

February/March 2024



Memory Care North- Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
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 Star of the Month (AR) 2:00 Afternoon Snack 2:30 Fly Ball (AR) 4:30 Dinner	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 Chocolate Concoctions- Nut Clusters (AR)  2:00 Afternoon Snack 2:30 Name That Song (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:45 Worship Service (AR)  10:15 Floral Arranging- St. Patrick's Day Centerpieces (AR) 11:00 Trivia Fun on iN2L (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Horse Racing Game (AR) 1:00 Pet Therapy Visit with Karen & Dazzle (AR)  2:00 Italian Soda Social (AR) 2:30 All About Frank Sinatra (AR) 4:30 Dinner	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 Old West Day (AR) 2:00 Happy Hour (AR)  2:30 What Am I? (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Bingo (AR)  11:15 Transition Time (CNA) 11:30 Lunch 12:30 Montessori layout 1:00 Who Am I? (AR) 1:30 Afternoon Movie – Willy Wonka and the Chocolate Factory (LP) 2:00 Arnold Palmer Social (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Watercolor Project (AR) 10:45 Would You Rather? (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Spa Afternoon (AR)  2:00 Hot Cider Social (AR) 2:30 Ring Toss Game (AR) 4:30 Dinner	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

AR= Activity Room
SUN= Sunroom
TV= TV Room

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

PROGRAMS SUBJECT TO CHANGE



March 2024



Memory Care North– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
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)
11:15 Transition Time (CNA)	9:30 Chair Yoga (AR)	9:45 Worship Service (AR)	9:30 Seated Strength (AR)	9:30 Morning Stretch (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)
11:30 Lunch	10:00 Name That Sound on IN2L (AR)		10:00 Baking Group-Making Muffins (AR)	10:00	10:00 Music with Martin Goldsmith (AR)	10:00 What Am I? (AR)
1:00 Fly Ball (AR)	10:30 Bingo (AR)	10:15 Art Project: Mardi Gras Masks (AR)		10:30 Making St. Patrick's Day Slime (AR)	10:45 Paper Art Project – Making Shamrocks (AR)	10:45 Wind in the Willows Day (AR)
1:30 Watercolor Project (AR)					11:15 Transition Time (CNA)	
	11:15 Transition Time (CNA)	11:00 Trivia Challenge (AR)	10:45 Hit the Target Cornhole Game (AR)	11:15 Transition Time (CNA)	11:30 Lunch	11:15 Transition Time (CNA)
2:00 Afternoon Snack	11:30 Lunch	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:30 Lunch	1:00 Spa Afternoon (AR)	11:30 Lunch
2:30 Horse Racing Game (AR)	1:00 World Wildlife Day (AR)	11:30 Lunch	1:00 Guess the Movie by the Song (AR)	1:00 Ancient Egyptian Trivia (AR)	2:00 Root Beer Float Social (AR)	1:00 Visit to the Beach (AR)
		1:00 Travelogue – New Orleans (AR)	2:00 Happy Hour (AR)	2:00 Afternoon Snack (AR)		
4:30 Dinner	2:00 Afternoon Snack (AR)	2:00 Mardi Gras Social (AR)		2:30 Oreo! Eat the Middle First! (AR)	2:30 EZ Trivia (AR)	2:00 Afternoon Snack (AR)
AR= Activity Room	2:30 Basketball Toss (AR)	2:30 Fat Tuesday Fill-In Game (AR)	2:30 Lucky Dice Game (AR)		4:30 Dinner	2:30 Fly Ball (AR)
SUN= Sunroom	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner		4:30 Dinner
TV= TV Room		Mardi Gras	Ash Wednesday			



March 2024



Memory Care North– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
9:00 Montessori Program (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Fly Ball (AR) 1:30 Finish the Song Lyric (AR) 2:00 Afternoon Snack 2:30 Afternoon Bowling (AR)  4:30 Dinner Daylight Saving Begins	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Name That Tune (AR) 10:45 Random Trivia (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Craft Project- Clover All Over (AR)  2:00 Afternoon Snack (AR) 2:30 Basketball Toss Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:45 Worship Service (AR)  10:15 Baking Group: Making Muffins (AR) 10:45 Fly Ball (AR) 11:30 Lunch 1:00 Pet Therapy Visit with Karen & Dazzle (AR)  1:00 Who Am I? (AR) 1:30 Indigenous History Inventions (AR) 2:00 Afternoon Snack 2:30 Bean Bag Twister Game (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 Bingo (AR) 10:45 Piggy Bankers (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Visit to the Beach Sensory (AR) 2:00 Happy Hour (AR)  2:30 History of Girl Scouts and Cookie Taste Tasting (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Horse Racing Game (AR) 10:45 Women in the Military and K-9 Veterans (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Making Mini Pies (AR)  2:00 Afternoon Pie Social (AR) 2:30 Short Story Reading – Small Packages & Big Sisters (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Name That Tune (AR) 10:45 Potato Chip Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 National Panda Day (AR)  2:00 Afternoon Snack (AR) 2:30 Story of Purim (AR) 4:30 Dinner Purim	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Truth or Blarney? (AR) 10:30 Car Racing Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Music with Roger (AR)  2:00 Afternoon Snack (AR) 2:30 Basketball Toss (AR)  4:30 Dinner

