














MAYO







MEMORY CARE – LIFE ENRICHMENT - 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>9:30 History of Cheerios and Cheerio Taste Test (TAA)</p>  <p>10:00 Morning Exercises (TAA)</p> <p>10:30 Making Cheerio Trail Mix (TAA)</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>9:30 Wear Sunglasses Day (TAA)</p>  <p>10:00 Seated Aerobics (TAA)</p> <p>10:30 Roll a Face (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Landmarks Day (TAA)</p> <p>2:00 Music with Marty (TAA)</p>  <p>4:30 Dinner</p>	<p>9:00 Worship Service & Communion (TAA)</p> <p>9:30 Watch Your Speed Day (TAA)</p> <p>10:00 Tai Chi Class (TAA)</p> <p>10:30 Remembering Old Country Music (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 Afternoon Snack</p> <p>2:30 Fun Trivia (TAA)</p> <p>3:00 Music with John (TAA)</p>  <p>4:30 Dinner</p>	<p>9:30 Morning Chat (TAA)</p> <p>10:00 Chair Dancing (TAA)</p> <p>10:30 Firefighters Day (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Fathers of Invention (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Sing Along (TAA)</p> <p>3:00 Garden Check-in (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 Fun Facts of Cinco de Mayo (TAA)</p> <p>10:00 Seated Cardio (TAA)</p> <p>10:15 Music with Anne & Gaye (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Making Mexican Cornbread (TAA)</p> <p>2:00 Cinco de Mayo Fiesta</p>  <p>4:30 Dinner</p>	<p>9:30 Good News Review (TAA)</p> <p>10:00 Gentle Stretching (TAA)</p> <p>10:30 Tall Glass of Water Day (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Peculiar Patents (TAA)</p> <p>2:00 Root Beer Float Social</p>  <p>2:30 Matching Games on iN2L (TAA)</p> <p>3:00 Garden Check-in (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 Morning Trivia (TAA)</p> <p>10:00 Seated Strength (TAA)</p> <p>10:30 All About the Kentucky Derby (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>CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff</p>						



May 2022

MEMORY CARE – LIFE ENRICHMENT - 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
<p>9:30 Have a Coke Day (TAA)</p>  <p>10:00 Mothers of Invention (TAA)</p> <p>10:30 Live Theater with Cindy Arnold</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> <hr/> <p>CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff</p> <p>Mother's Day</p>	<p>9:30 Morning Social (TAA)</p> <p>10:00 Chair Dancing (TAA)</p> <p>10:30 Bingo (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Hello, Dolly! Day (TAA)</p> <p>2:00 Champagne Punch Social (TAA)</p>  <p>2:30 Washington State Day (TAA)</p> <p>3:15 Garden Check-in (TAA)</p> <p>4:30 Dinner</p> 	<p>9:00 Worship Service (TAA)</p> <p>9:30 Morning News & Views (TAA)</p> <p>10:00 Seated Exercise (TAA)</p> <p>10:30 Inventions Trivia (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 The Rest of the Story (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Cola Taste Test Sensory (TAA)</p>  <p>3:00 Piggy Bankers Word Game on iN2L (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 Good News (TAA)</p> <p>10:00 Chair Yoga (TAA)</p> <p>10:30 Good to the Last Drop! (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</p>  <p>2:30 Irving Berlin Songs (TAA)</p> <p>3:15 Garden Check-in (TAA)</p> <p>4:30 Dinner</p> 	<p>9:30 Coffee Circle (TAA)</p>  <p>10:00 Seated Cardio (TAA)</p> <p>10:30 Food for Thought (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunchtime</p> <p>1:00 Florence Nightingale Day (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 As American as Apple Pie (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 News & Views (TAA)</p> <p>10:00 Gentle Stretch (TAA)</p> <p>10:30 You Be the Judge (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 A Wonder-Ful Day (TAA)</p> <p>2:00 Orange Float Social</p>  <p>2:30 Everything Orange (TAA)</p> <p>3:15 Garden Check-in (TAA)</p> <p>4:30 Dinner</p>	<p>9:30 Morning News (TAA)</p> <p>10:00 Chair Zumba (TAA)</p> <p>10:30 Pick & Sort (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>

















