



December 2019/January 2020

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	31	31	1	2	3	4
9:30 Morning Social (TAA) 10:00 Gentle Stretching (TAA) 10:30 Grab Bag (TAA) 11:15 Transition Time 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>	10:00 Name that Tune (TAA)  11:15 Transition Time 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) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> Hanukkah Ends	10:00 Seated Tai Chi (GC) 10:30 Lucky Dice (TAA) 11:15 Transition Time 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 Bingo (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Dinner Cleanup)</i> New Year's Eve	8:00 Rose Parade 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 2:00 Afternoon Snack 2:00 Rose Bowl Football Game 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 Service Project: Holiday Décor Take Down (TAA) 10:45 King of the Road (TAA) 11:15 Transition Time 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) 11:15 Transition Time 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) 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) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> <i>(Res. Vol. Lunch Cleanup)</i> 1:00 Bingo (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>
CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff						

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

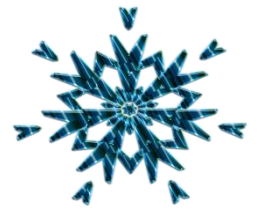
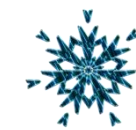
PROGRAMS SUBJECT TO CHANGE






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January 2020

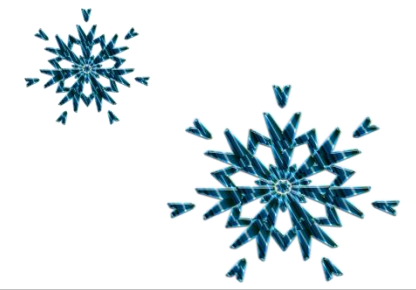


Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
9:30 Coffee & Chats (TAA) 10:00 Coffee Around the World (TAA) 10:30 Theater & Interactive Storytelling w/ Cindy  11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Pepe Le Pew Day (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Wheel of Fortune (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:00 Piano Tunes (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Pepe Le Pew Day (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Wheel of Fortune (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:30 Memories Are Made of This (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 What Am I? (TAA) 1:30 Reminiscing Beach Ball (TAA) 2:00 Happy Hour (TAA)  2:30 Card Game "Uno" (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 You Be the Judge (TAA) 10:30 Chair Dancing (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Elvis Lives (TAA) 2:00 Afternoon Snack 2:30 Fly Ball (TAA) 3:00 Junk Drawer Detective (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 "Dear Abby" Day (TAA) 11:00 Meditation Moment (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Reading Group "Two-Step Resolution" (TAA) 1:30 Seated Cardio (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA)  4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 The Wolf Moon (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Drum Circle w/ Kate (TAA) 2:00 Margarita Social (TAA)  2:45 Bowling Challenge (TAA)  4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Chair Yoga (TAA) 10:30 History of Bread and Bread Making (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Texas Trivia (TAA) 1:30 Fly Ball (TAA) 2:00 Afternoon Snack 2:30 Piggy Bankers (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)
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January 2020



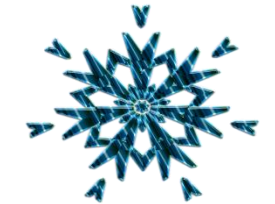
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Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
9:30 Coffee Circle (TAA)  10:00 Put Your John Hancock Here Day (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Hand Massages (TAA) 1:30 Finish the Phrase (TAA) 2:00 Afternoon Snack 2:30 Putting Green (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:00 Travelogue “Deep in the Heart of Texas” (TAA) 11:15 Transition Time 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 What Am I? (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:00 Name That Tune (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Spice of Life (TAA) 1:30 Fly Ball (TAA)  2:00 Happy Hour (TAA) 2:30 Dominos (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 Photobombing Day (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Finish the Phrase (TAA) 1:30 Remembrall (TAA) 2:00 Afternoon Snack 2:30 Service Project Nutterbuttter Penguins- (TAA)  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 Appreciate A Dragon Day (TAA)  11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Fitness Mashup (TAA) 1:30 Fig Newton Day (TAA) 2:00 Afternoon Snack 2:30 Service Project Nutterbuttter Penguins Part 2 (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Happy Birthday, Betty White (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 PGA Anniversary (TAA) 1:30 Hole in One Challenge (TAA) 2:00 Afternoon Snack 2:30 A Moss by Any Other Name (TAA) 3:00 You Be the Judge (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Who Am I? (TAA) 10:30 Music of Kenny Rogers (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Cattle Ranching & Wrangling (TAA) 2:00 Root Beer Float Social (TAA)  2:30 Bingo (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)
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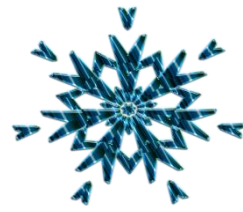


