



September 2023

Memory Care North- Life Enrichment



FRANKE TOBEY JONES
Enjoy your age.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
9:30 Morning Movie (CNA)	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)
11:15 Transition Time (CNA)	9:30 Morning Stretch (AR)	9:30 Tai Chi Class (AR)	9:30 Chair Dancing (AR)	9:30 Chair Yoga (AR)	9:30 Roll A Face Game (AR)	9:30 Moving & Grooving with Haley (AR)
11:30 Lunch	10:00 Where Am I? (AR)	9:40 Worship Service (SN)	10:00 Double Exposure (AR)	10:00 Short Story Reading – Light Over Sedona (AR)	10:00 Fly Ball (AR)	10:00 Cranium Crunches (AR)
1:00 Bingo (AR)	10:30 UPS Day (AR)	10:00 A Hallmark Day (AR)	10:30 Spa Day (AR)	10:30 Flower Arranging (AR)	10:30 Finish the Phrase (AR)	10:30 Basketball Toss (AR)
	11:15 Transition Time (CNA)	10:30 Bread & Hand Churned Butter Making (AR)		11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:00 Name That Tune (AR)
1:10 Mariners Game (TV)	11:30 Lunch		11:30 Lunch	11:30 Lunch	11:30 Lunch	11:15 Transition Time (CNA)
2:00 Afternoon Snack	1:00 Baking Group – Making Cherry Turnovers (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	1:00 Bowling (AR)	1:00 Word Games on iN2L (AR)	11:30 Lunch
2:30 Putt Putt Golf Game (AR)	2:00 Margarita Monday (AR)	11:30 Lunch	1:00 Mandela Rock Painting (AR)		2:00 Cool Treat Social (AR)	1:00 Ever-Changing Workplace/ Reminiscing (AR)
		1:00 Sip & Paint Art Project Continued (AR)	1:10 Mariners Game (TV)	2:00 Afternoon Snack		2:00 Afternoon Snack
4:30 Dinner	2:30 Songs for the Beach (AR)	2:00 Afternoon Snack	2:00 Happy Hour	2:30 Sage Fun Facts and Sensory Group (AR)	2:30 Songs of Broadway Musicals (AR)	2:30 Uno Card Game (AR)
	4:30 Dinner	2:30 Car Racing Game (AR)		4:30 Dinner	4:10 Mariners Game (TV)	4:10 Mariners Game (TV)
	6:40 Mariners Game (TV)	4:30 Dinner	2:30 Best of the 50's Music (AR)		4:30 Dinner	
		6:40 Mariners Game (TV)	4:30 Dinner			4:30 Dinner

