February/March 2024

FRANKE TOBEY JONES
Enjoy your age

Memory Care– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Bingo (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 1:00 Breakfast Trivia (AR) 2:00 Afternoon Snack 2:30 Fly Ball (AR) 4:30 Dinner AR= Activity Room SUN= Sunroom TV= TV Room	26 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Visit to the Grand Canyon (AR) 10:45 Lucky Dice Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack 2:30 More Jeopardy Trivia (AR) 4:30 Dinner	27 9:00 Worship Service (AR) 9:30 Seated Exercises (AR) 10:00 Floral Arranging- St. Patrick's Day Centerpieces (AR) 10:45 Tuning into Good Morning Music (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Horse Racing Game (AR) 2:00 Italian Soda Social (AR) 2:30 Rodeo Day (AR) 4:30 Dinner	28 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Piggy Bankers Game (AR) **10:30 Piano Music with Sandra Walker** 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Happy Hour (AR) 2:30 Where Am I? (AR) 4:30 Dinner	29 9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Bingo (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack (AR) 2:30 Ring Toss Game (AR) 4:30 Dinner	1 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Watercolor Project (AR) 10:45 Spot the Difference (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Afternoon (AR) 1:30 Table Games (AR) 2:00 Afternoon Snack (AR) 2:30 Horse Racing Game (AR) 4:30 Dinner	2 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Mind Scent/Name That Scent (AR) 10:30 Basketball Toss Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack (AR) 2:30 Lucky Dice Game (AR) 4:30 Dinner

March 2024

Memory Care– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Fly Ball (AR) 11:00 Trivia on iN2L (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Project (AR) 2:00 Afternoon Snack 2:30 Horse Racing Game (AR) 4:30 Dinner	4 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Soda Taste Testing (AR) 10:30 Bingo (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Beach (AR) 2:00 Afternoon Snack (AR) 2:30 Basketball Toss (AR) 4:30 Dinner	5 9:00 Worship Service (AR) 9:30 Fly Ball (AR) 10:00 Art Project: Coloring (AR) 10:30 Bowling Fun (AR) 11:00 Quick Trivia Challenge (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Movie (AR) 2:00 Afternoon Snack 2:30 Ring Toss Game (AR) 4:30 Dinner	6 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Baking Group- Making Muffins (AR) 10:45 Ping Pong Fun (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori Program (AR) 2:00 Happy Hour (AR) 2:30 Lucky Dice Game (AR) 4:30 Dinner	7 9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) **10:15 Music with Anne & Gaye (AR)** 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (AR) 2:00 Afternoon Snack (AR) 2:30 Airplane Toss Game (AR) 4:30 Dinner	8 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Clover Art Project (AR) 10:45 Spot the Difference (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Afternoon (AR) 2:00 Root Beer Float Social (AR) 2:30 EZ Trivia (AR) 4:30 Dinner	9 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Happy Birthday Barbie (AR) 10:45 Paper Craft Project- Shamrock Art (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner

AR= Activity Room
SUN= Sunroom
TV= TV Room

March 2024

Memory Care– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Bingo (AR) 11:00 Can You Picture This? (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Academy Award Songs (AR) 2:00 Afternoon Snack 2:30 Afternoon Bowling (AR) 4:30 Dinner **Daylight Saving Begins** AR= Activity Room SUN= Sunroom TV= TV Room	11 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Craft Project- Clay Mushrooms (AR) 10:45 Random Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Name That Tune (AR) 2:00 Arnold Palmer Social (AR) 2:30 Basketball Toss Game (AR) 4:30 Dinner	12 9:00 Worship Service (AR) 9:30 Fly Ball (AR) 10:00 Baking Group: Making Muffins (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Pet Therapy Visit with Karen & Dazzle (AR) 1:00 Who Am I? (AR) 1:30 Afternoon Montessori Program (AR) 2:00 Afternoon Snack 2:30 Bean Bag Twister Game (AR) 4:30 Dinner	13 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Bingo (AR) 10:45 Spot the Difference (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Beach Sensory (AR) 2:00 Happy Hour (AR) 2:30 Piggy Bankers (AR) 4:30 Dinner 	14 9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Horse Racing Game (AR) 10:45 Sporting Fun (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Making Mini Pies (AR) 2:00 Pi Day Social (AR) 2:30 Paper Airplane Toss (AR) 4:30 Dinner	15 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Name That Tune (AR) 10:45 Basketball Toss Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 National Panda Day (AR) 2:00 Afternoon Snack (AR) 2:30 Remembering Irish Songs (AR) 4:30 Dinner	16 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Famous Irish Folks/ Truth or Blarney? (AR) 10:30 Car Racing Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack (AR) 2:30 Basketball Toss (AR) 4:30 Dinner

