



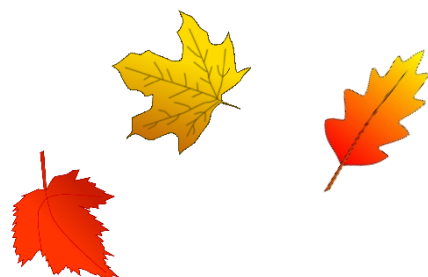
October/November 2023



Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
²⁹ 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	³⁰ 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	³¹ 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 9:45 Worship Service (SN) 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	¹ 9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Cinnamon Day- Name the Spice (AR) 10:30 Baking Group/ Making Muffins (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (AR) 2:00 Happy Hour (AR)  2:30 Finish the Phrase (AR) 4:30 Dinner	² 9:00 Montessori Program (AR) 9:30 Seated Exercise (AR) 10:00 Trivia on iN2L (AR) 10:30 Turkey Craft (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Making Fruit Parfaits (AR) 1:30 Word Games on iN2L (AR) 2:00 Afternoon Snack/Fruit Parfaits (AR) 2:30 Table Hockey Game (AR) 4:30 Dinner	³ 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Cliché -True or Not? (AR) 10:15 Music with Martin (AR) 10:30 Star of the Month (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Day (AR)  2:00 Italian Soda Social  2:30 Fly Ball (AR) 4:30 Dinner	⁴ 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 More Jeopardy Trivia (AR) 10:30 Dream Catcher Day Craft (AR)  11:15 Transition Time 11:30 Lunch 1:00 National Bison Day (AR) 2:00 Afternoon Snack 2:30 Cornhole/ Bean Bag Toss (AR) 4:30 Dinner

AR= Activity Room
TV= TV Room



November 2023



Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Seahawks Game (TV) 10:00 Word Games on iN2L (AR) 10:30 Horse Racing Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Sensory- A Trip to the Beach (AR)  2:00 Afternoon Snack 2:30 Name That Tune (AR) 4:30 Dinner  Daylight Saving Time Ends	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Name That Sound on iN2L (AR) 10:30 Bingo (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 The 2020 Census: What Did We Learn? (AR) 2:00 Margarita Monday Social (AR)  2:30 Finish the Phrase (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 9:45 Worship Service (SN)  10:00 Railroad Day (AR) 10:30 Scented Clay-Dough (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (AR) 2:00 Italian Soda Social  2:30 Trivia on iN2L (AR) 4:30 Dinner Election Day	9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Piggy Bankers on iN2L (AR) 10:30 Baking Group – Making Cherry Turnovers (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) 2:00 Happy Hour (AR)  2:30 Tennessee Waltz Day (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Junk Drawer Detective (AR) 10:30 Watercolor Project (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Everything but the Kitchen Sink (AR) 2:00 Tea Tasting (AR)  2:30 History of Tea (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Would You Rather? (AR) 10:30 Name That Spice/Scent (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (CNA)  2:00 Afternoon Snack 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Moving and Grooving with Charla (AR) 10:00 A Veterans Day Discussion (AR) 10:30 A Matter of Honor (AR) 11:15 Transition Time 11:30 Lunch 1:00 Music with Roger (AR)  2:00 Afternoon Snack 4:30 Dinner  Veterans Day
AR= Activity Room TV= TV Room						

