



JULY 2025



Memory Care – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
NO ACTIVITIES	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Lucky Dice Game (AR) 10:30 A Visit to the Forest (AR)  11:35 Mariners Game 2:00 Afternoon Snack 4:30 Dinner 	9:00 Montessori Program 9:45 Worship Service  10:15 Seated Exercises 10:45 Top 10 Canadian Landmarks 11:30 Lunch 1:00 Bingo  2:00 Italian Soda Social 2:30 Finish the Phrase 4:30 Dinner	9:00 Montessori Program 9:30 Chair Dancing 10:00 Music Circle  10:45 Fly Ball 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Civil Rights Act Anniversary 2:00 Happy Hour  2:30 Garden Check-in (AR) 4:30 Dinner 7:10 Mariners Game (TV)	9:00 Montessori Program (AR) 9:45 Seated Exercises 10:00 Music with Ann & Gaye  11:30 Lunch 1:00 Afternoon Puzzles  2:00 Afternoon Snack 2:30 Food Sorting Game 4:30 Dinner	9:00 Montessori Program 9:45 Chair Exercises 10:00 Let's Celebrate Independence Day 10:30 Red, White & Blue Trivia 11:00 Patriotic Sing Along 11:30 Lunch  2:00 Afternoon Snack 4:30 Dinner 6:40 Mariners Game (TV) Happy 4th of July 	9:00 Montessori Program 9:45 Seated Strength 10:00 All About the Tour de France  10:45 Name That Sound on IN2L 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Birthday of the Bikini  2:00 Afternoon Snack 2:30 Cornhole Toss Game 4:30 Dinner 7:10 Mariners Game (TV)

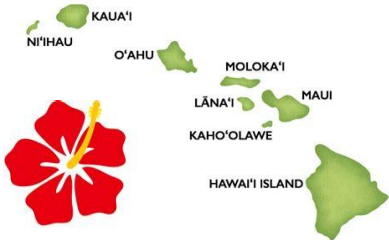
AR= Activity Room
SUN= Sunroom
TV= TV Room



JULY 2025

Memory Care- Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
NO GROUP ACTIVITIES 1:10 Mariners Game (TV)  2:00 Afternoon Snack 4:30 Dinner  AR= Activity Room SUN= Sunroom TV= TV Room	9:00 Montessori Program 9:30 Seated Stretching 10:00 What Am I? 10:30 Hawaii Day  11:30 Lunch 1:00 Fly Ball 1:30 Finish the Lyrics 2:00 Afternoon Snack 2:30 All About Ringo Star  3:00 Garden Check-in 4:30 Dinner	9:00 Montessori Program 9:30 Seated Strength 9:45 Worship Service  10:00 French Trivia 10:30 Horse Racing Game 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Art Group: Coffee Filter Butterflies  2:00 Afternoon Snack (CNA) 2:30 Ring Toss Game 4:05 Mariners Game (TV) 4:30 Dinner	9:00 Tabletop Games 9:30 Chair Dancing 10:00 Modern Jeopardy Trivia 10:30 Rock & Roll Game 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Jewelry Creations 2:00 Happy Hour  2:30 Rock Around the Clock 4:05 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program 9:30 Morning Stretch 10:00 Piggy Bankers Game 10:30 Car Racing Game  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month  2:00 Afternoon Snack 2:30 Garden Check-in 4:05 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program 9:30 Seated Cardio 10:00 Roll a Dice, Make a Face  10:30 Make Blueberry Muffins 11:15 Transition Time (CNA) 11:30 Lunch 1:00 E.B. White, Fun Facts 2:00 Ice Cream Float Friday 2:30 Funny Pet Photos  4:10 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program 9:30 Morning Exercise 10:00 Travelogue 10:10 Mariners Game (TV) 10:30 New Zealand Trivia  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Summer Sensory Group  2:00 Afternoon Snack 2:30 Basketball Toss Game 4:30 Dinner

