



TOUCHMARK MEMORY CARE

SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY

01

Dimensions of Wellness

Physical

Emotional

Spiritual

Environmental

Vocational

Social

Intellectual

All Day Life Enrichment times and events scheduled may be altered based on resident need/weather/operational adjustments.

9:30 Morning Glow and Gather

10:00 Mind and Motion with Jacqueline

10:30 Armchair Travel: Italy Adventures

1:00 Fragrance and Frames - Art & Aeromotherapy

1:30 Sip, Savor, Socialize: Taste of Italy

1:45 Afternoon Stretch

3:00 Life Story Project - Families Visit for albumn creation

6:00 Wind Down Tea Time

02

9:30 Morning Glow and Gather

10:00 Mind and Motion with Jacqueline

10:30 Golden Record Club

1:30 Saturday Snack & Solve Social

2:30 Afternoon Stretch

3:00 Small Walking Groups with Jacqueline

6:00 Wind Down Tea Time

03

9:30 Morning Greetings and Books

10:00 Mind and Motion Exercise

10:30 Brain Games and Word Association

11:00 Chef Demo: French Pastries

1:30 Target Practice Game

2:30 Live Music with Daniel Trent!

6:00 Wind Down Tea Time

04

9:30 Hair & Nails

10:00 Mind & Motion Exercise Class

10:30 This Day in History

12:30 Scenic Drive Around Camas

3:00 Live Music with Steve Tharp!

6:00 Wind Down Tea Time

05

8:30 Hair & Nails

10:30 Mind & Motion Exercise Class

11:30 Mealtime Aromatherapy

1:00 Weekly Piano Songs with Anne!

1:45 Afternoon Stretch

2:00 Cinco De Mayo Celebration

6:00 Wind Down Tea Time

06

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:00 Paws and Relax: Animal Documentary and Lounge

1:45 Afternoon Stretch

2:30 Wayback Wednesday: Music and Memories

6:00 Wind Down Tea Time

07

8:30 Morning Glow and Gather

10:00 Catholic Communion with Holy Redeemer

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

12:30 Sprout and Scout: 7 Dees Nursery Trip

6:00 Wind Down Tea Time

08

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:00 Eldergrow Garden Project with Jacqueline

1:30 Encore Afternoon - musical entertainment

6:00 Wind Down Tea Time

09

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:30 Saturday Snack & Solve Social

1:45 Afternoon Stretch

2:30 Small Walking Groups with Jacqueline

6:00 Wind Down Tea Time

10

9:30 Morning One on One Visits with Care Team

10:00 Noodle Ball

10:30 Mind In Motion

11:30 Mealtime Aromatherapy

1:00 Tie-Dye Coffee Filter Craft

2:00 Live Music with Shaymus Hanlin

6:00 Wind Down Tea Time

11

8:30 Hair & Nails

10:30 Mind & Motion Exercise Class

11:30 Mealtime Aromatherapy

12:30 Scenic Drive Around Washougal

3:00 Bingo Time!

6:00 Wind Down Tea Time

12

8:30 Hair & Nails

10:30 Mind & Motion Exercise Class

11:30 Mealtime Aromatherapy

1:00 Weekly Piano Songs with Anne!

1:45 Afternoon Stretch

2:00 **Vancouver Hearing Aid Center Clinic - call them directly to schedule an apt time 360-695-4200.

3:00 Noodle Ball

6:00 Wind Down Tea Time

13

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:00 Paws and Relax: Animal Documentary and Lounge

1:45 Afternoon Stretch

2:30 Wayback Wednesday: Music and Memories

3:30 Dementia Support Group: For Caregivers and Loved Ones of Those with Dementia

6:00 Wind Down Tea Time

14

All Day National Bond with a Dog Day!

