

Daily 8-8 Wellness Schedule

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-------------------------|-------------------------|---------------------------|-------------------------|----------------------------|-------------------------|
| 8:30 | Breakfast / Life Skills | Breakfast / Life Skills | Breakfast / Life Skills | Breakfast / Life Skills | Breakfast / Life Skills | Breakfast / Life Skills | Breakfast / Life Skills |
| 9:00 Intellectual / Vocational | Reminisce | Old Time Music | Current News | Morning Melodies | Puzzles | Morning Melodies | Creative Coloring |
| 10:30 Physical | Well Fit Exercise | Well Fit Exercise | Well Fit Exercise | Well Fit Exercise | Well Fit Exercise | Catholic Communion | Well Fit Exercise |
| 11:30 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 Emotional / Cognitive | Word Puzzle Games | Reading Group | Story Time | Manicures | Creative Coloring | Trivia | Positive Affirmations |
| 2:00 Social/Spiritual | Sunday Worship | Baking | Chapel with Ron | Snack Break/Short Stories | Chapel with Ron | BINGO | Movie & Popcorn |
| 3:30 | Walking Group | Walking Group | Walking Group | Walking Group | Walking Group | Walking Group | Walking Group |
| 4:00 Social/Spiritual | Music Reminisce | Name That Tune | Music Reminisce | Music Reminisce | Name That Tune | Music Reminisce | Music Reminisce |
| 4:30 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:45 Social / Intellectual | Bingo | Crafts | Movie Night | Bingo | Manicures | Friday Night at the Movies | Oldies But Goodies |
| 7:30 Emotional | Hand Massages | Evening Stretch | Shoulder Massages | Evening Stretch | Hand Massages | | Shoulder Massages |
| HHAs: Refer to shaded boxes for the activities you are responsible for. HHA'S are expected to help with activities when they are available. | | | | | | | |