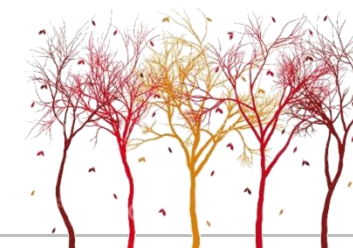











October/November 2021



Memory Care – Life Enrichment









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
9:30 Morning Chat (TAA) 10:00 Seated Strength (TAA) 10:30 National Magic Day (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:05 Seahawks Game and Tailgate Party (TAA)  2:00 Afternoon Snack 2:30 Grab Bag (TAA) 4:30 Dinner <h2 style="text-align: center;">Happy Halloween</h2>	9:00 Morning Social (TAA) 9:30 I Have Never... (TAA) 10:00 Seated Cardio (TAA) 10:30 Sistine Chapel (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (TAA)  2:00 Music with Marty (TAA)  4:30 Dinner	9:00 Worship Service and Communion (TAA)  9:30 Meet & Greet (TAA) 10:00 Chair Dancing (TAA) 10:30 Daniel Boone (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Art Project (TAA) 2:00 Afternoon Snack 2:30 Games on iN2L (TAA) 3:00 Music with John (TAA)  4:30 Dinner	9:00 Morning Chat (TAA) 9:30 Cliché Day (TAA) 10:00 Tai Chi Class (TAA) 10:30 All About Stephen F. Austin (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (TAA) 2:00 Happy Hour (TAA)  2:30 Music of Texas (TAA) 4:30 Dinner	9:00 Morning News (TAA) 9:30 Seated Exercise (TAA) 10:15 Music with Anne & Gaye (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Short Story Reading: Oh Deer! (TAA) 2:00 Afternoon Snack (TAA) 2:30 Finish the Phrase (TAA) 4:30 Dinner	9:00 Coffee & Chats (TAA) 9:30 Bee Kind Thanks Poster (TAA) 10:00 Chair Dancing (TAA) 10:30 Picture It- Hidden in Plain Sight (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month (TAA) 2:00 Afternoon Snack 2:30 Piggy Bankers (TAA) 4:30 Dinner	9:30 Seated Exercises (TAA) 10:00 This Day in History (TAA) 10:30 Would You Rather? (TAA)  11:15 Transition Time 11:30 Lunch 1:00 Afternoon Movie (TAA) 2:00 Afternoon Snack 4:30 Dinner
CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff						



November 2021

Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
9:30 Coffee Circle (TAA) 10:00 Seated Cardio (TAA) 10:30 Piggy Bankers on IN2L (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 The Corn Palace (TAA) 2:00 Afternoon Snack 2:30 Name That Tune (TAA) 4:30 Dinner  Daylight Savings Ends	9:00 Morning News (TAA) 9:30 Milton Bradley Day (TAA) 10:00 Chair Yoga (TAA) 10:30 Youngest Presidents (TAA) 11:15 Transition Time (CNA) 11:30 Lunch  1:00 You Be the Judge (TAA) 2:00 Strawberry Margarita Moment (TAA)  2:30 Remembering Will Rogers (TAA) 4:30 Dinner	9:00 Worship Service (TAA)  9:30 Meet & Greet (TAA) 10:00 Chair Dancing (TAA) 10:30 Berlin: Breaking Down the Wall (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (TAA) 2:00 Afternoon Snack 2:30 Nuts About Peanut Butter (TAA) 4:30 Dinner	9:00 Morning Chat (TAA)  9:30 Sesame Street Anniversary (TAA) 10:00 Tai Chi Class (TAA) 10:30 Music Trivia (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (TAA) 2:00 Happy Hour (TAA)  2:30 Marine Corps Anniversary (TAA) 4:30 Dinner	9:00 Coffee Circle (TAA) 9:30 Suffragists Day (TAA) 10:00 Morning Stretch (TAA) 10:30 Veterans Day Discussion (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? Famous Battleships (TAA) 2:00 Afternoon Snack 2:30 Patriotic Salute: Music of America (TAA) 4:30 Dinner  Veterans Day	9:00 News & Views (TAA) 9:30 Chicken Soup for the Soul (TAA) 10:00 Seated Cardio (TAA) 10:30 Junk Drawer Detective (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Creating Teatime Hats (TAA) 2:00 Tea Tasting (TAA) 2:15 History of Tea (TAA) 4:30 Dinner	9:30 Moving and Grooving with Leslie (TAA) 10:00 Name That Tune (TAA) 10:30 Surf's Up! (TAA) 11:15 Transition Time 11:30 Lunch 1:00 Afternoon Movie (TAA) 2:00 Afternoon Snack 4:30 Dinner
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5340 N. BRISTOL ST. TACOMA, WA 98407 (253)752-6621

PROGRAMS SUBJECT TO CHANGE














FRANKE TOBEY JONES
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November 2021

