



FRANKE TOBEY JONES
Enjoy your age

October 2023

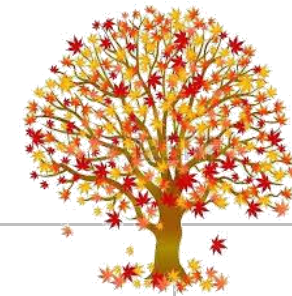
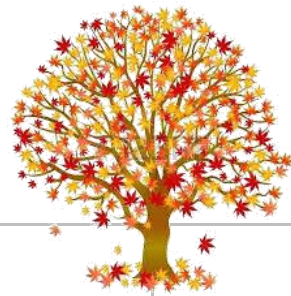
Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00 Montessori Program (AR) 9:30 Seated Exercise (AR) 10:00 Welcome to October (AR) 10:30 Julie Andrews Song Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Balloon Volleyball (AR) 2:00 Afternoon Snack 2:30 Lucky Dice Game (AR)  4:30 Dinner AR= Activity Room SUN= Sunroom TV= TV Room 	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:30 Bingo Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Modern Jeopardy Trivia (AR) 2:00 Afternoon Snack 2:30 Did You Know? On iN2L (AR) 4:30 Dinner 5:15 Seahawks Game (TV) 	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 9:45 Worship Service (SN)  10:00 Roll A Face Dice Game (AR) 10:30 James Herriot Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Painting (AR)  2:00 Afternoon Snack 2:30 Finish the Phrase (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Squirrel Awareness Day (AR) 10:30 Bowling Game (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Where Am I? (AR) 2:00 Happy Hour (AR)  2:30 Sing Along on iN2L (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Paper Airplane Challenge (AR) 10:30 Star of the Month (AR) 11:15 Transition Time (CNA) 11:30 Lunch  1:00 Yogurt Parfait Bar (AR) 2:00 Afternoon Snack (AR) 2:30 Ring Toss Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Piggy Bankers on iN2L (AR) 10:30 Horse Racing Game (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Smile Day/ Craft Project (AR) 2:00 Italian Soda Social (AR)  2:30 Name That Tune (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Moving & Grooving with Haley (AR) 10:00 Finish the Phrase (AR)  10:30 American Bandstand Day (AR) 11:15 Transition Time 11:30 Lunch 1:00 Afternoon Sensory- A Trip to the Beach (AR)  2:00 Afternoon Snack 2:30 Coloring Project (AR) 4:30 Dinner

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Piggy Bankers Game on IN2L (AR)  10:30 Short Story Reading: Riding with Murphy (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Peanuts Day (AR)  2:00 Afternoon Snack 2:30 Songs of the Musicals (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 History of Columbus Day (AR) 10:30 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bowling Game (AR) 2:00 Afternoon Snack 2:30 Afternoon Movie (AR) 4:30 Dinner Columbus Day	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 9:45 Worship Service (SN)  10:00 Baking Group: Making Muffins (AR) 10:30 Italian Foods Spelling Bee (AR) 11:15 Transition Time 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Food for Thought (AR) 2:00 Afternoon Snack 2:30 You Be the Judge (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Seabury Student Visit (AR) 10:30 National Fossil Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (AR) 2:00 Happy Hour (AR)  2:30 The Best of Country Music (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Gentle Stretching (AR) 10:00 Lucky Dice (AR)  10:30 All About Acorns (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Card Making (AR) 2:00 Afternoon Snack (AR) 2:30 The Ojibwe People (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Table Hockey (AR) 10:30 Silly Saying Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Cooking Group: Mini Pizzas (AR)  2:00 Afternoon Snack 2:30 Ring Toss Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Can You Picture This? (AR) 10:30 Would You Rather? (AR)  11:15 Transition Time 11:30 Lunch 1:00 Music with Roger (AR)  2:00 Afternoon Snack 2:30 Table Games (AR) 4:30 Dinner  FRANKE TOBEY JONES <i>Enjoy your age</i>

