) 10:00 Seated Tai Chi (GC) 10:30 Sing Along w/Suzie (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Happy Birthday, Land of Lincoln (TAA) 1:30 Remembrall (TAA) 2:00 Afternoon Snack 2:30 Christmas Tree Decorating (TAA) 3:00 Name That Sound (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Service Project- Deck the Halls (TAA)  10:30 Hand Massages (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Washers Game (TAA) 1:30 Hang Man (TAA) 2:00 Afternoon Snack 2:30 Naughty or Nice List Day (TAA) 3:00 Lucky Dice (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 History of Walt Disney (TAA) 10:30 Putting Green Challenge (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Who Am I? (TAA) 1:30 End of Prohibition (TAA) 2:00 Cocktail Party 2:30 Finish the Phrase (TAA) 3:00 Remembrall (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)  FRANKE TOBEY JONES <i>Enjoy your age</i>	9:30 Tell Me Your Story (TAA) 10:00 Fly Ball (TAA) 10:30 All About Alliterations (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 "I Got Rhythm" Music of the Gershwin's (TAA) 1:30 Piggy Bankers (TAA) 2:00 Afternoon Snack 2:30 Kate's Rhythm Group (TAA)  3:00 Anagrams (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Junk Drawer Detective (TAA) 10:30 History of Christmas Symbols (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Holiday Party Preparation (TAA) 2:00-4:00 HOLIDAY PARTY  4:00 The Briggs Singers 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup) 6:00 Saturday Cinema
CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff						



December 2019

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
9:30 Good News Review (TAA) 10:00 The Candy Man (TAA) 10:30 Floor Hockey (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Way Back Machine (TAA) 1:30 10 Pin Bowling (TAA) 2:00 Afternoon Snack 2:30 Dot to Dot Game (TAA) 3:00 Drum Circle (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup) 5:20 Seahawks Game CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff	9:30 Coffee & Chats (TAA) 10:00 Christmas Card Creation (TAA) 10:30 Tic Tac Toe Toss (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Lucky Dice (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Horse Racing Game (TAA)  3:00 Hangman (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Finish the Phrase (TAA) 10:00 Seated Tai Chi (GC) 10:30 (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 What Am I? (TAA) 1:30 Sing Along (TAA) 2:00 Afternoon Snack 2:30 "Gift of the Magi" Short Story Discussion (TAA) 3:00 Left, Right, Center (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 Let It Snow! (TAA) 10:30 Snowman Craft (TAA)  11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Washers Challenge (TAA) 1:30 Mac & Cheese Cook Off (TAA) 2:00 Afternoon Snack 2:30 You Be the Judge (TAA) 3:00 Bingo (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 Fly Ball (TAA) 10:30 Music of Frank Sinatra (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Star of the Month (TAA) 1:30 Card Game "Uno" (TAA) 2:00 Afternoon Snack 2:30 Winter Watercolor Project (TAA) 3:00 Table Games (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Cocoa & Conversations (TAA)  10:00 Moving and Grooving Exercise Group (TAA) 10:30 They Spin Webs (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Remembrall (TAA) 1:30 Putting Challenge (TAA) 2:00 Afternoon Snack 2:30 Lost & Found Scavenger Hunt (TAA) 3:00 Name That Sound (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Random Trivia (TAA) 10:30 Stretching Group (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Gingerbread House Decorating (TAA) 1:30 Pictionary (TAA) 2:00 Afternoon Snack 2:30 Hand Massages (TAA)  3:00 Book Club Reading Circle (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup) 6:00 Saturday Cinema

5340 N. BRISTOL ST. TACOMA, WA 98407 (253)752-6621

PROGRAMS SUBJECT TO CHANGE



December 2019

Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:30 Coffee & Chats (TAA) 10:00 Seahawks Game 10:30 Theater & Interactive Storytelling w/ Cindy Arnold  11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Boys' Toys (TAA) 1:30 You're A Mean One, Mr. Grinch (TAA) 2:00 Afternoon Snack 2:30 This Week in History (TAA) 3:00 Remembering Holidays of the Past (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Tea & Talks (TAA) 10:00 Travelogue (TAA) 10:30 Bowling Challenge (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Junk Drawer Detective (TAA) 1:30 Seated Strength (WS) 2:00 Music with James Morgan  3:00 Scrabble Challenge (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Chair Dancing (TAA) 10:00 Seated Tai Chi (GC) 10:30 Service Project: Gift Wrapping (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Hole in One Golf Challenge (TAA) 1:30 Domino Game (TAA) 2:00 Afternoon Snack 2:30 Book Club Reading Circle (TAA) 3:00 Seated Soccer (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 Fly Ball (TAA) 10:30 Piano Music with Sandra Walker  11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Sing Along w/ Suzie (TAA) 1:30 Afternoon Movie 2:00 Afternoon Snack 2:00-4:00 All Staff Party 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 Sharpen Your Senses (TAA) 10:30 Cookie Making (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Who Am I? (TAA) 1:30 Here we Come A-Wassailing (TAA) 2:00 Hot Wassail Social (TAA) 2:30 Christmas Name That Tune (TAA) 3:00 Hot Potato Gifts (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)  FRANKE TOBEY JONES <i>Enjoy your age</i>	9:30 Coffee & Chats (TAA) 10:00 Creative Chocolates (TAA) 10:30 Chair Yoga (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Drum Circle w/ Kate (TAA) 2:00 Eggnog Social (TAA)  2:30 Holiday Trivia (TAA) 3:00 Book Club Reading Circle (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 The 50's Top Hits (TAA) 10:30 Bread Making and Homemade Butter (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Holiday Hilarities (TAA) 1:30 Looking on the Bright Side (TAA) 2:00 Afternoon Snack 2:30 Celebrating Winter (TAA) 3:00 Hand Massages (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup) 6:00 Saturday Cinema
<p>CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff</p>						