8:30 Morning Glow and Gather

10:00 Catholic Communion with Holy Redeemer

10:30 Mind and Motion with Jacqueline

11 Therapy Dog's Visit

1:30 Tasty Treat Thursday

1:45 Afternoon Stretch

6:00 Wind Down Tea Time

15

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:00 Fragrance and Frames - Art Therapy

1:45 Afternoon Stretch

3:00 Life Story Project Visits

6:00 Wind Down Tea Time

16

8:30 Morning Glow and Gather

10:30 Mind and Motion with Jacqueline

11:30 Mealtime Aromatherapy

1:00 Fragrance and Frames Social

1:30 Saturday Snack & Solve Social

1:45 Afternoon Stretch

2:30 Small Walking Groups with Jacqueline

6:00 Wind Down Tea Time



TOUCHMARK MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 9:30 Morning One on One Visits with Care Team 11:30 Mealtime Aromatherapy 1:30 Timeslips Story Creations 2:00 Live Music with Robby Mayer 6:00 Wind Down Tea Time	18 8:30 Hair & Nails 10:30 Mind & Motion Exercise Class 11:30 Mealtime Aromatherapy 12:30 Scenic Drive To Hockinson 3:00 Live Entertainment! 6:00 Wind Down Tea Time	19 8:30 Hair & Nails 10:30 Mind & Motion Exercise Class 11:30 Mealtime Aromatherapy 1:00 Weekly Piano Songs with Anne! 1:45 Afternoon Stretch 3:00 Let's Make Beaded Garden Stakes 6:00 Wind Down Tea Time	20 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Paws and Relax: Animal Documentary and Lounge 1:45 Afternoon Stretch 2:30 Wayback Wednesday: Music and Memories 6:00 Wind Down Tea Time	21 8:30 Morning Glow and Gather 10:00 Catholic Communion with Holy Redeemer 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Reminisce: Springtime Memories 1:30 Tasty Treat Thursday 1:45 Afternoon Stretch 4:00 Monthly Birthday Dinner - Live Music Traveling Guitar/Singer 6:00 Wind Down Tea Time	22 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Craft and Create with Jacqueline 1:45 Afternoon Stretch 3:00 Life Story Project Visits 6:00 Wind Down Tea Time	23 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:30 Saturday Snack & Solve Social 1:45 Afternoon Stretch 2:30 Small Walking Groups with Jacqueline 6:00 Wind Down Tea Time
24 9:00 Word Association Game 9:30 Morning One on One Visits with Care Team 10:30 Mind and Motion 11:30 Mealtime Aromatherapy 2:00 Live Music with Haley Johnsen 6:00 Wind Down Tea Time	25 8:30 Hair & Nails 10:30 Mind & Motion Exercise Class 11:00 Memorial Day Program with Dove Release and Prairie H.S. Jr. ROTC 11:30 Mealtime Aromatherapy 1:30 Memorial Day Family Fun with Live Music with soulful King Louis and a Variety of Games 6:00 Wind Down Tea Time	26 8:30 Hair & Nails 10:30 Mind & Motion Exercise Class 11:30 Mealtime Aromatherapy 1:00 Weekly Piano Songs with Anne! 1:45 Afternoon Stretch 3:00 Tuesday Trivia 6:00 Wind Down Tea Time	27 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Paws and Relax: Animal Documentary and Lounge 1:45 Afternoon Stretch 2:30 Wayback Wednesday: Music and Memories 6:00 Wind Down Tea Time	28 8:30 Morning Glow and Gather 10:00 Catholic Communion with Holy Redeemer 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Reminisce: Springtime Memories 1:30 Tasty Treat Thursday 1:45 Afternoon Stretch 6:00 Wind Down Tea Time	29 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:00 Fragrance and Frames - Art Therapy 1:45 Afternoon Stretch 3:00 Life Story Project Visits 6:00 Wind Down Tea Time	30 8:30 Morning Glow and Gather 10:30 Mind and Motion with Jacqueline 11:30 Mealtime Aromatherapy 1:30 Saturday Snack & Solve Social 1:45 Afternoon Stretch 2:30 Small Walking Groups with Jacqueline 6:00 Wind Down Tea Time
31 9:30 Morning One on One Visits with Care Team 11:30 Mealtime Aromatherapy 2:00 Live Music with Music We Remember						