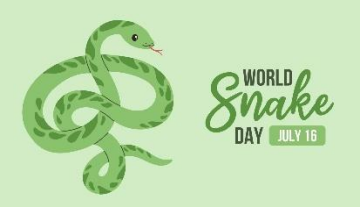




July 2025

Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
NO GROUP ACTIVITIES 10:40 Mariners Game (TV)  11:30 Lunch 2:00 Afternoon Snack 4:30 Dinner	9:00 Montessori Program 9:30 Shake, Rattle & Roll 10:00 The Kiwi To Life is Happiness  10:45 July Jeopardy Trivia 11:15 Transition Time (CNA) 11:30 Lunch 1:00 World Orca Day  2:00 Music with Marty  4:30 Dinner 5:00 Mariners Game (TV)	9:00 Montessori Program 9:30 Seated Exercises 9:45 Worship Service 10:00 Finish the Phrase 10:30 Nature's Superhero: The Gecko  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo 2:00 Italian Soda Social  2:30 What Am I? 4:30 Dinner	9:00 Montessori Program 9:30 Chair Dancing 10:00 World Snake Day  10:30 Horse Racing Game 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Coloring Group 2:00 Happy Hour  2:30 Garden Check-in 4:30 Dinner	9:00 Montessori Program 9:30 Gentle Stretching 10:00 Lucky Dice Game  10:30 Sing Along on iN2L 11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Disneyland  2:00 Afternoon Snack 2:30 Who Am I?  4:30 Dinner	9:00 Montessori Program 9:30 Seated Exercise 10:00 More Jeopardy Trivia 10:30 Flower Arranging  11:15 Transition Time (CNA) 11:30 Lunch 1:00 All About Nelson Mandela 2:00 Ice Cream Float Social  2:30 Putt- Putt Golf  4:30 Dinner 7:10 Mariners Game (TV)	9:00 Montessori Program 9:30 Morning Stretch 10:00 What's Your Verdict? 10:30 Music Circle  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Woodie Wagon Day  2:00 Afternoon Snack 2:30 Cornhole Toss Game 4:30 Dinner 6:40 Mariners Game (TV)
AR= Activity Room SUN= Sunroom TV= TV Room						



July 2025

Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
NO GROUP ACTIVITIES	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program
	9:30 Seated Cardio	9:30 Exercise Group	9:30 Chair Dancing	9:30 Morning Stretch	9:30 Chair Yoga	9:30 Moving & Grooving with Alyce
	10:00 Black & White Trivia	9:45 Worship Service	10:00 Luck Dice Game	10:00 Finish the Phrase	10:00 Who Am I?	10:00 Manly Jeopardy Trivia
	10:30 Black & White Art Project	10:00 Random Trivia	10:30 Piano Music with Sandra Walker	10:30 Women Aviators Day	10:30 Making Chocolate Chip Cookies	10:30 Pet Therapy Visit
		10:30 Art Project: Clay Sculpting (AR) 				
11:30 Lunch	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)
1:10 Mariners Game (TV)	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
	1:00 Remembering the Moon Landing	1:00 Frida Kahlo's Colorful Life 	12:40 Mariners Game (TV)	1:00 Remembering Lemonade Stands/Making Lemonade	1:00 Christmas in New Zealand	1:00 Day of the Cowboy
2:00 Afternoon Snack	2:00 Margarita Monday 	2:00 Afternoon Snack			2:00 Ice Cream Float Social 	
4:30 Dinner	2:30 Garden Check-in	2:30 Name That Broadway Tune	2:00 Happy Hour	2:00 Afternoon Snack	2:30 Garden Check-in	2:00 Afternoon Snack
	4:30 Dinner	4:30 Dinner	2:30 Yarn Wrapped Lighthouse Craft	2:30 Garden Check-in	4:30 Dinner	2:30 Name that Sound on iN2L
	6:40 Mariners Game (TV)	6:40 Mariners Game (TV)	4:30 Dinner	4:30 Dinner	6:38 Mariners Game (TV)	4:30 Dinner
						6:38 Mariners Game (TV)

AR= Activity Room
SUN= Sunroom
TV= TV Room



July 2025

Memory Care – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
NO GROUP ACTIVITIES	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program
	9:30 Gentle Stretch	9:45 Seated Exercises	9:30 Chair Exercises	9:30 Morning Stretch	9:30 Chair Dancing	9:30 Morning Stretch
	10:00 Blue Words Name & Expressions Trivia	10:15 July EZ Trivia	10:00 Finish the Lyric	10:00 Finish the Song Lyric	10:00 All About August	10:00 Call & Response Songs
	10:30 Making Blueberry Muffins 	10:30 NASA Day 	10:30 Forest Sensory/ Reminiscing 	10:30 Baking Group: Making Cookies 	10:30 Reminiscing Summer	10:30 Horse Racing Game
	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)
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Annual Picnic	11:30 Lunch
2:00 Afternoon Snack	1:00 Bingo Game	1:00 Horse Racing Game 	1:00 Music of Paul Anka	1:00 Music Circle	1:00 Star of the Month	1:00 Watercolor Art Project 
4:30 Dinner	2:00 Italian Soda Social 	2:00 Afternoon Snack	2:00 Happy Hour 	2:00 Afternoon Snack	2:00 Ice Cream Float Social 	2:00 Afternoon Snack
	2:30 Finish the Phrase	2:30 Garden Check-in	2:30 Table Puzzles	2:30 Lucky Dice Game 	2:30 Bowling 	2:30 Cornhole Game
AR= Activity Room SUN= Sunroom TV= TV Room	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner	4:30 Dinner
	7:05 Mariners Game (TV)	7:05 Mariners Game (TV)	7:05 Mariners Game (TV)			6:40 Mariners Game (TV)