



Tea Time!

Everyday at 2:00 we sit down together and enjoy Tea Time. Tea, or coffee if you prefer, and a snack will be offered alongside great company and conversation.



Essential Health

Part of our In The Moment approach is to pamper our residents with a warm towel that has been infused with essential oils to help promote hygiene and ignite or diffuse energy at meal times. We may offer a warm citrus or peppermint in the morning to start the day or a soothing chamomile or Lavender to calm us down in the evening. The power of scent can change a persons mood and allow for a better day to occur.

GORGEOUS GRANDMA DAY PHOTO SHOOT

**JULY 23RD AT
1:00PM
IN THE LOBBY**



Manicure Mondays

Sometimes it is the small pleasures that mean the most.

Every Monday afternoon we offer our residents the opportunity to have their nails trimmed, filed and painted. This small act leads to intimate conversations, quality time spent, and in the end an even more confident and beautiful resident.



Bridgeport Place

July 2021

5250 Bridgeport Way W
University Place, WA 98467



Bridgeport Place
Assisted Living & Memory Care



Calling All Gardeners!

Our Garden is planted and now we get to care for it!

Our Pretty Patio Gardening Group gets to water and care for the beautiful flowers on Wednesdays and Saturdays!

Come on out to see all of the beautiful Pansies and the gorgeous Bleeding Heart out in the Courtyard anytime!

**Happy
Independence Day
Sunday July 4th**



Fun Physical Fitness

Morning Movement happens everyday at 10:30 am at Bridgeport Place. This can be a yoga class full of stretching and light weights or a balloon volleyball class filled with giggles. Exercise can look like a multitude of things but as long as we are moving muscles we are encouraging strength and balance.

Another daily activity we enjoy is Meditation Moments at 6:00pm in the evening. This calm stretching with soothing music allows us to calm down and prepare for a good nights sleep.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div>Bridgeport Place</div><div>Assisted Living & Memory Care</div></div></div>		<div><div><div>Location Keys</div><div>Lobby</div><div>LOB</div></div></div>		<div><div><div>AE</div>Artistic Expression</div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div>PE</div> Physical Engagement <div><div>SS</div>Spiritual Support</div>		<div>Healthy Snacks & Hydration offered throughout each day!</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>AE</div> Creative Hands <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>1</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>CE</div> Afternoon Documentary <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>2</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>LL</div> Pretty Patio- Gardening <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>3</div>	
<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>CE</div> Movie Matinee <div>2:00</div> <div>LL</div> Tea and Treats <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>4</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>LL</div> Monday Manicures <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>5</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>CE</div> Afternoon Documentary <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>6</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Peach Ice Cream with Friends on the Patio <div>3:00</div> <div>PE</div> Pretty Patio- Gardening <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>7</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>AE</div> Creative Hands <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>8</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>1:00</div> <div>AE</div> Color it Beautiful <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>CE</div> Afternoon Documentary <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>9</div>		<div><div><div>8:00</div><div>LL</div>Breakfast and Essential Health Hot Towel Service</div><div>10:00</div><div>LL</div>Snacks and Chats</div> <div>10:30</div> <div>PE</div> Morning Movement <div>12:00</div> <div>LL</div> Lunch and Essential Health Hot Towel Service <div>2:00</div> <div>LL</div> Tea and Treats <div>3:00</div> <div>LL</div> Pretty Patio- Gardening <div>5:00</div> <div>LL</div> Dinner and Essential Health Hot Towel Service <div>6:00</div> <div>SS</div> Meditation Moment <div>10</div>	
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