May 2022



MEMORY CARE – LIFE ENRICHMENT - 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:30 Today in History (TAA) 10:00 Morning Stretch (TAA) 10:30 Name that Tune (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (CNA) 2:00 Snack 4:30 Dinner	9:30 Morning Social (TAA) 10:00 Chair Dancing (TAA) 10:30 Tame Your Mountain Day (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (TAA) 2:00 Tropical Escape Social (TAA)  2:30 Drawing Day (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:00 Worship Service (TAA) 9:30 Senior Citizens Day (TAA) 10:00 Morning Stretch (TAA) 10:30 EZ Trivia (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (TAA) 2:00 Afternoon Snack 2:30 A Berry Nice Day (TAA)  4:30 Dinner	9:30 First Woman in Inventors Hall of Fame (TAA) 10:00 Fly Ball (TAA) 10:30 Mad Science: Sink or Float (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Inventive Songs (TAA)  2:00 Happy Hour  2:30 Music of Perry Como (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:30 Morning Chat (TAA) 10:00 Seated Cardio (TAA) 10:30 Picture Postcard Day (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (TAA)  2:00 Afternoon Snack 2:30 Name That Sound on iN2L (TAA)  4:30 Dinner	9:30 Random Trivia (TAA) 10:00 Morning Stretch (TAA) 10:30 Eliza Doolittle Day (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Creating a Monster (TAA) 2:00 Float Social- Strawberry Cream  2:30 All About Strawberries (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:30 Coffee and Chats (TAA) 10:00 Quick Cardio (TAA) 10:30 Horse Racing (TAA)  11:00 Patriotic Sing Along on iN2L (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Armed Forces Focus (TAA) 1:30 Military Slang (TAA) 2:00 Afternoon Snack 2:30 Behind the Music of the Military (TAA) 4:30 Dinner Armed Forces Day 

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










PROGRAMS SUBJECT TO CHANGE



May 2022

MEMORY CARE – LIFE ENRICHMENT - 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
9:30 Morning News (TAA) 10:00 Chair Dancing (TAA) 10:30 Bingo (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Turtles (TAA) 2:00 Snack 2:30 Trivia Fun (TAA) 4:30 Dinner	9:30 News & Views (TAA) 10:00 Seated Stretch (TAA) 10:30 Plant Patent Day (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Mother of Science Fiction (TAA)  2:00 Afternoon Snack 2:30 Music of Rosemary Clooney (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:00 Worship Service (TAA) 9:30 This Day in History (TAA) 10:00 Tai Chi Class (TAA) 10:30 International Tiara Day (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Music of the 60's (TAA) 2:00 Afternoon Snack 2:30 Word Games on iN2L (TAA) 4:30 Dinner	9:30 National Tap Dance Day (TAA) 10:00 Chair Dancing (TAA) 10:30 Piano Music with Sandra Walker  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (TAA) 2:00 Happy Hour  2:30 National Wine Day- All About Wines (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Seated Cardio (TAA) 10:30 Paper Airplane Challenge (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month (TAA) 2:00 Afternoon Snack 2:30 Everything Beatles (TAA)  4:30 Dinner	9:30 Meet & Greet (TAA) 10:00 Morning Stretch (TAA) 10:30 Creative Dirt (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Golden Gate Bridge Day (TAA) 2:00 Old Fashioned Coke Float Social  2:30 Musical Jukebox (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:30 Good News Review (TAA) 10:00 Chair Zumba (TAA) 10:30 Patriotic Art Project (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (TAA)  2:00 Afternoon Snack 2:30 Rosie the Riveter Day (TAA) 4:30 Dinner

CNA= CNA run group
TAA= Therapeutic Activity Assistant run group.
WS= Wellness Staff







May / June 2022



MEMORY CARE – LIFE ENRICHMENT - 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
9:30 Morning News (TAA) 10:00 Seated Exercises (TAA) 10:30 Name that Sound on iN2L (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Indy 500 Mile Race (TAA)  2:00 Snack 2:30 All About Bob Hope (TAA) 4:30 Dinner CNA= CNA run group TAA= Therapeutic Activity Assistant run group. WS= Wellness Staff	9:30 History of Memorial Day (TAA) 10:00 Seated Exercise (TAA) 10:30 Arlington Cemetery (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (CNA) 2:00 Afternoon Snack 3:15 Garden Check-in (CNA) 4:30 Dinner  	9:00 Worship Service (TAA) 9:30 News & Trivia (TAA) 10:00 Morning Stretch (TAA) 10:30 All About Walt Whitman (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 The Reefs of the World Travelogue (TAA) 2:00 Afternoon Snack 2:30 Swinging to the Oldies Day (TAA) 4:30 Dinner	9:30 Reminiscing Stories (TAA) 10:00 Chair Dancing (TAA) 10:30 Sing Along (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Flip A Coin Day and the History of Luck (TAA) 2:00 Happy Hour  2:00 Bus Outing (TAA)  3:15 Garden Check-in (TAA) 4:30 Dinner	9:30 Morning News (TAA) 10:00 Seated Strength (TAA) 10:30 Jeopardy (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 World Bicycle Day (TAA) 2:00 Afternoon Snack 2:30 Piggy Bankers on iN2L (TAA) 3:00 (TAA) 4:30 Dinner	9:30 Meet & Greet (TAA) 10:00 Chair Zumba (TAA) 10:30 Color by Number (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (TAA) 2:00 Float Friday (TAA)  2:30 Best Songs of Dean Martin (TAA) 3:15 Garden Check-in (TAA) 4:30 Dinner	9:45 Coffee & Chats (TAA) 10:00 Seated Cardio (TAA) 10:30 What Would You Do? (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bowling (TAA) 2:00 Afternoon Snack 2:30 Trivia (TAA)  4:30 Dinner