




# February/March 2021



## Memory Care – Life Enrichment

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|--|
| 27  | 28  | 1  | 2  | 3  | 4  | 5  |
| <p>9:00 Morning Chat (TAA)</p> <p>9:30 You Be the Judge (TAA)</p> <p>10:00 Balloon Ball (TAA)</p> <p>10:30 Name That Instrument (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Polar Bear Day (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 EZ Trivia (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Finish the Lyrics (TAA)</p>  <p>10:00 A Gentle Stretch (TAA)</p> <p>10:30 Rodeo Day (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Food for Thought (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Button Flowers (TAA)</p> <p>4:30 Dinner</p>  | <p>9:00 Worship Service &amp; Communion (TAA)</p> <p>9:30 Nebraska Day (TAA)</p> <p>10:00 Chair Dancing (TAA)</p> <p>10:30 Make a Mardi Gras Mask (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 All About Mardi Gras (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Matching Game on iN2L (TAA)</p> <p>3:00 Music with John (TAA)</p>  <p>4:30 Dinner</p> <p style="text-align: center;"><b>Mardi Gras</b></p> | <p>9:30 Morning Chat (TAA)</p> <p>10:00 Seated Strength (TAA)</p> <p>10:30 Wiser Now (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Mount Rainier Day (TAA)</p> <p>2:00 Happy Hour (TAA)</p>  <p>2:30 Ash Wednesday Traditions (TAA)</p> <p>4:30 Dinner</p> <p style="text-align: center;"><b>Ash Wednesday</b></p> | <p>9:30 Morning News (TAA)</p>  <p>10:00 Chair Aerobics (TAA)</p> <p><b>10:15 Music with Anne &amp; Gaye (TAA)</b></p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Who Am I (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Lucky Dice (TAA)</p>  <p>4:30 Dinner</p> | <p>9:30 Coffee &amp; Chats (TAA)</p> <p>10:00 Exercise Group (TAA)</p> <p>10:30 All About Vermont (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Washer Challenge (TAA)</p> <p>2:00 Root Beer Floats (TAA)</p>  <p>2:30 The Songs That Made Cinderella (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Morning Movie (CNA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie (CNA)</p>  <p>2:00 Afternoon Snack (CNA)</p> <p>4:30 Dinner</p> |
| <p><b>CNA=</b> CNA run group<br/> <b>TAA=</b> Therapeutic Activity Assistant run group.<br/> <b>WS=</b> Wellness Staff</p>  |   |  |  |  |  |  |



# March 2021

Memory Care – Life Enrichment


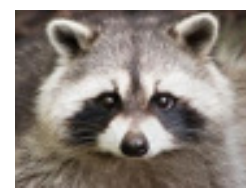





| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|---|---|--|--|---|
| 6   | 7   | 8   | 9   | 10   | 11   | 12  |
| 9:30 EZ Trivia (TAA)<br>10:00 Seated Exercise TAA<br>10:30 All About Michelangelo (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Afternoon Movie (CNA)<br>2:00 Snack<br>4:30 Dinner | 9:30 Coffee and Chats (TAA)<br><br>10:00 Seated Cardio (TAA)<br>10:30 Modern Jeopardy Trivia (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Tennis Day (TAA)<br>2:00 Music with Marty (TAA)<br><br>4:30 Dinner | 9:00 Worship Service (TAA)<br>9:30 Morning News (TAA)<br>10:00 Easy Stretch (TAA)<br>10:30 Can You Picture This? (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 International Women's Day (TAA)<br>2:00 Snack<br>2:30 If at First You Don't Succeed (TAA)<br>4:30 Dinner | 9:30 Good News (TAA)<br>10:00 Quick Cardio (TAA)<br>10:30 Piggy Bankers on iN2L (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Travelogue (TAA)<br>2:00 Happy Hour (TAA)<br><br>2:30 Feast of St. Frances of Rome (TAA)<br>4:30 Dinner | 9:30 News Update (TAA)<br>10:00 Seated Strength (TAA)<br>10:30 Short Stories Reading (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Trivia Challenge (TAA)<br>2:00 Snack<br>2:30 The Salvation Army (TAA)<br><br>4:30 Dinner | 9:30 Morning Chat (TAA)<br>10:00 Chair Dancing (TAA)<br>10:30 You Be the Judge (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Horse Racing Game (TAA)<br><br>2:00 Hot Chocolate Social (TAA)<br>2:30 What Am I? (TAA)<br>4:30 Dinner | 9:00 Morning Fun (TAA)<br>10:00 Morning Movie (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Afternoon Movie<br><br>4:30 Dinner |
| <p><b>CNA=</b> CNA run group<br/> <b>TAA=</b> Therapeutic Activity Assistant run group.<br/> <b>WS=</b> Wellness Staff</p>  |   |   |   |  |  |   |

