



Daily Schedule

8:00am	Arrival & Morning Coffee Socialization, magazines, puzzles and music playing upon arrival
9:00am	Breakfast & Socialization Breakfast is served
10:00am	Reading/Discussion Includes various topics: positive current events, humor, trivia, education, reminiscing & more
10:30am	Exercise Includes: Staff led physical activities - stretching, sit n dance, wand/scarf toning, outdoor/indoor walks
11:00am*	Morning Group Session May include arts, creative/expressive, crafts, cooking, gardening, intergenerational and/or cognitive trivia with discussion in a group setting. Client may elect to do an individual activity or one-on-one based on abilities and interests
11:45am	Prepare for lunch
12:00pm	Lunch Portion and nutritional standards for all meals served are set by USDA standards and individual diet recommendations.
1:00pm	Individual Activity/Rest See Group Games & Activity List for available. Socialization Opportunities are available for each participant during this time
1:30pm	Afternoon Group Activity May include: Board games, Physical games, memory games, Pampering/Self-care, Sensory, Timeslips, Storytelling, etc.
2:30pm	Afternoon Snack
3:00pm	Prepare to go home
4:00pm	Transportation Arrives

*Yoga on Fridays at 11am

Group Games & Activity List

- Battleship
- Beading
- Bonkers
- Audiobooks
- Card Games (various)
- Checkers
- Connect Four
- Crosswords
- Deal or No Deal (electronic)
- Dominoes
- Family Feud
- Jigsaw Puzzles
- Jingo
- Lacing Cards
- Laundry Basket Toss
- Magazines
- Memory
- Modeling Clay
- Monopoly
- Movie/Video
- Painting Sheets
- Pictionary
- Playing Cards
- Physical Games
- RACO
- Ring Toss
- Scrabble
- Sequence
- Shuffle Board
- Song Burst
- Taboo
- Tic Tac Toe
- Trivial Pursuit
- Wheel of Fortune
- Who wants to Be A Millionaire
- Wii Game System
- Word Search
- Yahtzee