



October 2026

Memory Care- Life Enrichment



FRANKE TOBEY JONES
Enjoy your age.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	10:00 Music with Martin Goldsmith	9:00 Montessori Program
9:30 Morning Exercises	9:30 Chair Yoga	9:30 Seated Cardio	9:30 Seated Strength	9:30 Chair Yoga	11:15 Transition Time (CNA)	9:30 Moving & Grooving with Haley
10:00 Lucky Dice Game	10:00 Toss It Game	9:45 Worship Service	10:00 This Day in History	10:15 Music with Ann & Gaye	11:30 Lunch	10:00 Bingo
	10:30 Baking Group: Making Cookies 		10:30 Bowling Game 		1:00 Redwood National Parks 	
10:00 Seahawks Game (TV) 	11:15 Transition Time (CNA)	10:15 Jerry Lee Lewis Day 	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)		11:00 Name That Sound on iN2L
10:30 Remembering 1970s Hits	11:30 Lunch	11:15 Transition Time (CNA)	11:30 Lunch	11:30 Lunch	2:00 Afternoon Snack	11:15 Transition Time (CNA)
11:15 Transition Time (CNA)	1:00 Waylon Jennings Day 	11:30 Lunch	1:00 Music Circle 	1:00 All About Julie Andrews 	2:30 This Land is Your Land Sing Along	11:30 Lunch
11:30 Lunch	2:00 Margarita Moment 	1:00 Bingo 	2:00 Happy Hour 	2:00 Afternoon Snack	3:00 Roll A Face Game	2:00 Afternoon Snack
2:00 Afternoon Snack	2:30 Table Top Puzzles	2:00 Afternoon Snack	3:00 Far-Out Foods of the 1970s	2:30 Songs of Broadway Musicals	3:30 Fly Ball	4:30 Dinner
4:30 Dinner	3:00 Finish the Phrase	2:30 Sing Along on iN2L	3:30 Fly Ball	3:00 Lucky Dice Game	4:30 Dinner	
	3:30 Washer Toss Game	3:00 Finish the Lyrics	4:30 Dinner	3:30 Washer Toss		
	4:30 Dinner	3:30 Uno Card Game		4:30 Dinner		
		4:30 Dinner				

AR= Activity Room
SUN= Sunroom
TV= TV Room



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
9:00 Montessori Program 9:30 Morning Exercises 10:00 Lucky Dice Game  10:30 Card Making Day Project  11:15 Transition Time (CNA) 11:30 Lunch 1:25 Seahawks Game (TV)  2:00 Afternoon Snack 4:30 Dinner	9:00 Montessori Program 9:30 Seated Cardio 10:00 Junk Drawer Detective 10:30 Baking Group: Making Chocolate Muffins  11:15 Transition Time (CNA) 11:30 Lunch 1:00 What Am I? 2:00 Margarita Moment  2:30 Table Top Puzzles 3:00 Fly Ball 3:30 Uno Card Game 4:30 Dinner	9:00 Montessori Program 9:30 Fly Ball 9:45 Worship Service  10:15 Bingo  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Watercolor Project 2:00 Afternoon Snack 2:30 What's That Sound on iN2L?  3:00 Giant Ring Toss 3:30 This Day in History 4:30 Dinner	9:00 Montessori Program 9:30 Seated Exercises 10:00 Random Trivia 10:30 Music Circle  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Beach Sensory  2:00 Happy Hour 2:30 Loveable Lemurs 3:00 Ladder Toss Game 3:30 Finish the Phrase 4:30 Dinner	9:00 Montessori Program 9:30 Morning Stretch 10:00 Table Hockey 10:30 Spa Morning  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Jeopardy Trivia 2:00 Afternoon Snack 2:30 Fly Ball 3:00 Roll a Face Dice Game 3:30 Free Rice Game 4:30 Dinner	1:00 John Lennon Day and His Music  2:00 Popcorn Party 2:30 Table Top Games 3:00 Fly Ball 3:30 Roll a Face Dice Game 4:30 Dinner	1:00 Horse Racing Game  2:00 Afternoon Snack 2:30 Basketball Toss 3:00 Trivia on iN2L  4:30 Dinner





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Memory Care- Life Enrichment - 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	1:00 Making Pumpkin Bars	9:00 Montessori Program
9:30 Fly Ball	9:30 Morning Stretch	9:30 Chair Dancing	9:30 Seated Strength	9:30 Seated Cardio		10:00 Moving & Grooving with Haley
10:00 What Happened to Columbus' Ships?/ History of Columbus Day	10:00 Balloon Burst Game	9:45 Worship Service 	10:00 Who Am I?	10:00 Word Games on iN2L		
10:30 Sing Along	10:30 Indigenous People's Day/ Food Traditions 	10:15 Travelogue	10:30 Bingo 	10:30 Star of the Month	2:00 Afternoon Snack	
11:30 Lunch	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	2:30 Sing Along on iN2L	10:30 What Am I?
2:00 Afternoon Snack	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	3:00 Washer Toss Game	11:00 Piggy Bankers Game
4:30 Dinner	1:00 Jeopardy Trivia	1:00 Forest Sensory/ Reminiscing 	1:00 Pizza Hut History/ Make Mini Pizzas 	1:00 Spa Afternoon 	3:30 Free Rice Game	11:15 Transition Time (CNA)
11:30 Lunch	2:00 Music with Marty 	2:00 Afternoon Snack	2:00 Happy Hour 	2:00 Afternoon Snack	4:30 Dinner	11:30 Lunch
1:25 Seahawks Game (TV) 	3:15 Go Fish Card Game	2:30 Discoverers Day in Hawaii	2:30 A Hoot of a Day All About Owls	2:30 Lucky Dice Game		2:00 Afternoon Snack
2:00 Afternoon Snack	4:30 Dinner	3:30 Giant Ring Toss	3:30 Table Top Games	3:00 The Story of Scouting		4:30 Dinner
4:30 Dinner	Columbus/Indigenous People Day	4:30 Dinner	4:30 Dinner	3:30 I Love Lucy Anniversary		
				4:30 Dinner		
				5:15 Seahawks Game (TV) 		

