

Monday

Tuesday

Wednesday

Thursday

Friday

EVERYDAY ACTIVITIES:

light breakfast :ends @ 9:30
devotions or optional activity
letter of the Day
large & small motor skills
music activities
snack provided around 2:30
mind, body, & spirit stimulation
lots of laughter



A=small motor
B=large motor
C=creative
D=social
E=emotional
F=mental/cognitive
G=music

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tea & Coffee Hour	D Coffee & Tea Hour	D Coffee & News	D Coffee Hour	D Coffee & Chat
Exercise w/Weights	B Stretch & Sway	B Stretchercise	B Exercise w/Egg Shakers	B Exercise Time
Water & Chat	D Story & a Drink	D Conversation & Water	D Poetry & a Drink	D Relax & Refresh
Letter of the Day	F Letter of the Day	F Letter Game	F Hand Massage & Manicures	D Letter of the Day
Devotions/Puzzles	E Devotions/Math Problems	E Devotions/Word Definitions	E Devotions/Letter of the Day	E Devotions/Concentration
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BINGO	F Music W/Mary	G Washer Toss	F Bango/Jingo	F Bingo
Music Time	G Balloon Ball	B Name 10 Game	F Penny Toss	B Bowling
SNACK	SNACK	SNACK	SNACK	SNACK
Afternoon Stretch	B Chalkboard Games	F A to Z Game	F Spelling Bee	F Drive-In Movie Fun
Trivia	F Coloring	A Word Search	F Laughing Time	D Guggenheim
Crazy 8's	F Uno	F Table Talk	D Participant's Choice	C Tongue Twisters