



December 2020/January 2021

Memory Care – Life Enrichment

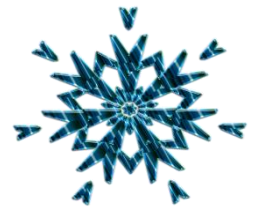
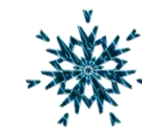
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
9:30 News & Chats (TAA) 10:00 Chair Dancing (TAA) 10:30 Bingo (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:05 Seahawks Game  2:00 Afternoon Snack 2:30 Pictionary (TAA) 4:30 Dinner CNA= CNA run group TAA= Therapeutic Activity Assistant run group. W\$= Wellness Staff	9:30 Morning Chat (TAA) 10:00 Chair Yoga (TAA) 10:30 You Be the Judge (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month (TAA) 2:00 Margarita Moment (TAA)  3:00 Sharpen Your Senses (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Seated Cardio (TAA) 10:30 Lucky Dice (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (TAA) 2:00 Afternoon Snack 2:30 Hand Massages (TAA) 4:30 Dinner	9:30 Morning Social (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Sing Along w/ Suzie (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA) 4:30 Dinner	9:30 Good News (TAA)  10:00 Chair Dancing (TAA) 10:30 King of the Road (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 New Year Resolutions (TAA) 1:30 New Year Toasts (TAA) 2:00 New Year's Eve Champagne Happy Hour (TAA)  2:30 Music of the Andrews Sisters (TAA) 3:00 Lucky Dice (TAA) 4:30 Dinner New Year's Eve	9:30 Morning Social (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 2:00 Afternoon Snack 2:30 The Rose Bowl 4:30 Dinner New Year's Day 	9:30 Short Story Reading "Ring in the New Year" & A First Time for Everything (TAA) 10:00 Chair Dancing (TAA) 10:30 A-Z Words Game (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (CNA) 2:00 Afternoon Snack 4:30 Dinner










January 2021

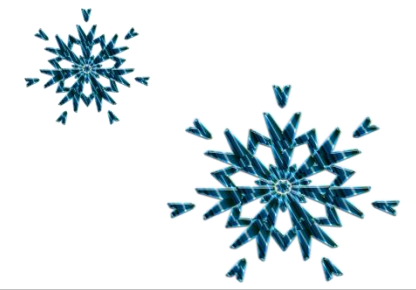
Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:30 Coffee & Chats (TAA) 10:00 Seated Cardio (TAA) 10:30 Bingo (TAA) 11:30 Lunch 1:00 Random Trivia (TAA) 1:25 Seahawks Game (TAA)  1:30 50's Sing Along (TAA) 2:00 Afternoon Snack 2:30 Horse Racing Game (TAA) 4:30 Dinner CNA= CNA run group TAA= Activity Assistant run group. WS= Wellness Staff	9:30 Good News (TAA) 10:00 Chair Yoga (TAA) 10:30 Order Up (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Remembering Songs of the 40's (TAA) 2:00 Margarita Moment (TAA)  3:00 Piggy Bankers on iN2L (TAA) 4:30 Dinner	9:30 Meet & Greet (TAA) 10:00 Morning Stretch (TAA) 10:30 You Be the Judge (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (TAA) 2:00 Afternoon Snack 2:30 Card Game "Uno" (TAA) 4:30 Dinner	9:30 Morning Chat (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Elvis Lives (TAA) 2:00 Happy Hour (TAA)  3:00 Can You Picture This? (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Seated Strength (TAA) 10:30 Undeck the Halls & Tree (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Picture It- Double Exposure (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA)  4:30 Dinner	9:30 Morning Chats (TAA) 10:00 Stretch and Move (TAA) 10:30 Finish the Lyrics (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Fads & Fashions of the 40's (TAA) 2:00 Root Beer Float Social (TAA)  2:45 Piggy Bankers on iN2L (TAA) 4:30 Dinner	9:30 Morning Social (TAA) 10:00 Chair Exercises (TAA) 10:30 Jumpin' Jack's (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie 2:00 Afternoon Snack 4:30 Dinner



January 2021



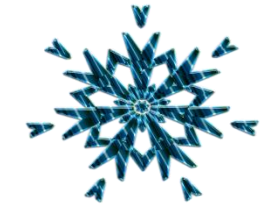
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Enjoy your age.

