

December 2021

Memory Support

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4



Bridgeport Place
Assisted Living & Memory Care

5250 Bridgeport Way W
University Place, WA
98467
253-565-1960

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	5
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Movie Matinee	
2:00	Tea and Treats [ADR]	
3:00	Keep the Beat- Instruments and Dancing [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	12
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Movie Matinee	
2:00	Tea and Treats [ADR]	
3:00	Keep the Beat- Instruments and Dancing [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	19
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Movie Matinee	
2:00	Tea and Treats [ADR]	
3:00	Keep the Beat- Instruments and Dancing [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	26
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Movie Matinee	
2:00	Tea and Treats [ADR]	
3:00	Keep the Beat- Instruments and Dancing [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

- AE Artistic Expression
- CC Community Connections
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- SS Spiritual Support

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	1
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	6
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	12
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	18
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	24
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

8:00	Breakfast and Essential Health Hot Towel Service [ADR]	30
10:00	News and Snacks [ADR]	
10:30	Morning Movement [ADR]	
12:00	Lunch and Essential Health Hot Towel Service [ADR]	
1:00	Color It Beautiful [ADR]	
2:00	Tea and Treats [ADR]	
3:00	Monday Marathons [ADR]	
5:00	Dinner and Essential Health Hot Towel Service [ADR]	
6:00	Meditation Moment [ADR]	

Healthy Snacks &
Hydration offered
throughout each day!