



November/December 2023



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
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 Chair Yoga (AR)	9:00 Worship Service (AR)	9:30 Seated Cardio (AR)	9:30 Tai Chi Class (AR)	9:30 Chair Dancing (AR)	9:30 Seated Exercises (AR)
10:00 Puzzles & Games Trivia (AR)	10:00 IN2L Piggy Bankers Game (AR)			10:00 Lucky Dice Game (AR)	10:00 Sing Along with Susie (AR)	10:00 Name That Tune (AR)
10:30 The Grand Ole Opry (AR)	10:30 Bingo (AR)	9:30 Chair Dancing (AR)	10:00 Name That Sound on IN2L (AR)	10:30 Musical Scavenger Hunt (AR)	10:30 Bingo (AR)	10:30 New York City Trivia (AR)
	11:15 Transition Time (CNA)	10:00 Music of the 60's (AR)	10:30 Short Story Reading: November Dawn (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)
11:15 Transition Time (CNA)	11:30 Lunch	10:30 Horse Racing Game (AR)	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
11:30 Lunch	1:00 Can You Picture This? (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	1:00 Notable Quotable Day (AR)	1:00 Christmas Music Trivia (AR)	1:00 Mutt Day (AR)
1:00 Spa Day (AR)		11:30 Lunch	1:00 All About Little Women (AR)	2:00 Root Beer Float Social (AR)	2:00 Afternoon Snack (AR)	
	2:00 Eggnog Social (AR)	1:00 Deck the Halls/Decoration (AR)	2:00 Happy Hour (AR)		2:30 Fly Ball (AR)	2:00 Afternoon Snack
2:00 Afternoon Snack		2:00 Afternoon Snack		2:30 Best of Johnny Cash Songs (AR)		2:30 Washers Game (AR)
2:30 Table Hockey Game (AR)	2:30 Wash Day/Pin Drop Game (AR)	2:30 Tree Decorating (AR)	2:30 Christmas Song Sing Along (AR)	4:30 Dinner	4:30 Dinner	4:30 Dinner
4:30 Dinner	4:30 Dinner		4:30 Dinner	5:15 Seahawks Game (TV)		
AR= Activity Room SUN= Sunroom TV= TV Room	 FRANKE TOBEY JONES <i>Enjoy your age.</i>					

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

PROGRAMS SUBJECT TO CHANGE



December 2023

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
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)
10:30 Morning Movie (AR)	9:30 Seated Cardio (AR)	9:00 Worship Service and Communion (AR)	9:30 Seated Exercises (AR)	9:30 Seated Exercise (AR)	9:30 Seated Cardio (AR)	9:30 Moving & Grooving with Peggy
11:15 Transition Time (CNA)	10:00 Double Exposure (AR)		10:00 Finish the Phrase (AR)	10:15 Music with Ann &Gaye (AR)	10:00 Fun Facts About Hanukkah (AR)	10:00 Hand Spa (AR)
11:30 Lunch	10:30 Naughty or Nice Game (AR)	9:30 Chair Dancing (AR)	10:30 Christmas Paint Project (AR)		10:30 Sir James Galway (AR)	
2:00 Afternoon Snack	11:15 Transition Time (CNA)	10:00 Walt Disney Day (AR)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	
4:30 Dinner	11:30 Lunch	10:30 A Day at the Beach (AR)	11:30 Lunch	11:30 Lunch	11:30 Lunch	
	1:00 Horse Racing Game (AR)	11:15 Transition Time (CNA)	1:00 Who Am I? (AR)	1:00 Making Christmas Cards Day (AR)	1:00 Travelogue (AR)	10:30 EZ Trivia (AR)
	2:00 Music with Marty (AR)	11:30 Lunch	2:00 Happy Hour (AR)	2:00 Afternoon Snack (AR)	2:00 Eggnog Social (AR)	11:15 Transition Time
		1:00 Star of the Month (AR)		2:30 Commercial Jingles (AR)		11:30 Lunch
	4:30 Dinner	2:00 Afternoon Snack	2:30 Name That Christmas Tune (AR)	4:30 Dinner	2:30 Name That Country Song (AR)	1:00 Games on iN2L (AR)
	5:15 Seahawks Game (TV)	2:30 Trivia on iN2L (AR)	4:30 Dinner	Hanukkah Begins	4:30 Dinner	2:00 Holiday Party
		3:00 Music with John (AR)				
						4:30 Dinner
		4:30 Dinner				

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December 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
9:00 Montessori Program (AR) 9:30 Seated Exercise (AR) 10:00 Finish the Phrase (AR) 10:30 A Visit to the Forest (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Project (AR) 1:05 Seahawks Game (TV) 2:00 Afternoon Snack 2:30 Winter Fun- Snowball Fight (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Piggy Bankers Game (AR) 10:30 All About the Nutcracker Ballet (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bowling Game (AR)  2:00 Afternoon Snack 2:30 Sing Along on iN2L (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:00 Worship Service (AR)  9:30 Chair Dancing (AR) 10:00 Name That Christmas Tune (AR) 10:30 Jeopardy Trivia (AR) 11:15 Transition Time CNA) 11:30 Lunch 12:45 Seabury Student Visit (AR) 2:00 Afternoon Snack 2:30 Fly Ball (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:30 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie  2:00 Afternoon Snack 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Cardio (AR) 10:00 Lucky Dice (AR) 10:30 South Pole Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Gene Autry Christmas (AR) 2:00 Afternoon Snack 2:15 Touchstone Quartet Singers (AR)  4:30 Dinner  FRANKE TOBEY JONES <i>Enjoy your age</i>	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Creative Chocolates (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 History of Ugly Sweater Day (AR) 2:00 Afternoon Snack 2:30 Ring Toss Game (AR) 4:30 Dinner Hanukkah Ends	9:00 Montessori Program (AR) 9:30 Seated Exercise (AR) 10:00 Table Games (AR) 10:30 What Am I? (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack 4:15 Briggs Singers Holiday Caroling 4:30 Dinner