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

PROGRAMS SUBJECT TO CHANGE



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	9:00 Montessori Program	1:00 Yogurt Parfait Bar	9:00 Montessori Program
9:30 Morning Exercises	9:30 Morning Stretch	9:30 Seated Cardio	9:30 Seated Exercise	9:30 Seated Cardio		9:30 Seated Exercises
10:00 Lucky Dice Game	10:00 Ballon Burst Game	9:45 Worship Service	10:00 Piggy Bankers on iN2L	10:00 Sing Along Ukelele with Tacoma Symphony	1:30 Bases Loaded with Laughs	10:30 Bowling Game
	10:30 Bingo	10:15 "Day-O" Day	10:30 Modern Jeopardy Trivia			
10:30 Alaska Day	11:15 Transition Time (CNA)	10:45 Horse Racing Game	11:15 Transition Time (CNA)	11:15 Transition Time (CNA)	2:00 Afternoon Snack	11:00 Pet Therapy Visit
	11:30 Lunch		11:30 Lunch	11:30 Lunch	2:30 All About Elephants	
11:15 Transition Time (CNA)	1:00 History of Donut Day	11:15 Transition Time (CNA)	1:00 Visit to the Beach	1:00 Watercolor Craft		
11:30 Lunch		11:30 Lunch			3:15 Madala Elephants	
2:00 Afternoon Snack	1:30 Coloring Donuts	1:00 Trivia on iN2L	2:00 Happy Hour	2:00 Afternoon Snack	4:30 Dinner	11:00 Finish the Phrase
4:30 Dinner	2:00 Italian Soda Social	2:00 Afternoon Snack		2:30 EZ Trivia		11:15 Transition Time (CNA)
		2:30 Spa Afternoon	2:30 Name That Tune	3:00 Fly Ball		11:30 Lunch
	2:30 Trivia on iN2L		3:00 Bean Bag Toss Game	3:30 Halloween Postcard		2:00 Afternoon Snack
	3:00 Fly Ball	3:30 Washer Toss Game	3:30 Free Rice Game	4:30 Dinner		4:30 Dinner
	3:30 Go Fish Card Game	4:30 Dinner	4:30 Dinner			
	4:30 Dinner					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
9:00 Montessori Program 9:30 Morning Exercises 10:00 Table Top Games 10:30 Waltz Day  11:15 Transition Time (CNA) 11:30 Lunch 2:00 Afternoon Snack 4:30 Dinner 5:20 Seahawks Game (TV)  AR= Activity Room SUN= Sunroom TV= TV Room	9:00 Montessori Program 9:30 Chair Yoga 10:00 Toss It Game 10:30 Craft Project Coloring Pumpkins  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? 2:00 Margarita Moment  2:30 Finish the Phrase 3:00 Cornhole Toss 3:30 Go Fish Card Game 4:30 Dinner	9:00 Montessori Program 9:30 Seated Cardio 9:45 Worship Service 10:15 Teddy Bear Day  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo  2:00 Afternoon Snack 2:30 Scouting Out October Trivia 3:00 Three Strikes Dice Game 3:30 Free Rice Game 4:30 Dinner	9:00 Montessori Program 9:30 Seated Strength 10:00 Name That Sound on IN2L 10:30 Statue of Liberty Anniversary  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Table Top Bowling 2:00 Music with Casey/ Happy Hour  3:00 This Day in History 3:30 Can You Picture This? 4:30 Dinner	9:00 Montessori Program 9:30 Seated Exercises 10:00 Finish the Lyric 10:30 All About Candy Corn & Halloween Candy  11:15 Transition Time (CNA) 11:30 Lunch 1:00 History of Classic Monster Movies 2:00 Afternoon Snack 2:30 Music of the 50's 3:00 Washer Toss Game 3:30 Believable or Batty Trivia 4:30 Dinner 	1:00 Cooking Group: Candy Corn Pretzel Bark  2:00 Afternoon Snack 2:30 History of the Jack-o-Lantern 3:00 Roll A Jack o Lantern Game  3:30 Fly Ball 4:30 Dinner	9:00 Montessori Program 9:30 Moving and Grooving with Haley 10:00 Can You Picture This? Halloween Version 10:30 Exploring the History of Halloween  11:15 Transition Time (CNA) 11:30 Lunch 2:00 Afternoon Snack 4:30 Dinner  Happy Halloween