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Memory Care– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 We're All Irish on St. Patrick's Day (AR) 10:30 Bowling Fun (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Snakes (AR) 1:30 Bean Bag Toss (AR) 2:00 Afternoon Snack 2:30 Lucky Dice Game (AR) 4:30 Dinner **St. Patrick's Day** AR= Activity Room SUN= Sunroom TV= TV Room 	18 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Jeopardy Trivia (AR) 10:30 Music Circle (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) **2:00 Music with Marty (AR)** 2:00 Afternoon Snack (AR) 4:30 Dinner	19 9:00 Worship Service (AR) 9:30 Seated Exercises (AR) 10:00 Name That Sound on iN2L (AR) 10:30 Bowling Fun (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 1:30 Making Parfaits (AR) 2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner	20 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Finish the Phrase (AR) 10:30 Star of the Month (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Afternoon- Hand Massages (AR) 2:00 Happy Hour (AR) 2:30 Ring Toss Game (AR) 4:30 Dinner	21 9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Making St. Patrick's Day Slime (AR) 10:45 Fly Ball (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Afternoon Snack (AR) 2:30 iN2L Game - Name That Sound (AR) 4:30 Dinner **4:30 Dinner Music with John Smith** **Spring Equinox**	22 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Art Project (AR) 10:45 Piggy Bankers (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 History of Girl Scouts and Cookie Taste Tasting (AR) 2:00 Afternoon Snack (AR) 2:30 A Morel Adventure (AR) 4:30 Dinner	23 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Baking Group- Making Muffins (AR) 10:45 Pet Therapy Visit 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (AR) 2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner

March 2024

Memory Care– Life Enrichment

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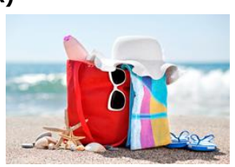
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 10:00 Horse Racing Game (AR) 11:00 Trivia on iN2L (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Fly Ball (AR) 1:30 Music Fun (AR) 2:00 Afternoon Snack 2:30 Coloring Project (AR) 4:30 Dinner AR= Activity Room SUN= Sunroom	25 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Spring Flower Arranging (AR) 10:45 Food for Thought (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (AR) 2:00 Afternoon Snack 2:30 Bowling Fun (AR) 4:30 Dinner 	26 9:00 Worship Service (AR) 9:30 Seated Exercises (AR) 10:00 Piggy Bankers Game (AR) 10:30 Toss it Game (AR) 11:00 What's Wrong with This Picture? (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Pet Therapy Visit with Karen & Dazzle (AR) 1:00 Car Racing Game (AR) 2:00 Italian Soda Social (AR) 2:30 Fly Ball (AR) 4:30 Dinner	27 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Free Rice Game (AR) **10:30 Piano Music with Sandra Walker** 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Craft Project- Easter Art (AR) 2:00 Happy Hour (AR) 2:30 Music of the Broadway Hits (AR) 4:30 Dinner	28 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Watercolor Project (AR) 10:45 Spot the Difference (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Afternoon (AR) 1:30 Table Games (AR) 2:00 Afternoon Snack (AR) 2:30 Basketball Toss (AR) 4:30 Dinner	29 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Finish the Phrase (AR) 10:30 Music Circle (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Forest (AR) 2:00 Afternoon Snack (AR) 2:30 Paper Airplane Toss (AR) 4:30 Dinner	30 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Bingo (AR) 11:00 Name That Rock n' Roll Song (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori Program (AR) 2:00 Afternoon Snack (AR) 2:30 Lucky Dice (AR) 4:30 Dinner

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

PROGRAMS SUBJECT TO CHANGE

March/April 2024

Memory Care– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 White House Egg Roll/ Evolution of the Easter Bunny (AR) 10:30 Easter Craft Project (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Fly Ball (AR) 2:00 Afternoon Snack 2:30 Modern Jeopardy Trivia (AR) 4:30 Dinner **Easter** AR= Activity Room SUN= Sunroom TV= TV Room	1 9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Chocolate Concoctions- Nut Clusters (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 A Day at the Beach (AR)  2:00 Afternoon Snack (AR) 2:30 Basketball Toss Game (AR) 4:30 Dinner	2 Piggy Bankers Game 9:30 Seated Exercises (AR) 10:00 Bingo (AR) 11:00 Sing Along with Susie (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Italian Soda Social (AR) 2:30 Fly Ball (AR) 4:30 Dinner	3 9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Craft Project- Making Jewelry (AR) 10:45 Free Rice Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Afternoon Montessori (AR) 2:00 Happy Hour (AR) 2:30 Music of the Broadway Hits (AR) 4:30 Dinner	4 9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Horse Racing Game (AR) 10:45 Name That Tune (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Placido Domingo (AR) 2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner	5 9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Garden Rock Painting Project (AR) 10:45 You Be the Judge (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Forest (AR) 2:00 Afternoon Snack (AR) 2:30 Short Story Reading – Lion & Lamb (AR) 4:30 Dinner	6 9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Baking Group- Making Muffins (AR) 10:30 Food Sensory Bin (AR) 11:00 Remembering Cooking (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Beach Sensory (AR) 2:00 Afternoon Snack (AR) 2:30 Lucky Dice (AR) 4:30 Dinner