

















JUNE/JULY 2023



Memory Care North – Life Enrichment





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Name That 50's Tune (AR) 10:30 Craft Group: Watercolors (AR)  11:30 Lunch 1:00 Remembering Pet Cats & Dogs (AR) 1:10 Mariners Game (TV)  2:00 Afternoon Snack 2:30 Basketball Toss Game (AR) 4:30 Dinner AR= Activity Room SUN= Sunroom TV= TV Room	9:00 Montessori Program (AR) 9:30 Seated Cardio (AR) 10:00 Lucky Dice Game (AR) 10:30 A Visit to the Forest (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Short Story Reading: Adventures in Speed Dating (AR) 2:00 Music with Marty (TAA)  2:30 Garden Check-in (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Tai Chi Exercises (AR) 9:45 Worship Service in SN (AR)  10:00 Finish the Lyric (AR) 10:30 Baking Group: Making Muffins (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Music from the City of Light (AR) 2:00 Afternoon Snack 2:30 Remembering Picnics (AR)  4:30 Dinner 6:40 Mariners Game (TV)	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Music Circle (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Travelogue (AR) 2:00 Happy Hour  2:30 Garden Check-in (AR) 4:30 Dinner 7:10 Mariners Game (TV)	9:00 Montessori Program (AR) 9:30 Seated Strength (AR) 10:00 4 th of July Trivia (AR) 10:30 The Yankee Doodle Boy and other Patriotic Songs (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:10 Mariners Game (TV)  2:00 Afternoon Snack (CNA) 4:30 Dinner 	9:00 Montessori Program (AR) 9:30 Chair Exercises (AR) 10:00 Trivia Challenge (AR) 10:30 Happy Birthday Corvette (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo (AR)  2:00 Ice Cream Sundae Social (AR) 2:30 Garden Check-in (AR) 4:30 Dinner 6:40 Mariners Game (TV)	9:00 Card Game (AR) 9:30 Seated Strength (AR) 10:00 Canadian Day True or False (AR)  10:30 Finish the Song Lyric (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Happy Birthday Bill Haley (AR)  1:10 Mariners Game (TV) 2:00 Afternoon Snack 2:30 Cornhole Toss Game (AR) 4:30 Dinner



JULY 2023

Memory Care North- Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:00 Watercolor Art Project (AR)</p> <p>10:45 Name That Rock and Roll Song (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Fly Ball (AR)</p> <p>1:10 Mariners Game (TV)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 You Be the Judge (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Stretching (AR)</p> <p>10:00 Five Clue What Is It? (AR)</p> <p>10:30 Roller Coaster of a Day (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Afternoon Montessori (AR)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Finish the Lyrics (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Strength (AR)</p> <p>9:45 Worship Service in SN (AR)</p> <p>10:00 French Trivia (AR)</p> <p>10:30 Horse Racing Game (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Art Group: Coffee Filter Butterflies (AR)</p>  <p>2:00 Afternoon Snack (CNA)</p> <p>2:30 Ring Toss Game</p> <p>4:30 Dinner</p> <p>6:40 Mariners Game (TV)</p>	<p>9:00 Tabletop Games (AR)</p> <p>9:30 Chair Dancing (AR)</p> <p>10:00 Lucky Dice Game (AR)</p> <p>10:30 Modern Jeopardy Trivia (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Fragrance: A History (AR)</p> <p>2:00 Happy Hour (AR)</p>  <p>2:30 Sing Along on iN2L (AR)</p> <p>3:40 Mariners Game (TV)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Morning Stretch (AR)</p> <p>10:00 Piggy Bankers Game (AR)</p> <p>10:30 Car Racing Game (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Star of the Month (AR)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Garden Check-in (AR)</p> <p>4:30 Dinner</p> <p>6:39 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:00 Martin Goldsmith Music Performance (AR)</p> <p>10:30 Roll a Dice, Make a Face (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 What Am I? (AR)</p> <p>2:00 Ice Cream Sundae Social (AR)</p> <p>2:30 A Musical Afternoon (AR)</p> <p>4:30 Dinner</p> <p>6:39 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Morning Exercise (AR)</p> <p>10:00 Summer Sensory Group (AR)</p>  <p>10:30 Liberty Bell Day (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Music with Roger (AR)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Basketball Toss Game (AR)</p> <p>4:30 Dinner</p> <p>6:39 Mariners Game (TV)</p>
<p>AR= Activity Room</p> <p>SUN= Sunroom</p> <p>TV= TV Room</p>						















