

Daily Wellness Programs 8am – 8pm

7 days a Week Schedule: NAR refer to Schedule to know when you are responsible for activities

Orange Shaded Areas= NAR Responsibility

Daily Program Schedule Guide 8am – 8pm

8:00 – 9:00am	Breakfast	
9:30 am	<u>EMOTIONAL/VOCATIONAL/SPIRITUAL/COGNITIVE</u> Revive and Refresh Priming, Singing & Socializing	CL led activity
10:30 am	<u>PHYSICAL/EMOTIONAL</u> Group Exercise, Music & Singing	CL led activity
11:00 am	<u>VOCATIONAL/SPIRITUAL/COGNITIVE</u> Revive and Refresh: Wash up with warm washcloths using essential oils for sensory stimulation.	CL led activity
11:30-12:30pm	Lunch	
1 pm	<u>EMOTIONAL/COGNITIVE</u> iPad, iPod Use-individual playlists Set out puzzles, magazines, books and cards for tenants to use	<u>Sat/Sun:</u> Painting Nails <u>Mon:</u> Bible Study in chapel <u>Tue:</u> Relaxing Music <u>Wed:</u> Puzzles <u>Thur:</u> Magazines/Newspapers <u>Fri:</u> Afternoon Movie/Show
2 pm	<u>SOCIAL/COGNITIVE</u> Coffee Social with snack Crafts, Music, BINGO on Thursdays	CL led activity
3 pm	<u>PHYSICAL/SOCIAL/ENVIRONMENTAL/EMOTIONAL</u> Walking groups, outdoor visits (weather permitting)	CL led activity
4 pm	<u>INTELLECTUAL/SOCIAL</u> Mind Games, List Creation, Word Scramble with Song Titles Trivia, Question & Answer	CL led activity
5:00-6:00pm	Dinner	
6 pm	<u>SOCIAL/INTELECTUAL/EMOTIONAL/SPIRITUAL</u> Small Groups	<u>Sun/Sat:</u> Aromatherapy/Massage <u>Mon:</u> Travel videos <u>Tue:</u> Western Show <u>Wed:</u> 1:1 visits w/ Pastor B. <u>Thur:</u> Nature documentary <u>Fri:</u> Spiritual Stories w/ Pastor B.
7 pm	<u>EMOTIONAL/SOCIAL</u> Turn Lights Down Low and Sound Low on TV/Music	<u>Daily:</u> Snack & Chat/relaxing music

*****NAR's will lead weekend activities**