# March 2021

Memory Care – Life Enrichment



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| 13  | 14  | 15   | 16  | 17   | 18  | 19   |
| <p>9:30 Random Trivia (TAA)</p> <p>10:00 Seated Exercise (TAA)</p> <p><b>10:30 Live Theater with Cindy Arnold</b></p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie</p>  <p>2:00 Snack</p> <p>4:30 Dinner</p> <p><b>Daylight Savings</b></p> <p><b>CNA=</b> CNA run group<br/><b>TAA=</b> Therapeutic Activity Assistant run group.<br/><b>WS=</b> Wellness Staff</p> | <p>9:30 Good Morning News (TAA)</p> <p>10:00 Simple Stretch (TAA)</p> <p>10:30 Short Story Reading: My Best Friend (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Butterfly in the Sky Day (TAA)</p> <p>2:00 Irish Coffee Social (TAA)</p> <p>2:30 St. Patrick's Day Trivia on IN2L (TAA)</p> <p>4:30 Dinner</p> | <p>9:00 Worship Service (TAA)</p> <p>9:30 News Update (TAA)</p> <p>10:00 Seated Cardio (TAA)</p> <p>10:30 Finish the Phrase (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Shamrock Art (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Happy Birthday, Maine (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Morning Social (TAA)</p> <p>10:00 Fly Ball (TAA)</p> <p>10:30 It's Not Easy Being Green (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 The Story of Purim (TAA)</p> <p>2:00 Happy Hour (TAA)</p> <p>2:30 History of the Irish Dance (TAA)</p> <p>4:30 Dinner</p> <p style="text-align: center;"><b>Purim</b></p> | <p>9:30 Fun with Limericks (TAA)</p> <p>10:00 Chair Yoga (TAA)</p> <p>10:30 Famous Irish Folks (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 What Am I? (TAA)</p> <p>2:00 Snack</p> <p>2:30 Name That Irish Tune (TAA)</p>  <p>4:30 Dinner</p> <p style="text-align: center;"><b>St. Patrick's Day</b></p> | <p>9:30 Good News (TAA)</p> <p>10:00 Seated Strength (TAA)</p> <p>10:30 Jeopardy Trivia (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Unconventional Housing (TAA)</p> <p>2:00 Root Beer Float Social (TAA)</p>  <p>2:30 RINGS Word Game (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Morning Fun (TAA)</p> <p>10:00 Quick Cardio (TAA)</p> <p>10:30 Fairy Garden Detective (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie</p>  <p>4:30 Dinner</p> |














