



September 2025

Memory Care- Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
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
	10:00 Dancercise	9:30 Seated Exercises	9:30 Chair Dancing	9:30 Chair Yoga	9:30 Roll A Face Game	10:00 Moving & Grooving with Alyce
	10:30 All About Emma McNutt	9:45 Worship Service	10:00 Can You Picture This?	10:15 Music with Ann & Gaye	10:00 Fly Ball	10:30 Random Trivia
	11:15 Garden Check-in	10:00 Learning About Labor Day	10:30 Remembering the Movie 9 to 5		10:30 Scottish Irish Heritage	10:45 Name That Sound on iN2L
	11:30 Lunch	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)
11:30 Lunch	1:00 Afternoon Movie		11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
2:00 Afternoon Snack	2:00 Afternoon Snack	11:15 Transition Time (CNA)	1:00 All About San Marino	11:00 Short Story Reading – No Recipe Kneaded	1:00 Flower Arrangements	1:00 Bingo
4:30 Dinner	4:30 Dinner	11:30 Lunch	2:00 Happy Hour	11:15 Transition Time (CNA)		2:00 Afternoon Snack
	Labor Day 	1:00 Spa Day		11:30 Lunch	2:00 Root Bear Float Social	2:30 Fly Ball
			2:30 Garden Check-in	12:37 Mariners Game (TV)		3:00 Name That Tune
		2:00 Afternoon Snack	4:30 Dinner	1:00 National Wildlife Day	2:30 Celebrate Service Dogs	4:30 Dinner
		2:30 List It Game	4:30 Dinner	2:00 Afternoon Snack	4:30 Dinner	
		4:30 Dinner		2:30 Songs of Broadway Musicals		
				4:30 Dinner		

AR= Activity Room
SUN= Sunroom
TV= TV Room



Memory Care- Life Enrichment

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

PROGRAMS SUBJECT TO CHANGE





SEPTEMBER

2025



FRANKE TOBEY JONES
Enjoy your age

Memory Care- Life Enrichment - 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program
10:00 Seated Exercise	9:30 Morning Stretch	9:30 Chair Dancing	9:30 Seated Strength	9:30 Seated Cardio	9:30 Morning Stretch	10:00 Moving & Grooving with Alyce
10:00 Seahawks Game (TV)	10:00 Balloon Burst Game	9:45 Worship Service	10:00 Favorite Poems	10:00 Word Games on iN2L	10:00 Tabletop Games	
	10:45 Make a Hat Craft		10:30 Bingo	10:30 A Visit to the Ocean	10:30 New Zealand Women	
10:30 Coloring Art Project					11:15 Transition Time (CNA)	10:30 What Am I?
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	11:00 Piggy Bankers Game
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	1:00 Baking Group- Making Apple Crisp	11:15 Transition Time (CNA)
1:00 Tootsie Day	1:00 Trivia Challenge on iN2L	1:00 Forest Sensory/ Reminiscing	1:00 Music Circle	1:00 Spa Afternoon		11:30 Lunch
	2:00 Music with Marty				2:00 Afternoon Snack	1:00 Afternoon Card Making
2:00 Afternoon Snack		2:00 Afternoon Snack	2:00 Happy Hour	2:00 Afternoon Snack	2:30 Mary Tyler Moore Fun Facts	2:00 Afternoon Snack
2:30 Name That Tune	2:30 Garden Check-in	2:30 The Great Gatsby		2:30 Lucky Dice Game	4:30 Dinner	2:30 Ring Toss Game
4:30 Dinner	4:30 Dinner	4:30 Dinner	2:30 Garden Check-in	4:30 Dinner		4:30 Dinner
4:30 Dinner			4:30 Dinner			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program
10:00 Morning Exercise	9:30 Morning Stretch	9:30 Seated Cardio	9:30 Seated Exercise	9:30 Seated Cardio	9:30 Chair Dancing	10:00 Seated Exercises
10:30 Modern Jeopardy Trivia	10:00 Day of Radiant Peace	9:45 Worship Service	10:00 Finish the Phrase	10:00 Basketball Toss	10:00 Trivia Challenge on iN2L	10:30 Beach Sensory
11:00 Sing Along on iN2L	10:30 Tabletop Garden	10:15 All About Rosh Hashanah	10:30 Kindness for Women's Health	10:30 One Hit Wonder Day	10:30 Gilligan's Island Day	11:00 Pet Therapy Visit
11:15 Transition Time (CNA)		10:45 Horse Racing Game				
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)	11:00 Finish the Phrase
1:00 Bingo	11:30 Lunch	1:00 Spa Afternoon	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:15 Transition Time (CNA)
	1:00 Star of the Month		1:00 All About the Love Boat	1:00 Fall Leaf Suncatchers Craft	1:00 German Jeopardy Trivia/ All About Oktoberfest	1:30 Lunch
1:05 Seahawks Game (TV)	2:00 Italian Soda Social	2:00 Afternoon Snack	2:00 Pina Colada Happy Hour		2:00 Oktoberfest Happy Hour	1:00 Who Am I?
		2:30 Sing Along on iN2L		2:00 Afternoon Snack		2:00 Afternoon Snack
2:00 Afternoon Snack	2:30 Garden Check-in	4:30 Dinner	2:30 Garden Check-in	2:30 The Fantastic Fox	2:30 Garden Check-in	2:30 Bowling
2:30 Basketball Toss	4:30 Dinner	Rosh Hashanah	4:30 Dinner	4:30 Dinner	4:30 Dinner	
4:30 Dinner				5:15 Seahawks Game (TV)		4:30 Dinner
						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9:00 Montessori Program 10:00 Morning Exercises 10:30 Lucky Dice Game  11:00 Sing Along on iN2L 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Modern Jeopardy Trivia 2:00 Afternoon Snack 2:30 Best Songs of the Musicals 4:30 Dinner AR= Activity Room SUN= Sunroom TV= TV Room	29 9:00 Montessori Program 9:30 Chair Yoga 10:00 Toss It Game 10:30 Rice Art Craft 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Singing Cowboy Day  2:00 Margarita Moment  2:30 Garden Check-in 4:30 Dinner	30 9:00 Montessori Program 9:30 Seated Cardio 9:45 Worship Service  10:15 Deborah Kerr Day  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo  2:00 Afternoon Snack 2:30 Sing Along on iN2L 4:30 Dinner				