Memory Care – Life Enrichment
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
<p>9:30 Coffee Circle (TAA)</p> <p>10:00 Seated Cardio (TAA)</p> <p>10:30 Family Feud Fun (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 American Teddy Bear Day (TAA)</p> <p>1:25 Seahawks Game</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Grab Bag (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Morning News (TAA)</p> <p>9:30 All About Recycling (TAA)</p> <p>10:00 Morning Stretch (TAA)</p> <p>10:30 Georgia O'Keefe (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Random Trivia (TAA)</p> <p>2:00 Drunken Pumpkin Social (TAA)</p> <p>2:30 Pikes Peak (TAA)</p>  <p>4:30 Dinner</p>	<p>9:00 Worship Service (TAA)</p>  <p>9:30 Meet & Greet (TAA)</p> <p>10:00 Chair Dancing (TAA)</p> <p>10:30 Aviation History & Terminology (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Button Flowers Craft Group (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Music of the Rat Pack (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Morning Chat (TAA)</p>  <p>9:30 Making Homemade Bread (TAA)</p> <p>10:00 Seated Cardio (TAA)</p> <p>10:30 All About Breads (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Who Am I? (TAA)</p> <p>2:00 Happy Hour (TAA)</p>  <p>2:30 Virtual Hiking Trip (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Coffee & Chats (TAA)</p> <p>9:30 All About Johnny Mercer (TAA)</p>  <p>10:00 Chair Dancing (TAA)</p> <p>10:30 Name That Sound (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Short Story Reading: The Kindness Train (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Happy Birthday Mickey Mouse (TAA)</p>  <p>4:30 Dinner</p>	<p>9:00 News Paper Review (TAA)</p> <p>9:30 Calvin Kline, The Designer (TAA)</p>  <p>10:00 Gentle Stretching (TAA)</p> <p>10:30 Lucky Dice Game (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Name That Tune (TAA)</p> <p>2:00 Coke Float Social (TAA)</p>  <p>2:45 Brain Boosters (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 Morning Social (TAA)</p> <p>10:00 Morning Exercises (TAA)</p>  <p>10:30 Music of Dolly Parton (TAA)</p> <p>11:15 Transition Time</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie (TAA)</p> <p>2:00 Afternoon Snack</p> <p>4:30 Dinner</p>
<p>CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff</p>						



November 2021



Memory Care – Life Enrichment








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:30 Morning Social (TAA) 10:00 Gentle Stretching (TAA) 10:30 Keep Paying It Forward (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Hot Air Balloons (TAA) 1:25 Seahawks Game  2:00 Afternoon Snack 2:30 Grab Bag (TAA) 4:30 Dinner	9:00 Coffee & Chats (TAA) 9:30 Billie Jean King- Tennis Great (TAA) 10:00 Seated Exercises (TAA) 10:30 Memorabilia Monday (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Preparing a Big Meal (TAA)  2:00 Hot Chocolate Social (TAA)  3:00 Composer Spotlight (TAA) 4:30 Dinner  FRANK TOBEY JONES <i>Enjoy your age</i>	9:00 Worship Service (TAA)  9:30 Meet & Greet (TAA) 10:00 Chair Dancing (TAA) 10:30 Pledge of Kindness-Fill A Bucket (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Turkey Craft Group (TAA) 2:00 Afternoon Snack 2:30 Who Was Fibonacci? (TAA)  4:30 Dinner	9:00 Morning Chat (TAA)  9:30 Giving & Kindness Trivia (TAA) 10:00 Seated Cardio (TAA) 10:30 Piano Music with Sandra Walker  11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (TAA) 2:00 Happy Hour (TAA)  2:30 All About Ragtime (TAA) 4:30 Dinner	9:00 Macy's Thanksgiving Parade (CNA) 9:30 The Evolution of Stuffing (TAA) 10:00 Exercise Group (TAA) 10:30 Short Story Reading: Unexpected Thanksgiving Blessings (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:30 Raiders vs Cowboys Football Game 2:00 Afternoon Snack 4:30 Dinner 5:20 Bills vs. Saints Football Game  Thanksgiving Day	9:00 Morning Chat (TAA) 9:30 iN2L Piggy Banker Game (TAA) 10:00 Tai Chi Class (TAA) 10:30 Over the River and Through the Woods (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Discovery of King Tut (TAA) 2:00 Root Beer Float Social (TAA)  2:45 Best of Johnny Cash Songs (TAA) 4:30 Dinner	9:30 EZ Trivia (TAA) 10:00 Seated Strength (TAA) 10:30 Name That Tune (TAA)  11:15 Transition Time 11:30 Lunch 1:00 Afternoon Movie (TAA) 2:00 Afternoon Snack 4:30 Dinner
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November/December 2021



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
9:30 Coffee Circle (TAA) 10:00 Seated Cardio (TAA) 10:30 The Grand Ole Opry (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Celebrating Hanukkah (TAA) 2:00 Afternoon Snack 2:30 Race to the Finish Day (TAA) 4:30 Dinner Hanukkah Begins 	9:30 Morning Social (TAA) 10:00 Chair Yoga (TAA) 10:30 iN2L Piggy Bank Game (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Can You Picture This? (TAA)  2:00 Eggnog Social (TAA)  2:30 Random Trivia (TAA) 4:30 Dinner 5:15 Seahawks Game 	9:00 Worship Service (TAA)  9:30 Meet & Greet (TAA) 10:00 Chair Dancing (TAA) 10:30 Horse Racing Game (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Canvas Creations (TAA)  2:00 Afternoon Snack 2:30 Canvas Creations Continued (TAA) 4:30 Dinner	 FRANKE TOBEY JONES <i>Enjoy your age.</i>			

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