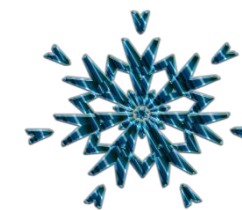












# January 2023

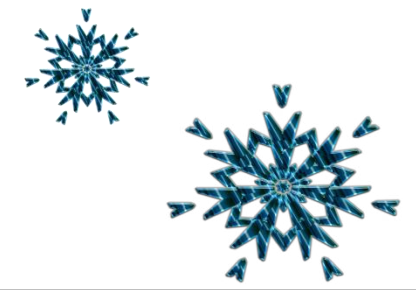


Memory Care – Life Enrichment


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00 Coffee & Chats (TAA) 9:30 Finish the Phrase (TAA) 10:00 Seated Exercises (TAA) 10:30 Bingo (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:05 Seahawks Game (CNA)  2:00 Afternoon Snack 4:30 Dinner  <b>CNA=</b> CNA run group <b>TAA=</b> Activity Assistant run group. <b>WS=</b> Wellness Staff	9:00 Morning Social (TAA) 9:30 Seated Cardio (TAA) 10:00 Roll A Face Game (TAA) 10:30 Random Trivia (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Horse Racing Game (TAA) 2:00 Afternoon Snack 2:30 Name That Movie Musical Tune (TAA) 4:30 Dinner	9:00 Worship Service and Communion (TAA)  9:30 Chair Dancing (TAA) 10:00 Finish the Phrase (TAA) 10:30 Washers Game (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (TAA) 2:00 Afternoon Snack 2:30 Games on the iN2L (TAA) 3:00 Music with John (TAA)  4:30 Dinner	9:00 Morning Chat (TAA) 9:30 Morning Exercises (TAA) 10:00 This Day in History (TAA) 10:30 Undeck the Halls Service Project: Christmas Decoration Take Down (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (TAA) 2:00 Happy Hour (TAA)  2:30 Lucky Dice (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 Coloring Hour (TAA) 2:00 Afternoon Snack (TAA) 2:30 Fly Ball (TAA) 4:30 Dinner	9:00 Order Up (TAA) 9:30 Stretch and Move (TAA) 10:00 Tabletop Puzzles (TAA) 10:30 Ring Toss Game (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bowling (TAA) 2:00 Afternoon Snack (TAA) 2:30 Piggy Bankers on iN2L (TAA)  4:30 Dinner	9:00 Morning Social (TAA) 9:30 Chair Exercises (TAA) 10:00 Trivia Challenge (TAA) 10:30 Remembering Folk Songs of the 60's (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Horse Racing Game (TAA)  2:00 Afternoon Snack (CNA) 2:30 Name That Old Country Music Tune (TAA) 4:30 Dinner



# January 2023

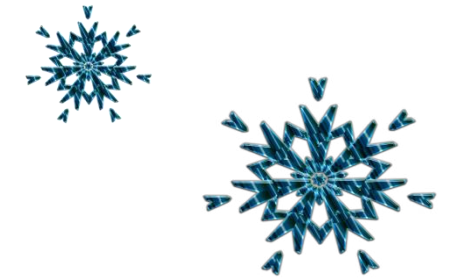


Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
9:00 Remembrall (TAA) 9:30 Seated Exercises (TAA) 10:00 Finish the Phrase (TAA) 10:30 Lucky Dice Game (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Junk Drawer Detective (TAA) 2:00 Afternoon Snack 2:30 Grab Bag (TAA) 4:30 Dinner <hr/> <b>CNA=</b> CNA run group <b>TAA=</b> Activity Assistant run group. <b>W\$=</b> Wellness Staff	<b>Activity Staff All Day Training</b>  11:30 Lunch  <b>2:00 Music with Marty (TAA)</b>   4:30 Dinner	9:00 Worship Service (TAA)  9:30 Fly Ball (TAA) 10:00 Bingo (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Who Am I? (TAA) 2:00 Afternoon Snack 2:30 Snowball Toss (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Seated Strength (TAA) 10:00 Canvas Etching Project (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Visit to the Forest (TAA) 2:00 Happy Hour (TAA)  2:30 You Be the Judge (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Morning Stretch (TAA) 10:00 Baking Group- Making Muffins and More (TAA)   11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Travelogue (TAA) 2:00 Afternoon Snack (TAA) 2:30 Name That 50's Rock Song (TAA)  4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Chair Dancing (TAA) 10:00 Making Spice Paints (TAA)  10:45 All About Spices (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Painting with Spice Paints (TAA) 2:00 Afternoon Snack (TAA) 2:30 Name That 60's Tune (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Seated Cardio (TAA) 10:00 All About Apples and Apple Taste Testing (TAA)  10:30 Making Apple Pie Cups (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Short Story- Flea Market Find (TAA) 1:30 Reminisce- What's the Greatest Thing You've Found? (TAA) 2:00 Afternoon Snack (TAA) 2:30 Paper Airplane Toss (TAA) 4:30 Dinner