January 2020



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
9:30 Coffee & Chats (TAA) 10:00 Sharpen Your Senses (TAA) 10:30 Theater & Interactive Storytelling w/ Cindy  11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Happy Birthday, Dolly (TAA) 1:30 Music of Dolly Parton (TAA) 2:00 Afternoon Snack 2:30 Horse Racing Game (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:00 Name that Tune (TAA)  11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Washers Challenge (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Seated Soccer (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	10:00 Reading Group- Big Mystery in Small Town Texas (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Finish the Phrase (TAA) 1:30 10 Pin Bowling (TAA)  2:00 Happy Hour (TAA) 2:30 Card Game "Uno" (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  11:15 Transition Time (TAA) 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Not Your First Rodeo (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 Rock and Roll Hall of Fame Inductions (TAA) 11:00 Meditation Moment (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Who Am I? (TAA) 1:30 Seated Cardio (TAA) 2:00 Afternoon Snack 2:30 Ladder Toss (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Compliment Day (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Drum Circle w/ Kate (TAA)  2:00 Margarita Social (TAA) 2:30 Beer Can Trivia (TAA) 3:00 Fly Ball (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)	9:30 Morning Social (TAA) 10:00 Chair Yoga (TAA) 10:30 Texas Ritter (TAA) 11:15 Transition Time 11:30 Lunch 12:15-Helping Hands CNA (Res. Vol. Lunch Cleanup) 1:00 Chinese New Year-The Year of the Rat (TAA) 1:30 Fly Ball (TAA) 2:00 Afternoon Snack 2:30 You Be the Judge (TAA) 4:30 Dinner 5:15-Helping Hands CNA (Res. Vol. Dinner Cleanup)
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January/February 2020



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Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
9:30 Coffee Circle (TAA)  10:00 The Cullinan Diamond (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Trivia Challenge (TAA) 1:30 Fly Ball (TAA) 2:00 Afternoon Snack 2:30 Bowling (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	10:00 Piano Tunes (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 History of the Marshmallow (TAA) 1:30 Seated Strength (WS) 2:00 Afternoon Snack 2:30 Finish the Phrase (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup) 5:15 Harp Music w/ Cheryl Zabel 	10:00 Serendipity Anagrams (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Brain Games (TAA) 1:30 Floor Hockey (TAA) 2:00 Happy Hour (TAA)  2:30 Dominos (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Coffee Circle (TAA) 10:00 What Am I? (TAA) 10:30 Dot-to-Dot Puzzles (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Washers Challenge (TAA) 1:30 Pictionary (TAA)  2:00 Afternoon Snack 2:30 Bingo (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Morning News (TAA) 10:00 Walt Disney, the Man (TAA) 11:00 Meditation Moment (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Who Am I? (TAA) 1:30 Seated Cardio (TAA) 2:00 Afternoon Snack 2:30 Seated Soccer (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Coffee & Chats (TAA) 10:00 Puzzling Puzzles (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Watercolor Project (TAA)  2:00 Afternoon Snack 2:30 Dance Tunes (TAA) 3:00 Card Game "Uno" (TAA) 4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)	9:30 Coffee and Chats (TAA) 10:00 Name That Sound (TAA) 10:30 What Would You Do? (TAA) 11:15 Transition Time 11:30 Lunch 12:15- <i>Helping Hands CNA</i> (Res. Vol. Lunch Cleanup) 1:00 Bingo (TAA) 2:00 Afternoon Snack 2:15 Lucky Dice (TAA) 2:45 Music with Roberta Daniel (TAA)  4:30 Dinner 5:15- <i>Helping Hands CNA</i> (Res. Vol. Dinner Cleanup)
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