



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
Coffee Hour	D Tea & Coffee Hour	D Coffee & Chat	D Coffee & News	D Java & Jabber
Exercise w/Bells	B Exercise in Your Chair	B Boogie Time	B Body Motion	B Exercise w/Smiley Balls
Relax & Refresh	D Poetry & a Drink	D Hydration & Chat	D Water & Chat	D Water & Trivia
Letter of the Day	F Letter of the Day	F Letter of the Day	F Music & Manicures	D Letter of the Day
Devotions/A-Z Game	E Devotions/Circle Find	E Devotions/Memory Tray	E Devotions/Word Search	E Devotions/Math Problems
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
BINGO	F Concentration	F Bango	F Letter of the Day	F Bingo
Stretch Time	B Knock 'em Down Cans	B Basketball	B Washer Toss	B Bowling
SNACK	SNACK	SNACK	SNACK	SNACK
Hangman	F Trivia	F Fill in the Blank	F Spelling Bee	F Song in a Hat
Video Time	D Reminisce	E Photo Talk	D Guggenheim	F Word Unscramble
Puzzles	F Crazy 8's	F Checkers	A Cards	D Coloring/Word Search