December 2019

Memory Care – Life Enrichment







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
9:30 Coffee Circle (TAA) 10:00 Chair Yoga (TAA) 10:30 Book Club Reading Circle (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Red, White & Light (TAA) 1:25 Seahawks Game  2:00 Afternoon Snack 2:30 Fly Ball (TAA) 3:00 Card Game (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Moring Social (TAA) 10:00 Service Project: Cookie Making (TAA) 10:30 Sing Along (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 What Am I? (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Night Before Christmas (TAA) 3:00 Cookie Decorating (TAA) 3:45 Harp Music with Cheryl Zabel 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 Chair Dancing (TAA) 10:00 Seated Tai Chi (GC) 10:30 Holiday Fun Facts (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Horse Racing Game (TAA) 1:30 Trivia Challenge (TAA) 2:00 Afternoon Snack 2:30 Candy Cane Guessing Game (TAA) 3:00 Finish the Phrase (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Christmas Sing Along (TAA) 10:30 Remember When (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Drum Circle with Kate (TAA) 2:00 Afternoon Snack 2:30 In2L The Price is Right Game (TAA) 3:00 Hand Massages (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA)  10:00 Thank You Note Day (TAA) 10:30 In2L Family Feud Game (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Hallway Relay Walk (TAA) 1:30 Left, Right, Center (TAA) 2:00 Afternoon Snack 2:30 Book Club Reading Circle (TAA) 3:00 Bowling Challenge (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Moving & Grooving Exercise Group (TAA) 10:30 Winter Fun Friday (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Legendary Spinsters (TAA) 1:30 Remembrall (TAA) 2:00 Afternoon Snack 2:30 Way Back Machine (TAA) 3:00 You Be the Judge (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Good News Review (TAA) 10:00 Gum It Up (TAA) 10:30 Turtle Pecan Bites (TAA)  11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 (TAA) 1:30 Hawkeye State Day (TAA) 2:00 Afternoon Snack 2:30 Tic Tac Toe Toss (TAA) 3:00 Name That Sound (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup) 6:00 Saturday Cinema
CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff	Hanukkah Begins	Christmas Eve	Christmas Day 			



December/January 2019

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
9:30 Morning Social (TAA) 10:00 Gentle Stretching (TAA) 10:30 Grab Bag (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Brain Games (TAA) 1:25 Seahawks Game  2:00 Afternoon Snack 2:30 You Be the Judge (TAA) 3:00 Fly Ball (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i>	9:30 Java & Jokes (TAA) 10:00 Sorting out the Spin (TAA) 10:30 Chair Yoga (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Washers Challenge (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Sharpen Your Senses (TAA) 3:00 Bowling Challenge (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> Hanukkah Ends	9:30 Morning News (TAA) 10:00 Hand Massages (TAA) 10:00 Seated Tai Chi (GC) 10:30 Lucky Dice (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Finish the Phrase (TAA) 1:30 New Year Toasts (TAA) 2:00 New Year's Eve Champagne Happy Hour (TAA)  2:30 Afternoon Game "Dominos" (TAA) 3:00 Bingo (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> New Year's Eve	9:30 Coffee & Chats (TAA) 10:00 Service Project: Holiday Décor Take Down (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 New Year Resolutions (TAA) 1:30 Sing Along w/ Suzie (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA) 3:00 Washers Game (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> New Year's Day	9:30 Good News (TAA)  10:00 King of the Road (TAA) 10:30 Car Racing Game (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Happy Birthday, Georgia (TAA) 1:30 Peach Parfait Creations (TAA) 2:00 Afternoon Snack 2:30 Music of the Andrews Sisters (TAA) 3:00 Lucky Dice (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i>	9:30 Coffee Circle (TAA) 10:00 Floor Hockey (TAA) 10:30 Festival of Sleep (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Fly Ball (TAA) 1:30 Finish the Phrase (TAA) 2:00 Afternoon Snack 2:30 Victor Borge: Comedy Piano (TAA) 3:00 Horse Racing Game (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> 	9:30 Coffee and Chats (TAA) 10:00 Putt- Putt Golf (TAA) 10:30 What Would You Do? (TAA) 11:00 Meal Setup (TAA) 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Bingo (TAA) 1:30 Button Toss (TAA) 2:00 Afternoon Snack 2:15 Happy Birthday, Utah (TAA) 2:45 Music with Roberta Daniel (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> 6:00 Saturday Cinema
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