

Typical Schedule of a Purposeful Day

A Sample Day

MORNING ACTIVITIES

- 5:00 - 6:00** **Rise and Shine for Early Risers**
Assist with Activities of Daily Living (ADLs), coffee, tea, juice while awaiting breakfast
- 6:00 - 7:30** **Rise and Shine**
Assist with ADLs, coffee, tea, juice, light snack, morning music
- 7:30 - 8:30** **Breakfast Dining Experience**
Enjoy dining experience with other residents, socialization

- 8:30** **Freshen Up After Meal**
Assist with ADLs after breakfast and prepare for the day
- 9:00 - 11:30** **Individual, Small, and Large Group Activities**
Devotions, exercise, orientation, walking club, poetry, art lessons, beauty and barber time, reminiscing using Simple C, church services, gardening, outdoor time, all while utilizing staff and volunteers
- 10:00** **Hydration and Snacks**
Fruits vegetables, cheese and crackers, fresh baked bread, water, and juice available during activities and upon request
- 11:30** **Freshen Up for Lunch**
Assist with ADLs for lunch

AFTERNOON ACTIVITIES

- Noon** **Lunch Dining Experience**
Quiet music, dining with residents and guests
- 1:00** **Rest, Relaxation, and Visitation**
Quiet music, time for rest or nap. Visitors are welcome.
- 2:00 - 4:00** **“Brain Better” Time, Individual, Small, and Group Activities**
Pet Therapy, music therapy, movies, entertainment, manicures, relation/aroma therapy, bingo, word games, garden and porch activities, small groups in themed areas, one-on-one activities
- Mid afternoon Snacks and Hydration**
Nutritious snacks and hydration available during activities and upon request
- 4:30** **Quiet Time to Prepare for Dinner**
Quiet music, assist with ADLs, aroma therapy, hand massages



- 5:00 - 6:00** **Evening Dining Experience**
Dine with residents and guests, dinner music
- 6:00** **Freshen Up After Meal**
Assist with ADLs

EVENING ACTIVITIES

- 7:00- 8:30 pm** **Evening Transition**
Group activities including volunteer engagement, movie time, gospel videos, family and guest visits
- 7:30** **Snacks and Hydration**
Nutritious snacks and hydration available during activities and upon request
- 8:30 - 9:30** **Prepare for Bedtime**
Assist with bedtime ADLs, quiet time, calm TV, reading and relaxation, lights dimmed