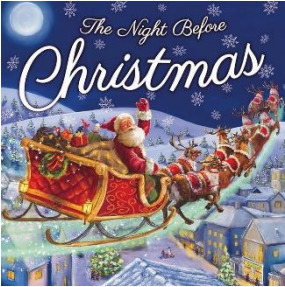
AR= Activity Room
SUN= Sunroom
TV= TV Room



December 2023

Memory Care – Life Enrichment



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)
9:30 Morning Stretch (AR)	9:30 Seated Cardio (AR)	9:00 Worship Service (AR)	9:30 Seated Cardio (AR)	9:30 Chair Yoga (AR)	9:30 Gentle Stretching (AR)	9:30 Morning Stretch (AR)
10:00 All About the Wright Brothers (AR)	10:00 Lucky Dice (AR)		10:00 Name That Sound on IN2L (AR)	10:00 Piggy Bankers Game (AR)	10:00 Can You Picture This? (AR)	10:00 Free Rice Game (AR)
	10:30 Baking Group: Cookies (AR)	9:30 Chair Dancing (AR)	10:30 Piano Music with Sandra Walker	10:30 Baking Group: Muffins (AR)	10:30 Christmas Symbols (AR)	10:30 T'was the Night Before Christmas (AR)
		10:00 A Historical Mystery (AR)			11:15 Transition Time (CNA)	
10:30 Bingo (AR)	11:15 Transition Time CNA)	10:30 Table Hockey (AR)	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	11:15 Transition Time (CNA)	11:30 Lunch	11:30 Lunch	1:00 Mad Science: Sink or Float (AR)	11:30 Lunch
11:30 Lunch	1:00 Horse Racing Game (AR)	1:00 Funny Sign Day (AR)	1:00 Who Are We? (AR)	1:00 Look on the Bright Side (AR)	2:00 Hot Chocolate Social	1:00 Afternoon Movie (AR)
1:00 More Jeopardy Trivia (AR)	2:00 Afternoon Snack (AR)	2:00 Afternoon Snack	2:00 Happy Hour (AR)	2:00 Afternoon Snack (AR)	2:30 Junk Drawer Detective (AR)	
1:25 Seahawks Game (TV)	2:30 Spa Afternoon (AR)	2:30 Finish the Phrase (AR)		2:30 Music of Bing Crosby (AR)	4:30 Dinner	2:00 Afternoon Snack
2:00 Afternoon Snack	4:30 Dinner	4:30 Dinner	2:30 Lucky Dice (AR)	4:30 Dinner		4:30 Dinner
2:30 Fly Ball (AR)			4:30 Dinner			
4:30 Dinner						
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December 2023

Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Trivia Fun on iN2L (AR) 10:00 Seahawks Game (TV) 10:30 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Christmas Craft Project – Making Christmas Bells (AR) 2:00 Afternoon Snack 2:30 Remembering Christmas Eve (AR) 4:30 Dinner Christmas Eve	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Christmas Carol Sing Along (AR) 10:30 Christmas Memories (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack (AR) 4:30 Dinner Christmas Day 	9:00 Montessori Program (AR) 9:00 Worship Service (AR)  9:30 Chair Dancing (AR) 10:00 Piggy Bankers Game (AR) 10:30 Music Circle (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Random Trivia (AR) 2:00 Afternoon Snack 2:30 Table Hockey (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Tai Chi Class (AR) 10:00 Paper Airplane Throwing Challenge (AR) 10:30 A Supreme Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) 2:00 Happy Hour (AR)  2:30 Music of Broadway (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Nine Pin Bowling Game (AR)  10:30 Chocolate Candy Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 New York Musical Celebration (AR) 2:00 Afternoon Snack 2:30 Fly Ball (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Floor Hockey (AR) 10:00 Name That Scent (AR) 10:30 Modern Jeopardy Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 YMCA Anniversary (AR) 2:00 Afternoon Snack 2:30 Spa Afternoon (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Finish the Phrase (AR) 10:30 Color TV Day (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Where Am I? (AR) 2:00 Afternoon Snack 4:30 Dinner
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December 2023/January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
9:00 Montessori Program (AR)						
9:30 Morning Exercises (AR)						
10:00 (AR)						
10:30 What Am I? (AR)						
11:15 Transition Time (CNA)						
11:30 Lunch						
1:00 New Year's Day Fun Facts & Trivia (AR)						
						
1:05 Seahawks Game (TV)						
2:00 Afternoon Snack						
2:30 Sing Along on iN2L (AR)						
4:30 Dinner						
 New Year's Eve						
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