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

PROGRAMS SUBJECT TO CHANGE



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November 2023

Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
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 Seated Cardio (AR)	9:30 Morning Stretch (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)	9:30 Chair Dancing (AR)	9:30 Fly Ball (AR)	9:30 Morning Exercises (AR)
10:00 Finish the Phrase (AR)	10:00 Piggy Bankers on IN2L (AR)	9:45 Worship Service (SN)	10:00 Sing Along (AR)	10:00 Remembering Chores & Allowance (AR)	10:00 World Peace Day (AR)	
10:30 Military Battles That Changed History (AR)			10:30 Cooking Group – Greek Orzo Salad (AR)	10:30 Bowling Game (AR)	10:30 EZ Name That Tune (AR)	
11:15 Transition Time (CNA)		10:00 Name That Sound on IN2L (AR)			11:15 Transition Time (CNA)	10:00 Sing a Song Saturday (AR)
11:30 Lunch	10:30 Where in the World? (AR)	10:30 International Girls Day (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:30 Lunch	10:30 Jeopardy Trivia (AR)
1:00 Bingo (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:30 Lunch	11:30 Lunch	1:00 Abstract Canvas Painting Project (AR)	11:15 Transition Time
	11:30 Lunch	11:30 Lunch	1:00 Who Am I? (AR)	1:00 Homemade Bread Day (AR)	2:00 Coke Float Social (AR)	11:30 Lunch
1:25 Seahawks Game (TV)	1:00 Random Trivia (AR)	1:00 Food for Thought (AR)	2:00 Happy Hour (AR)			1:00 Afternoon Art Project (AR)
2:00 Afternoon Snack	2:00 Hot Cider Social (AR)	1:30 Cookie Making (AR)		2:00 Afternoon Snack	2:30 Lucky Dice Game (AR)	2:00 Afternoon Snack
2:30 Bowling Game (AR)		2:00 Afternoon Snack	2:30 Petula Clark (AR)	2:30 Tabletop Hockey Game (AR)	4:30 Dinner	2:30 Bowling Game (AR)
4:30 Dinner	2:30 Table Hockey Game (AR)	2:30 Music of the Rat Pack (AR)	4:30 Dinner	4:30 Dinner		4:30 Dinner
	4:30 Dinner	4:30 Dinner				
AR= Activity Room TV= TV Room						



November 2023



Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)	9:00 Macy's Thanksgiving Parade Discussion (AR)	9:00 Montessori Program (AR)	9:00 Montessori Program (AR)
9:30 Gentle Stretching (AR)	9:30 Seated Exercises (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)	9:30 Thanksgiving Humor (AR)	9:30 Tai Chi Class (AR)	9:30 Seated Strength (AR)
10:00 Roll A Face Game (AR)	10:00 Lucky Dice Game (AR)	9:45 Worship Service (SN)	10:00 Trivia on iN2L (AR)	10:00 Exercise Group (AR)	10:00 Remembering Thanksgiving Traditions (AR)	10:00 EZ Trivia (AR)
10:30 Modern Jeopardy Trivia (AR)	10:30 Preposterous, Silly & Kooky (AR)		10:30 Pumpkin Pie Day/ Making Pumpkin Pies (AR)	10:30 Short Story Reading: A Wild Turkey Tale (AR)		10:30 Aura Awareness Day/ Monochromatic Art Project (AR)
11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	10:00 Unexpected Blessings (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	10:30 Brunette Pride Day (AR)	11:15 Transition Time
11:30 Lunch	11:30 Lunch	10:30 History of Tweety Bird (AR)	11:30 Lunch	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch
1:00 All About Hot Air Balloons (AR)	1:00 Afternoon Spa (AR)	11:15 Transition Time (CNA)	1:00 Piano Music with Sandra Walker	1:30 Giants vs Cowboys Football Game	1:00 What Am I? (AR)	1:00 Baking Group: Making Apple Crisp (AR)
		11:30 Lunch		2:00 Afternoon Snack	2:00 Root Beer Float Social (AR)	
1:25 Seahawks Game (TV)	2:00 Hot Chocolate Social (AR)	1:00 Turkey Craft Group (AR)	2:00 Happy Hour (AR)	4:30 Dinner	1:00 What Am I? (AR)	2:00 Afternoon Snack/ Apple Crisp
2:00 Afternoon Snack		2:00 Afternoon Snack		5:20 Seahawks vs. 49ers Football Game		2:30 Washers Game (AR)
2:30 Grab Bag (AR)	2:30 Greatest Hits of the Crooners (AR)	2:30 Fly Ball (AR)	2:30 Finish the Phrase (AR)		2:30 Best of Johnny Cash Songs (AR)	4:30 Dinner
4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	Thanksgiving Day	4:30 Dinner	
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