AR= Activity Room
SUN= Sunroom
TV= TV Room

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

PROGRAMS SUBJECT TO CHANGE



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Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 EZ Trivia (AR) 10:00 Seahawks Game (TV)  10:30 Fortunes & Facts (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Ten Pin Bowling (AR) 2:00 Afternoon Snack 2:30 Finish the Phrase (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:30 Piggy Bankers Game on iN2L (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 9:45 Worship Service (AR)  10:00 Yes, I Have Game and Reminiscing (AR) 10:30 National Geographic Day (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Baking Group: Chocolate Cupcakes (AR) 2:00 Afternoon Snack 2:30 Washers Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Finish the Lyric (AR) 10:30 Travelogue (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) 2:00 Happy Hour (AR)  2:30 Music of the Crooners (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Exercises (AR) 10:00 Pictionary (AR)  10:00 Chef's Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Cinderella Pumpkins/Pumpkin Decorating Project (AR) 2:00 Afternoon Snack 2:30 Afternoon Games (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Ship in a Bottle (AR) 10:30 Horse Racing (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Baking Group: Making Apple Crisp (AR)  2:00 Afternoon Snack 2:30 Roll A Face Dice Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Moving and Grooving with Haley (AR) 10:00 Scarecrow Saturday (AR)  10:30 Harry Houdini (AR) 11:15 Transition Time 11:30 Lunch 1:00 Afternoon Spa (AR)  2:00 Afternoon Snack 2:30 Name That Tune (AR) 4:30 Dinner

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SUN= Sunroom
TV= TV Room

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
9:30 Morning Exercise (AR)	9:30 Seated Cardio (AR)	9:30 Chair Dancing (AR)	9:30 Morning Stretch (AR)	9:30 Seated Exercises (AR)	9:30 Gentle Stretch (AR)	9:30 Morning Exercises (AR)
10:00 Sing Along on in2L (AR)	10:30 Bingo Game (AR)	9:45 Worship Service (AR)	10:00 Who Are We? (AR)	10:00 Word Games on in2L (AR)	10:00 What's Wrong with This Picture? (AR)	10:00 Candy Corn Day (AR)
10:30 Abstract Canvas Art Project (AR)	11:15 Transition Time (CNA)		10:30 Fall Floral Pumpkin Craft (AR)	10:30 Spa Day (AR)	10:30 Bread & Hand Churned Butter Making (AR)	
11:15 Transition Time (CNA)	11:30 Lunch	10:00 Chocolate Tasting (AR)	11:15 Transition Time (CNA)			10:30 Name That Tune (AR)
11:30 Lunch	1:00 Junk Drawer Detective (AR)	10:30 Jeopardy Trivia (AR)	11:30 Lunch	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time
1:00 Ford Motors Day (AR)	2:00 Afternoon Snack (AR)	11:15 Transition Time (CNA)	1:00 Piano Music with Sandra Walker	11:30 Lunch	11:30 Lunch	11:30 Lunch
1:05 Seahawks Game (TV)	2:30 Afternoon Coloring Project (AR)	11:30 Lunch		1:00 Fall Floral Pumpkin Craft Continued (AR)	1:00 Afternoon Sensory- A Trip to the Beach (AR)	1:00 Mischief, Magic, Mayhem Trivia (AR)
	4:30 Dinner	1:00 Pumpkin Trifle Demonstration (AR)	2:00 Happy Hour (AR)		2:00 Float Friday (AR)	2:00 Drunken Pumpkin Social
2:00 Afternoon Snack				2:00 Afternoon Snack (AR)		
2:30 More Jeopardy Trivia (AR)		2:00 Afternoon Snack	2:30 Random Trivia (AR)	2:30 Cornhole/Bean Bag Toss Game (AR)	2:30 Fly Ball (AR)	2:30 Finish the Phrase (AR)
4:30 Dinner		2:30 Magic of Music (AR)	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner
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October/November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
9:00 Montessori Program (AR) 9:30 Seated Exercise (AR) 10:00 Roll a Dice, Make a Face Game (AR)  10:30 Watercolor Creations (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 A Visit to the Forest Sensory (AR)  1:05 Seahawks Game (TV) 2:00 Afternoon Snack 2:30 Bean Bag Toss (AR) 4:30 Dinner AR= Activity Room SUN= Sunroom TV= TV Room	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:30 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack (AR) 4:30 Dinner 	9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 9:45 Worship Service (AR) 10:00 Spooky Pops Craft (AR) 10:30 History of Halloween & Jack o' Lanterns (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Remembering Halloween Songs (AR) 2:00 Afternoon Snack 2:30 You Be the Judge (AR) 4:30 Dinner Happy Halloween			 FRANKE TOBEY JONES <i>Enjoy your age</i>	