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
9:30 Morning Chat (TAA)  10:00 Tai Chi Exercises (TAA) 10:30 Name That Tune (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Junk Drawer Detective (TAA) 1:30 Finish the Phrase (TAA) 2:00 Afternoon Snack 2:30 Watercolor Project (TAA) 4:30 Dinner CNA= CNA run group TAA= Activity Assistant run group. WS= Wellness Staff	9:30 Meet & Greet (TAA) 10:00 Seated Cardio (TAA) 10:30 In the Walls of a Bungalow (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Lucky Dice (TAA)  2:00 Margarita Moment (TAA)  2:30 Piggy Bankers on iN2L (TAA) 4:30 Dinner	9:30 Good News (TAA) 10:00 Fly Ball (TAA) 10:30 Finish the Phrase (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (TAA) 2:00 Afternoon Snack 2:30 Dominos (TAA) 4:30 Dinner	9:30 Morning Chat (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Finish the Phrase (TAA) 1:30 You Be the Judge (TAA) 2:00 Happy Hour (TAA)  2:30 Service Project Nutterbutter Penguins- (TAA)  4:30 Dinner	9:30 Morning News (TAA) 10:00 Morning Stretch (TAA) 10:30 Sharpen Your Senses (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Name That Tune & Sing Along (TAA) 2:00 Afternoon Snack 2:30 Service Project Nutterbutter Penguins Part 2 (TAA) 4:30 Dinner	9:30 Circle Chats (TAA) 10:00 Chair Dancing (TAA) 10:30 Star of the Month (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 PGA Anniversary & History of the PGA (TAA) 1:30 Hole in One Challenge (TAA)  2:00 Root Beer Float Social (TAA) 2:45 Word Games on iN2L (TAA) 4:30 Dinner	9:30 Morning Social (TAA) 10:00 Seated Cardio (TAA) 10:30 Music of Kenny Rogers (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie 2:00 Afternoon Snack 4:30 Dinner

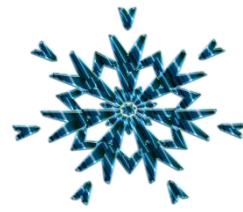


January 2021



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
9:30 Coffee & Chats (TAA) 10:00 Spiritual Sing Along on iN2L (TAA) 10:30 Would You Rather? (TAA) 11:30 Lunch 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	9:30 Meet & Greet (TAA) 10:00 Seated Cardio (TAA) 10:30 Martin Luther King Discussion (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Name That Glen Miller Tune (TAA) 2:00 Margarita Moment (TAA)  3:00 Bingo (TAA) 4:30 Dinner	9:30 Good News (TAA) 10:00 Morning Stretch (TAA) 10:30 Name That Sound on iN2L (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Where Am I? (TAA) 2:00 Afternoon Snack 3:00 Finish the Phrase (TAA) 4:30 Dinner	9:30 Morning Chat (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Boxers of the 40's (TAA) 2:00 Happy Hour (TAA)  3:00 Pictionary (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Chair Dancing (TAA) 10:30 Trivia Challenge (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (TAA) 2:00 Afternoon Snack 2:30 Sing Along with Susie (TAA) 4:30 Dinner	9:30 Circle Chat (TAA) 10:00 Seated Exercises (TAA) 10:30 Piggy Bankers (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Sowing Seeds of Victory (TAA) 2:00 Root Beer Float Social (TAA)  2:30 Beer Can Trivia (TAA) 3:00 Fly Ball (TAA) 4:30 Dinner	9:30 This Day in History (TAA) 10:00 Chair Yoga (TAA) 10:30 Category Trivia (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie 2:00 Afternoon Snack 4:30 Dinner 
<p>CNA= CNA run group TAA= Activity Assistant run group. WS= Wellness Staff</p>						









January/February 2021



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Enjoy your age



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
9:30 Circle Chat (TAA)  10:00 Tai Chi Exercises (TAA) 10:30 Museum Virtual Visit (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Does It Jive? (TAA) 1:30 Fly Ball (TAA) 2:00 Afternoon Snack 2:30 Bowling (TAA) 4:30 Dinner	9:30 Meet & Greet (TAA) 10:00 Chair Yoga (TAA) 10:30 Pictionary (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 History of the Marshmallow (TAA) 1:30 Marshmallow Fun (TAA) 2:00 Margarita Moment (TAA)  2:30 Finish the Phrase (TAA) 4:30 Dinner	9:30 News & Views (TAA) 10:00 Chair Dancing (TAA) 10:30 Anagrams (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (TAA) 2:00 Afternoon Snack 2:30 Bingo (TAA)  4:30 Dinner	9:30 Morning Chat (CNA) 10:00 The Price is Right (CNA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 The Funny 40s (TAA) 2:00 Happy Hour (TAA)  3:00 Word Games on iN2L (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Seated Cardio (TAA) 10:30 Food For Thought - Candies of the 40's (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Name That Tune (TAA) 2:00 Afternoon Snack 2:30 Art Project (TAA) 4:30 Dinner	9:30 Coffee & Chats (TAA) 10:00 Seated Exercise (TAA) 10:30 Puzzling Puzzles (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Project (TAA)  2:00 Afternoon Snack 2:30 Dance Tunes (TAA) 3:00 Card Game "Uno" (TAA) 4:30 Dinner	9:30 Coffee and Chats (TAA) 10:00 Morning Stretch (TAA) 10:30 What Would You Do? (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie 2:00 Afternoon Snack 4:30 Dinner
CNA= CNA run group TAA= Activity Assistant run group. WS= Wellness Staff						