

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.

Piano Music by Lynne

OCTOBER 29TH 2:00PM IN THE DINING ROOM

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. October 2021 Bridgeport Place

5250 Bridgeport Way W University Place, WA 98467

OKTOBERFEST

CELEBRATION ******

* LUNCH MENU * BRATWURST WITH SAUERKRAUT OR

ROASTED HERB AIRLINE CHICKEN SERVED WITH POTATO PANCAKES WITH APPLE SAUCE AND SOUR CREAM SOFT PRETZELS WITH BAVARIAN CHEESE DIP SAUTEED RED CABBAGE DESSERT ORANGE CREAM SHORTCAKE *BEER OPTION AVAILABLE*



Friday October 22nd at 2:00pm in the Dining Room

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.





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.

October 2021 Memory Support			A CAR			created sagely
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October cont'd 31 8:00 (III) Breakfast and Essential Health Hot Towel Service 10:00 (III) Snacks and Chats 10:30 (III) Morning Movement 12:00 (III) Lunch and Essential Health Hot Towel Service 1:00 (III) Cei Movie Matinee 2:00 (III) Tea and Treats 3:00 (III) Keep the Beat- Instruments and Dancing 5:00 (III) Dinner and Essential Health Hot Towel Service 6:00 (III) Meditation Moment	Bridgeport Place Assisted Living & Memory Care	5250 Bridgeport Way W University Place, WA 98467 253-565-1960	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support		8:00 L Breakfast and Essential Health Hot Towel Service 10:00 Snacks and Chats 10:30 A Morning Movement 12:00 L Lunch and Essential Health Hot Towel Service 1:00 S Color it Beautiful 2:00 Tea and Treats 3:00 S Friday Pen Pal Letters 5:00 Dinner and Essential Health Hot Towel Service 6:00 S Meditation Moment	
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