July 2023

Memory Care North – Life Enrichment



Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
<p>9:00 Montessori Program (AR)</p> <p>9:30 Fly Ball (AR)</p> <p>10:00 Random Trivia (AR)</p> <p>10:30 Sing Along (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Barn Day (AR)</p>  <p>1:07 Mariners Game (TV)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Basketball Toss Game (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Shake, Rattle & Roll (AR)</p> <p>10:00 Food for Thought (AR)</p> <p>10:30 Baking Group – Making Key Lime Pies (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 All About Gladys Knight (AR)</p>  <p>2:00 Afternoon Snack (AR)</p> <p>2:30 Songs of John Denver (AR)</p> <p>4:30 Dinner</p> <p>5:00 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Exercises (AR)</p> <p>9:45 Worship Service in SN (AR)</p> <p>10:00 Finish the Phrase (AR)</p> <p>10:30 Bingo (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 River Dancing Day (AR)</p> <p>2:00 Italian Soda Social (AR)</p>  <p>2:30 Can You Picture This? (AR)</p>  <p>4:30 Dinner</p> <p>5:00 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Chair Dancing (AR)</p> <p>10:00 Exploring the Bastille (AR)</p> <p>10:30 Science Craft Group – Making Slime (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 All About Disneyland (AR)</p> <p>2:00 Happy Hour (AR)</p>  <p>2:30 Garden Check-in (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Gentle Stretching (AR)</p> <p>10:00 Lucky Dice Game (AR)</p>  <p>10:30 Perfect 10 Day (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Horse Racing Game (AR)</p> <p>2:00 Afternoon Snack</p> <p>2:30 What Am I? (AR)</p>  <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Exercise (AR)</p> <p>10:00 Jeopardy Trivia (AR)</p> <p>10:30 Flower Arranging (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 All About Jane Goodall (AR)</p> <p>2:00 Ice Cream Sundae Social (AR)</p> <p>2:30 Putt- Putt Golf (AR)</p>  <p>4:30 Dinner</p> <p>7:10 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Morning Stretch (AR)</p> <p>10:00 EZ Trivia (AR)</p> <p>10:30 Baking Group: Making Cookies (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Special Olympics Day (AR)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Cornhole Toss Game (AR)</p> <p>4:30 Dinner</p> <p>6:40 Mariners Game (TV)</p>
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July 2023