# March 2021

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| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|--|--|---|--|--|
| 20  | 21   | 22   | 23   | 24  | 25   | 26   |
| 9:30 Forest Trivia (TAA)<br>10:00 Quick Cardio (TAA)<br>10:30 Finish the Song Lyrics (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Afternoon Movie (CNA)<br>2:00 Snack (CNA)<br>4:30 Dinner<br><br><b>Spring Equinox</b> | 9:30 Morning Chat (TAA)<br>10:00 Chair Yoga (TAA)<br>10:30 Equality and Equity Day (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Travelogue (TAA)<br>2:00 Margarita Monday (TAA)<br><br>2:30 Day of Forests (TAA)<br>4:30 Dinner | 9:00 Worship Service (TAA)<br>9:30 Good News (TAA)<br>10:00 Chair Aerobics (TAA)<br>10:30 Piggy Bankers (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Food for Thought (TAA)<br><br>2:00 Snack<br>2:30 You Be the Judge (TAA)<br>4:30 Dinner | 9:30 Morning Chats (TAA)<br>10:00 Stretch Band Exercises (TAA)<br><b>10:30 Piano Music with Sandra Walker</b><br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Who Am I? (TAA)<br>2:00 Happy Hour (TAA)<br><br>2:30 Kitten & Puppy Day (TAA)<br>4:30 Dinner | 9:30 Coffee Circle (TAA)<br>10:00 Fly Ball (TAA)<br>10:30 Name That Sound on IN2L (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Star of the Month (TAA)<br>2:00 Afternoon Snack<br>2:30 Finish the Phrase (TAA)<br>4:30 Dinner | 9:30 Funny Friday (TAA)<br>10:00 Quick Cardio (TAA)<br>10:30 Heidi Day (TAA)<br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Bingo (TAA)<br><br>2:00 Italian Soda Social (TAA)<br>2:30 Queen of Soul (TAA)<br>4:30 Dinner | 9:30 Morning News (TAA)<br>10:00 Morning Movie (TAA)<br><br>11:15 Transition Time (CNA)<br>11:30 Lunch<br>1:00 Afternoon Movie (CNA)<br>2:00 Afternoon Snack (CNA)<br>4:30 Dinner |
| <b>CNA=</b> CNA run group<br><b>TAA=</b> Therapeutic Activity Assistant run group.<br><b>WS=</b> Wellness Staff   |  |  |  |   |  |  |



# March/April 2021

Memory Care – Life Enrichment



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|---|--|---|---|---|
| 27   | 28  | 29  | 30   | 31  | 1   | 2   |
| <p>9:30 Morning Social (TAA)</p> <p>10:00 Tai Chi (TAA)</p> <p>10:30 Name That Sondheim Tune (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie (CNA)</p>  <p>2:00 Afternoon Snack (CNA)</p> <p>4:30 Dinner</p> | <p>9:30 Coffee Circle (TAA)</p> <p>10:00 Seated Strength (TAA)</p> <p>10:30 Color by Number (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 All About Reba (TAA)</p>  <p>2:00 Hot Chocolate (TAA)</p> <p>2:30 Lucky Dice (TAA)</p>  <p>4:30 Dinner</p> | <p>9:00 Worship Service (TAA)</p> <p>9:30 All About Pearl Bailey (TAA)</p>  <p>10:00 Chair Yoga (TAA)</p> <p>10:30 Words in a Word (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Where Am I? (TAA)</p> <p>2:00 Snack</p> <p>2:30 Trivia on IN2L (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Doctor's Day (TAA)</p> <p>10:00 Quick Cardio (TAA)</p> <p>10:30 All About Van Gogh (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Jeopardy (TAA)</p> <p>2:00 Happy Hour (TAA)</p>  <p>2:30 Lil' Red Wagon (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Starbucks Day (TAA)</p>  <p>10:00 Chair Aerobics (TAA)</p> <p>10:30 She's Funny That Way (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Bowling (TAA)</p>  <p>2:00 Snack</p> <p>2:30 You Be the Judge (TAA)</p>  <p>4:30 Dinner</p> | <p>9:30 Morning Social (TAA)</p> <p>10:00 Simple Stretch (TAA)</p> <p>10:30 What's the Price on IN2L (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Bingo (TAA)</p>  <p>2:00 Root Beer Float Social (TAA)</p> <p>2:30 Crafts from A to Z (TAA)</p> <p>4:30 Dinner</p> | <p>9:30 Coffee and Chats (TAA)</p> <p>10:00 Seated Cardio (TAA)</p> <p>10:30 Finish the Lyric (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Movie (CNA)</p>  <p>2:00 Afternoon Snack (CNA)</p> <p>4:30 Dinner</p> |
| <p><b>CNA= CNA run group</b><br/> <b>TAA= Therapeutic Activity Assistant run group.</b><br/> <b>WS= Wellness Staff</b></p>   |   |   |  |   |   |   |