# January 2023

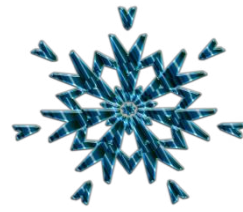


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Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
<p>9:00 Montessori Program (TAA)</p> <p>9:30 Chair Dancing (TAA)</p> <p>10:00 Roll a Face Game (TAA)</p> <p>10:30 Short Story- Game Day (TAA)</p> <p>11:30 Lunch</p> <p>1:00 Bingo (TAA)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Horse Racing Game (TAA)</p>  <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Seated Cardio (TAA)</p> <p>10:00 Ring Toss Game (TAA)</p> <p>10:30 Martin Luther King Discussion (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Spa Afternoon (TAA)</p>  <p>2:00 Margarita Moment (TAA)</p>  <p>2:30 Name That Tune (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Worship Service (TAA)</p>  <p>9:30 Fly Ball (TAA)</p> <p>10:00 1960's Trivia Challenge (TAA)</p> <p>10:30 Cool Things of the 60's (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 What Am I? (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Card Making (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Seated Strength (TAA)</p> <p>10:00 Amazing Science Experiments (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Aroma Therapy- Name That Scent (TAA)</p> <p>2:00 Happy Hour (TAA)</p>  <p>2:30 The Swinging 60's (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Morning Stretch (TAA)</p> <p>10:00 Making Mini Pies (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Visit to the Beach Sensory (TAA)</p>  <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 EZ Random Trivia (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Chair Dancing (TAA)</p> <p>10:00 Aquarius the Water Carrier (TAA)</p>  <p>10:30 History of the Zodiac (TAA)</p> <p>11:00 Washers Game (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Remembering Listening to Music (TAA)</p> <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 Astrology Match Puzzle (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Seated Cardio (TAA)</p> <p>10:00 Granola Bar Taste Testing (TAA)</p> <p>10:30 All About Granola Bars (TAA)</p> <p>11:00 Video- Two Bald Guy Who Eat Stuff and Talk About It (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 The Best of Classical Music (TAA)</p>  <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 Hidden in Plain Sight (TAA)</p> <p>4:30 Dinner</p>
<p><b>CNA=</b> CNA run group  <b>TAA=</b> Activity Assistant run group.  <b>WS=</b> Wellness Staff</p>						
















# January 2023



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Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
9:00 Montessori Program (TAA)  9:30 Seated Exercises (TAA) 10:00 Piggy Bankers Game (TAA) 10:30 Chinese New Year-Who Am I? (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Are You a Rabbit? (TAA)  2:00 Afternoon Snack 2:30 Fly Ball (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Chair Yoga (TAA) 10:00 Rock and Roll Hall of Fame (TAA) 10:30 Music of the First Rock and Roll Hall of Famers (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month (TAA) 2:00 Arnold Palmer Social (TAA)  2:30 Finish the Phrase (TAA) 4:30 Dinner	9:00 Worship Service (TAA)  9:30 Fly Ball (TAA) 10:00 Watercolor Project (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Who Am I? (TAA) 2:00 Afternoon Snack 2:30 Ring Toss Game (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Seated Strength (TAA) 10:00 Bean Bag Twister Game (TAA) <b>10:30 Piano Music with Sandra Walker</b>  11:30 Lunch 12:30 Montessori layout 1:00 Spa Afternoon- Hand Massages (TAA) 2:00 Happy Hour (TAA)  2:30 Ping Pong Toss Game (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Morning Stretch (TAA) 10:00 Floral Arranging- Valentine's Day Centerpieces (TAA) 10:45 Fun Facts about Flower Arranging (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Visit to the Forest (TAA)  2:00 Afternoon Snack (TAA) 2:30 Feel it Out (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Chair Dancing (TAA) 10:00 Bingo (TAA)  11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Music of Great Jazz Players (TAA)  2:00 Afternoon Snack (TAA) 2:30 Can You Picture This? (TAA) 4:30 Dinner	9:00 Montessori Program (TAA) 9:30 Seated Cardio (TAA) 10:00 Sports of the 60's (TAA) 10:45 Bowling (TAA) 11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Happy Birthday Alan Alda (TAA) 2:00 Afternoon Snack (TAA) 2:30 iN2L Piggy Bankers Game (TAA)  4:30 Dinner
<p><b>CNA= CNA run group</b>  <b>TAA= Activity Assistant run group.</b>  <b>WS= Wellness Staff</b></p>						

# January/February 2023



## Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<p>9:00 Montessori Program (TAA)</p>  <p>9:30 Chair Dancing (TAA)</p> <p>10:00 Sing Along with American Folk Songs (TAA)</p> <p>10:30 Card Game “Uno” (TAA)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Does It Jive? All About Jive Dancing and Music (TAA)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Fly Ball (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Chair Yoga (TAA)</p> <p>10:00 Chocolate Concoctions- Nut Clusters (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 A Day at the Beach (TAA)</p> <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 History of Bread Making and Breads of the World (TAA)</p>  <p>4:30 Dinner</p>	<p>9:00 Worship Service (TAA)</p>  <p>9:30 Fly Ball (TAA)</p> <p>10:00 Valentine Art Project (TAA)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 All About Coca-Cola Day (TAA)</p>  <p>2:00 Coke Float Social (TAA)</p>  <p>2:30 Afternoon Bowling (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Seated Strength (TAA)</p> <p>10:00 (TAA)</p> <p>11:00 Table Setting</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Rest Relaxation program</p> <p>2:00 Happy Hour (TAA)</p>  <p>2:30 (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Morning Stretch (TAA)</p> <p>10:00 Bingo (TAA)</p>  <p>11:00 Table Setting</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Rest Relaxation program</p> <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Chair Dancing (TAA)</p> <p>10:00 (TAA)</p> <p>11:00 Table Setting</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Rest Relaxation program</p> <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 (TAA)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (TAA)</p> <p>9:30 Seated Cardio (TAA)</p> <p>10:00 Watercolor Project (TAA)</p>  <p>11:00 Table Setting</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:30 Montessori layout</p> <p>1:00 Rest Relaxation program</p> <p>2:00 Afternoon Snack (TAA)</p> <p>2:30 (TAA)</p> <p>4:30 Dinner</p>
<p><b>CNA=</b> CNA run group  <b>TAA=</b> Activity Assistant run group.  <b>WS=</b> Wellness Staff</p>						