Memory Care North – Life Enrichment





Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Exercises (AR)</p> <p>10:00 Junk Food Day (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Bingo Game (AR)</p>  <p>1:10 Mariners Game (TV)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Short Story Reading – Second Chances (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:00 Sing Along (AR)</p> <p>10:30 A Visit to the Beach (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Sail Key West Day (AR)</p> <p>2:00 Margarita Monday (AR)</p>  <p>2:30 Garden Check-in (AR)</p> <p>4:30 Dinner</p> <p>6:40 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Exercise Group (AR)</p> <p>9:45 Worship Service in SN (AR)</p> <p>10:00 Games on the iN2L (AR)</p> <p>10:30 Art Project: Clay Sculpting (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Who Am I? (AR)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Name That Broadway Tune (AR)</p> <p>4:30 Dinner</p> <p>6:40 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Chair Dancing (AR)</p> <p>10:00 Luck Dice Game (AR)</p> <p>10:30 Baking Group: Making Muffins (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>12:40 Mariners Game (TV)</p> <p>1:00 Piano Music with Sandra Walker</p>  <p>2:00 Happy Hour</p>  <p>2:30 Dean Martin Videos (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Morning Stretch (AR)</p> <p>10:00 (AR)</p> <p>10:30 Man on the Moon Day (20th) (AR)</p> <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Remembering Lemonade Stands/Making Lemonade (AR)</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Garden Check-in (AR)</p> <p>4:30 Dinner</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Chair Yoga (AR)</p> <p>10:00 Ring Toss Game (AR)</p> <p>10:30 Best Moments in Sports (AR)</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Coloring Project (AR)</p> <p>2:00 Ice Cream Sundae Social (AR)</p> <p>2:30 Garden Check-in (AR)</p> <p>4:30 Dinner</p> <p>5:10 Mariners Game (TV)</p>	<p>9:00 Montessori Program (AR)</p> <p>9:30 Moving & Grooving with Haley (AR)</p> <p>10:00 More Jeopardy Trivia (AR)</p> <p>10:30 Pet Therapy Visit</p>  <p>11:15 Transition Time (CNA)</p> <p>11:30 Lunch</p> <p>1:00 Bugs Bunny Birthday (AR)</p> <p>2:00 Afternoon Snack</p> <p>2:30 Remembering Camping and Outdoor Fun (AR)</p>  <p>4:15 Mariners Game (TV)</p> <p>4:30 Dinner</p>
<p>AR= Activity Room SUN= Sunroom TV= TV Room</p>						



July 2023

Memory Care North – Life Enrichment



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
9:00 Montessori Program (AR) 9:30 Fly Ball (AR) 10:00 Over or Under 50? (AR)  50 ↑ ↓ 10:30 Remembering Road Trips & Famous Roadside Attractions (AR) 11:10 Mariners Game (TV) 11:30 Lunch 1:00 Music Circle (AR)  2:00 Afternoon Snack 2:30 Garden Check-in (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Gentle Stretch (AR) 10:00 Name That Sound (AR) 10:30 Global Tiger Day (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Bingo Game (AR) 2:00 Italian Soda Social (AR)  2:30 Finish the Phrase (AR) 4:10 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Seated Exercises (AR) 9:45 Worship Service in SN (AR) 10:00 Piggy Banker Game (AR) 10:30 All About Elvis (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Who Am I? (AR) 2:00 Afternoon Snack 2:30 Garden Check-in (AR) 4:10 Mariners Game (TV) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Exercises (AR) 10:00 Finish the Lyric (AR) 10:30 Forest Sensory/ Reminiscing (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 MGM Lion Day (AR)  1:10 Mariners Game (TV) 2:00 Happy Hour 2:30 Table Puzzles (AR) 4:30 Dinner	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Word Games on iN2L (AR) 10:30 Baking Group: Making Cookies (AR)  11:15 Transition Time (CNA) 11:30 Lunch 1:00 Happy Birthday Billboard Charts (AR) 2:00 Afternoon Snack 2:30 Lucky Dice Game (AR)  4:30 Dinner	9:00 Montessori Program (AR) 9:30 Chair Dancing (AR) 10:00 Name That Tune (AR) 10:30 Audubon Day (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 Star of the Month (AR) 2:00 Ice Cream Sundae Social (AR) 2:30 Bowling (AR)  4:30 Dinner 6:40 Mariners Game (TV) 	9:00 Montessori Program (AR) 9:30 Morning Stretch (AR) 10:00 Call & Response Songs (AR) 10:30 Horse Racing Game (AR) 11:15 Transition Time (CNA) 11:30 Lunch 1:00 NASA Day (AR)  2:00 Afternoon Snack 2:30 Cornhole Game (AR) 4:30 Dinner 6:40 Mariners Game (TV)