AR= Activity Room
SUN= Sunroom
TV= TV Room



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:30 Morning Movie (AR) 10:40 Mariners Game (TV)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Cornhole Toss Game (AR) 1:30 Fly Ball (AR) 2:00 Afternoon Snack 2:30 Occupational Trivia (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Would You Rather? (AR) 10:30 Learning About Labor Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:10 Mariners Game (TV)  2:00 Afternoon Snack (CNA) 2:30 Afternoon Movie (AR) 4:30 Dinner Labor Day 	9:00 Montessori Program (AR) 9:30 Fly Ball (AR) 9:40 Worship Service (SN)  10:15 Bingo Game (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Project (AR) 2:00 Afternoon Snack 2:15 Dominoes Game (AR) 3:40 Mariners Game (TV)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 EZ Trivia (AR) 10:30 Bowling (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (AR) 2:00 Happy Hour (AR)  2:30 Junk Drawer Detective (AR) 3:40 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Short Story Reading-Make Room for Ryder (AR) 10:30 Table Hockey (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Horse Racing Game (AR) 2:00 Life Skills: Yogurt Parfait Bar  2:30 Star Trek Anniversary (AR)  3:40 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Random Trivia (AR) 10:45 Coffee Filter Bat Craft (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Making Apple Crisp (AR)  2:00 Apple Crisp Social (AR) 2:30 Ring Toss Game (AR) 3:40 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Can You Picture This? (AR) 10:30 Basketball Toss (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Music with Roger (AR)  1:05 Mariners Game (TV) 2:00 Afternoon Snack 2:30 Service Project: Puzzle Check (AR) 4:30 Dinner 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
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)
10:10 Mariners Game (TV) 	9:30 Morning Stretch (AR)	9:30 Chair Dancing (AR)	9:30 Seated Strength (AR)	9:30 Seated Cardio (AR)	9:30 Morning Stretch (AR)	9:30 Moving & Grooving with Haley (AR)
11:15 Transition Time (CNA)	10:00 Baking Group: Making Muffins (AR)	9:40 Worship Service (AR) 	10:00 Paper Airplane Contest (AR)	10:00 Classical Music with Feeling (AR)	10:00 Coffee & Chat (AR) 	
11:30 Lunch	10:45 Basketball Toss (AR)	10:15 Travelogue (AR) 	10:30 Bingo (AR)	10:30 A Visit to the Ocean (AR) 	10:30 Tabletop Games (AR)	10:00 Piggy Bankers Game (AR)
1:00 Bowling Game (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	10:30 Baking Group: Making Apple Roll-ups (AR)
1:25 Seahawks Game (TV) 	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:15 Transition Time (CNA)
1:30 Sharp Dressed Man Quiz (AR)	1:00 Jeopardy Trivia (AR)	1:00 Abstract Canvas Art (AR)	1:00 What Am I? (AR)	1:00 Cooking Project: Veggie Bite Pizzas (AR) 	1:00 Watercolor Pumpkins and Apples (AR)	11:30 Lunch
2:00 Afternoon Snack	2:00 Margarita Moment (AR) 	2:00 Afternoon Snack	2:00 Happy Hour (AR) 	2:00 Afternoon Snack	2:00 Orange Float Social (AR) 	1:00 Afternoon Card Making (AR)
2:30 Table Hockey Game (AR)	2:30 Uno Card Game (AR)	2:30 Mad Science: Corn Starch Suspension (AR) 	2:30 Name That Tune (AR)	2:30 Lucky Dice Game (AR)	2:30 Fly Ball (AR)	2:00 Afternoon Snack
4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	2:30 Ring Toss Game (AR)
	6:40 Mariners Game (TV) 	6:40 Mariners Game (TV)			7:10 Mariners Game (TV)	4:30 Dinner
AR= Activity Room SUN= Sunroom TV= TV Room						6:40 Mariners Game (TV)



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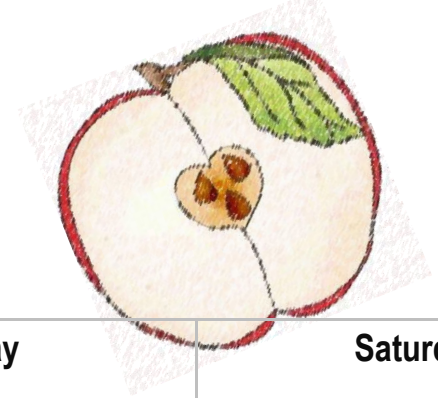