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PROGRAMS SUBJECT TO CHANGE



March 2024



Memory Care North– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
9:00 Montessori Program (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? (AR) 1:30 Bean Bag Toss (AR) 2:00 Afternoon Snack 2:30 Lucky Dice Game (AR) 4:30 Dinner 	9:00 Montessori Program (AR) 9:30 Chair Yoga (AR) 10:00 Name That Tune (AR) 10:30 We're All Irish on St. Patrick's Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Craft Project- Clay Mushrooms (AR)  2:00 St. Patrick's Day Social (AR) 2:30 St. Patrick's Day Riddles & Humor (AR) 4:30 Dinner  St. Patrick's Day	9:00 Montessori Program (AR) 9:45 Worship Service (AR)  10:15 Jeopardy Trivia (AR) 10:45 Ag Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Music Circle (AR)  2:00 Afternoon Snack (AR) 2:30 Fly Ball (AR) 4:30 Dinner	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	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Finish the Phrase (AR) 10:30 Music with Anne & Gaye (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Movie Character Guess Who? (AR) 2:00 Afternoon Snack (AR) 2:30 iN2L Game - Name That Sound (AR)  4:30 Dinner Spring Equinox	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Art Project – Pine Cone Craft (AR)  10:45 Piggy Bankers (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 (AR) 2:00 Afternoon Snack (AR) 2:30 Short Story Reading – Back on the Court (AR) 4:30 Dinner	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

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

PROGRAMS SUBJECT TO CHANGE



March 2024

Memory Care North- Life Enrichment



FRANKE TOBEY JONES
Enjoy your age



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
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)
11:15 Transition Time (CNA)	9:30 Chair Yoga (AR)	9:45 Worship Service (AR)	9:30 Seated Strength (AR)	9:30 Chair Dancing (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)
11:30 Lunch	10:00 Spring Flower Arranging (AR) 	 10:15 Toss it Game (AR)	10:00 Free Rice Game (AR)	10:00 Watercolor Project (AR)	10:00 Modern Jeopardy Trivia (AR)	10:00 Bingo (AR) 
1:00 Seated Exercises (AR)	10:45 Caravan of Camels (AR)	11:00 Too Good to Be True (AR)	10:30 Craft Project- Balloon Art on Canvas (AR)	10:45 Where Am I? (AR)	10:30 Music Circle (AR) 	11:00 Name That Rock n' Roll Song (AR)
1:30 Mysteries of Ancient Egypt (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)	11:15 Transition Time (CNA)
2:00 Afternoon Snack	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
2:30 Horse Racing Game (AR) 	1:00 Bingo (AR) 	1:00 Pet Therapy Visit with Karen & Dazzle (AR) 	1:00 Piano Music with Sandra Walker 	1:00 Spa Afternoon (AR) 	1:00 Visit to the Forest (AR) 	1:00 The King & I Day (AR)
4:30 Dinner	2:00 Music with Marty (AR) 	1:00 Cooking Group - Waffles (AR)	2:00 Happy Hour (AR) 	1:30 Cherry Day Sensory (AR)	2:00 Afternoon Snack (AR)	2:00 Afternoon Snack (AR)
		2:00 Afternoon Snack (AR)	2:30 Basketball Trivia Game (AR)	2:00 Afternoon Snack (AR)	2:30 Basketball Toss (AR)	2:30 Lucky Dice (AR) 
		2:30 Fly Ball (AR)		4:30 Dinner 	4:30 Dinner	4:30 Dinner
	4:30 Dinner	4:30 Dinner	4:30 Dinner			

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PROGRAMS SUBJECT TO CHANGE



March/April 2024



Memory Care North– Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
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)
11:15 Transition Time (CNA)	9:30 Chair Yoga (AR)	9:45 Worship Service (AR)	9:30 Seated Strength (AR)	9:30 Morning Stretch (AR)	9:30 Chair Dancing (AR)	9:30 Seated Cardio (AR)
11:30 Lunch	10:00 Chocolate Concoctions- Nut Clusters (AR)		10:00 Craft Project- Making Jewelry (AR)	10:00 Horse Racing Game (AR)	10:00 Garden Rock Painting Project (AR)	10:00 Baking Group- Making Muffins (AR)
1:00 Fly Ball (AR)		10:15 Bingo (AR)	10:45 Free Rice Game (AR)		10:45 You Be the Judge (AR)	
1:30 Who Am I? (AR)	11:15 Transition Time (CNA)	11:00 Sing Along with Susie (AR)	11:15 Transition Time (CNA)	10:45 Name That Tune (AR)	11:15 Transition Time (CNA)	
	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch	
2:00 Afternoon Snack	1:00 Travelogue – The Nile (AR)	11:30 Lunch	1:00 Afternoon Montessori (AR)	11:30 Lunch	1:00 Visit to the Forest (AR)	10:30 Food Sensory Bin (AR)
2:30 More Jeopardy Trivia (AR)	2:00 Afternoon Snack (AR)	1:00 A Day at the Beach (AR)	2:00 Happy Hour (AR)	1:00 Placido Domingo (AR)		11:00 Remembering Cooking (AR)
4:30 Dinner	2:30 Symphony Day (AR)				2:00 Afternoon Snack (AR)	11:15 Transition Time (CNA)
	4:30 Dinner	2:00 Italian Soda Social (AR)	2:30 Music of the Broadway Hits (AR)	2:00 Afternoon Snack (AR)	2:30 Short Story Reading – Lion & Lamb (AR)	11:30 Lunch
		2:30 Fly Ball (AR)	4:30 Dinner	2:30 Fly Ball (AR)	4:30 Dinner	1:00 Visit to the Beach Sensory (AR)
		4:30 Dinner		4:30 Dinner		2:00 Afternoon Snack (AR)
						2:30 Lucky Dice (AR)
						4:30 Dinner
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