

Day Program

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Morning Greeting & News Currents	Morning Greeting & News Currents	Morning Greeting & News Currents	Morning Greeting & News Currents	Morning Greeting & News Currents
9:00 AM	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
9:30 AM					
10:00 AM	Daily Movement	Daily Movement	Daily Movement	Daily Movement	Daily Movement
10:30 AM	Brain Games	Brain Games	Brain Games	Brain Games	Brain Games
11:15 AM	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
11:30 AM	Walking Group	Walking Group	Walking Group	Walking Group	Walking Group
12:00 PM	Travelogue or Independent Time	Baking Club or Independent Time	Bowling or Independent Time	Bingo or Independent Time	Lawn Games or Independent Time
12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM	Light Yoga & Mindful Breathing Exercises	Today in History	Expressive Arts or Word Games	Game Show Games	Art Therapy or Stability Ball Exercises
2:00 PM	Table Games & Puzzles	Sweet Treats	Trivia & Riddles	Reminiscing - The Good Old Times	National Days
2:30 PM	Music	Music	Music	Music	Music
3:00 PM	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up