


September 2022

KENMORE SENIOR LIVING

(425) 481-4200

Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 KENMORE SENIOR LIVING Independent Living Assisted Living • Memory Care	P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities			1 10:00 Exercise to the oldies 10:30 Daily Chronicles 1:00 Music and Memories 3:00 Bingo	2 10:00 Leg Exercises 10:30 Daily Chronicles 2:30 Happy Hour 4:00 Stories	3 10:00 Chair Exercise 1:00 Sing along w/ Me 3:00 Discuss & Recall
4 10:00 Exercise 1:00 Music Videos 3:00 Travelogue	5 10:00 Exercise and movement 10:30 Daily Chronicles 1:00 Painting 3:00 UNO	6 10:00 Arm Exercise 10:30 Daily Chronicles 1:00 Musical instruments 3:00 Memory Match Game	7 10:00 Chair Yoga 10:30 Daily Chronicles 1:00 musicals sing a long 3:00 Shake looses a Memory	8 10:00 Balloon Volleyball 10:30 Daily Chronicles 1:00 Name that Tune 3:00 Bingo	9 10:00 Exercise to the oldies 10:30 Daily Chronicles 1:00 Musical chairs 3:00 Spa and Nail pampering	10 10:00 Chair Exercise 1:00 Sing along w/ Me 3:00 Discuss & Recall
P S 10:00 Exercise 1:00 Music Videos 3:00 Travelogue M L O P S	11 10:00 Exercise and movement 10:30 Daily Chronicles 1:00 Leaf rubbings 3:00 Card Games	12 10:00 Arm Exercise 10:30 Daily Chronicles 1:00 Name that Tune 3:00 Movie Star Trivia	13 10:00 Tai Chi Ball 10:30 Daily Chronicles 1:00 Music and Memory sing a long 3:00 Name that object?	14 10:00 Bowling 10:30 Daily Chronicles 1:00 Music Videos 3:00 Bingo	15 10:00 Leg Exercises 10:30 Daily Chronicles 2:00 Happy Hour 4:00 word white board games	16 10:00 Chair Exercise 1:00 Sing along w/ Me 3:00 Discuss & Recall
17 10:00 Exercise 1:00 Music Videos 3:00 Travelogue	18 10:00 Exercise and movement 10:30 Daily Chronicles 1:00 Let's Decorate for Fall 3:00 Hangman	19 10:00 Arm Exercises 10:30 Daily Chronicles 1:00 Tree Painting 3:00 Word in a Word Game	20 10:00 Chair Yoga 10:30 Daily Chronicles 1:00 50's sing a long 3:00 Sorry game	21 10:00 Parachute 10:30 Daily Chronicles 1:00 Music and Memories 3:00 Bingo	22 10:00 Exercise to the oldies 10:30 Daily Chronicles 1:00 Musical Chairs 3:00 Old Maid Card Game	23 10:00 Chair Exercise 1:00 Sing along w/ Me 3:00 Discuss & Recall
24 10:00 Exercise 1:00 Music Videos 3:00 Travelogue	25 10:00 Exercise and movement 10:30 Daily Chronicles 1:00 Color leaves 3:00 UNO	26 10:00 Arm Exercises 10:30 Daily Chronicles 1:00 Musical instruments 3:00 Puzzles	27 10:00 Tai Chi Ball 10:30 Daily Chronicles 1:00 60's Sing a long 3:00 word Puzzles	28 10:00 Ring Toss 10:30 Daily Chronicles 1:00 Music and Memories 3:00 Bingo	29 10:00 Leg Exercises 10:30 Daily Chronicles 1:00 Duck Duck Goose 3:00 Tree Trivia	30