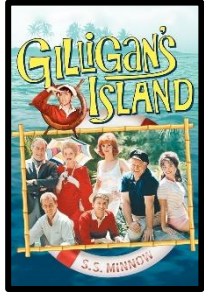
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
10:00 Seahawks Game (AR)	9:30 Morning Stretch (AR)	9:30 Seated Cardio (AR)	9:30 Seated Exercise (AR)	9:30 Seated Cardio (AR)	9:30 Chair Dancing (AR)	9:30 Seated Exercises (AR)
	10:00 Remembering Marching Bands (AR)	9:40 Worship Service (AR)	10:00 Finish the Phrase (AR)	10:00 Science of Fashion Preservation (AR)	10:00 Trivia Challenge on iN2L (AR)	10:00 Paper Airplane Challenge (AR)
11:15 Transition Time (CNA)	10:30 Tabletop Card Games (AR)	10:15 Tom Thumb vs. Horse Day (AR)	10:30 Table Hockey Game (AR)	10:30 Basketball Toss (AR)	10:30 Elephant Appreciation Day (AR)	10:30 Beach Sensory (AR)
11:30 Lunch	11:15 Transition Time (CNA)	10:30 Horse Racing Game (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)		11:00 Pet Therapy Visit (AR)
1:00 Honky-Tonk Day (AR)	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch	11:30 Lunch		
	1:00 Star of the Month (AR)	11:30 Lunch	12:37 Mariners Game (TV)	1:00 Fall Leaf Suncatchers Craft (AR)	11:15 Transition Time (CNA)	
		1:00 Bingo (AR)	1:00 German Jeopardy Trivia/ All About Oktoberfest (AR)		11:30 Lunch	11:15 Transition Time (CNA)
			2:00 Oktoberfest Happy Hour (AR)		1:00 A Visit to the Forest (AR)	11:30 Lunch
		2:00 Afternoon Snack		2:00 Root Beer Floats (AR)	2:00 Afternoon Snack	1:00 Who Am I? (AR)
1:10 Mariners Game (TV)	1:30 Fly Ball (AR)	2:30 Short Story Reading: Lucky Day (AR)	2:30 Most Famous Classical Music Pieces (AR)		2:30 Music of Ray Charles (AR)	2:00 Afternoon Snack
2:00 Afternoon Snack	2:00 Italian Soda Social (AR)	4:30 Dinner	4:30 Dinner	2:30 Best of Kenny Rogers Songs (AR)	4:30 Dinner	2:30 Bowling (AR)
2:30 Basketball Toss (AR)		6:40 Mariners Game (TV)		4:30 Dinner	5:05 Mariners Game (TV)	
4:30 Dinner	2:30 Best of the Crooners (AR)					4:05 Mariners Game (TV)
	4:30 Dinner					4:30 Dinner
	6:40 Mariners Game (TV)					

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24	25	26	27	28	29	30
9:30 Morning Movie (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)
11:15 Transition Time (CNA)	9:30 Chair Yoga (AR)	9:30 Chair Dancing (AR)	9:30 Chair Dancing (AR)	9:30 Morning Stretch (AR)	9:30 Seated Cardio (AR)	9:30 Seated Exercises (AR)
11:30 Lunch	10:00 Washers Game (AR)	9:40 Worship Service (AR)	10:00 Name That Sound on iN2L (AR)	10:00 Finish the Lyrics (AR)	10:00 Finish the Phrase (AR)	10:00 Roll a Face Game (AR)
11:35 Mariners Game (TV)	10:30 Gilligan's Island Day (AR)		10:30 Bowling Game (AR)	10:30 Life Skills: Making Hot Apple Cider (AR)	10:30 Horse Racing Game (AR)	10:30 Watercolor Painting (AR)
1:00 Modern Jeopardy Trivia (AR)		10:15 More Jeopardy Trivia (AR)	11:15 Transition Time (CNA)			11:15 Transition Time (CNA)
1:05 Seahawks Game (TV)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:30 Lunch	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:30 Lunch
	11:30 Lunch	1:00 What Am I? (AR)	1:00 Piano Music with Sandra Walker	11:30 Lunch	1:00 Singing Cowboy Day (AR)	1:00 Bingo (AR)
1:30 Photographic Memory (AR)	1:00 Name That Tune (AR)	2:00 Afternoon Snack		1:00 Afternoon Art Project (AR)	2:00 Italian Soda Social (AR)	
2:00 Afternoon Snack	2:00 Margarita Moment (AR)	2:30 Tabletop Hockey Game (AR)	2:00 Happy Hour (AR)	2:00 Afternoon Snack/ Hot Apple Cider (AR)		2:00 Afternoon Snack
2:30 Lucky Dice Game (AR)		4:30 Dinner		2:30 Uno Card Game (AR)		2:30 Lucky Dice (AR)
	2:30 Did You Know? (AR)	6:40 Mariners Game (TV)	2:30 Piggy Bankers Game (AR)		2:30 Sewing & Fashion Trivia (AR)	4:30 Dinner
4:30 Dinner	4:30 Dinner		4:30 Dinner	4:30 Dinner	4:30 Dinner	6:40 Mariners Game (TV)
AR= Activity Room SUN= Sunroom TV= TV Room	6:40 Mariners Game (TV)		6:40 Mariners Game (TV)	6:40 Mariners Game (TV)	7:10 Mariners Game (TV)	