

Daily Schedule of Activities

When a resident is admitted, the Administrator will discuss with the resident and family the daily routine and types of activities the resident enjoy. The Administrator will plan our daily schedule, keeping the needs and desires of all residents in mind, to accommodate the needs and desires of the resident as much as possible. Our resident's daily plans are their choice, although we will encourage participation in activities and socialization.

Residents may awake when ready and partake in personal hygiene and dressing activities.

8am–8:30am Breakfast is served.

9am Planned activity. Assistance will be given as needed or requested.

9:45am Snacks and beverages are made available to our residents.

10:30am Planned activity. Assistance will be given as needed or requested.

12:00-12:30pm Lunch is served.

1pm – 2pm Residents may enjoy leisure pursuits that they choose and enjoy. Assistance will be given as needed or requested.

3pm Tea Time! Afternoon snacks and beverages are available.

3:15pm Afternoon activities are available. This may include exercise, gardening, outings, table games, etc.

5pm Dinner is served in the dining room.

6-8pm Evening activities are offered. This may include dancing, reading aloud, making popcorn and watch a movie, arts and crafts, etc.

8pm Bedtime snacks and beverages are made available.

Resident's choice of time - Residents prepare for bed and perform their personal hygiene tasks.

Activity Program

A calendar of planned activities shall be posted in a central location in the facility readily accessible to residents, relatives, and representatives of placement and referral agencies. Activity calendars and activity program reviews are kept on file in the facility for at least six months. The Administrator and Caregivers assist in the preparation, conduct and cleanup of activities. Volunteers may be utilized to assist in activities, however, they will always be supervised, they will never substitute for qualified staff, and they will not figure into the facility staffing plan.

We conduct activities in the family room, dining area, and on the patio in the fenced backyard. These areas are safe and comfortable.

Our goal is to enable all residents to partake in leisure pursuits of their choosing in an environment adapted for free choice, socialization and simple activities. To encourage residents to visit and wander freely, facilitate appropriate social interactions among residents, empower residents, permit residents to independently gravitate toward interests, avoid problem behaviors. We shall offer individualized program of recreational activities based on cooperative planning by the facility, family, Caregivers, physician, and rapport and communication with the resident, and responsive, creative, and fluid planning of recreational activities. Residents and families are interviewed to gather information on their personal preferences, beliefs, culture, values, attention span and life experiences to determine activities that residents will enjoy and benefit from.

The Administrator shall arrange for utilization of community resources and promote resident participation in community-centered activities. This can include worship, community events, senior center events, organized group activities, etc.

The Administrator implements the activity program, assuring that activities are available, appropriate, and safe for all residents, overseeing the purchase of necessary materials, and assisting the residents with the activities. The Administrator oversees the conduct of activities to evaluate effectiveness and resident enjoyment. Residents are observed on an ongoing basis and as their physical or cognitive status changes, so appropriate activities are always available.

Categories of activities made available shall include: Socialization, Daily Living Skills, Leisure Time Activities, Physical Activities, and Education. These categories may include exercise, stretching, chair aerobics, balloon toss, gardening, outdoor strolls, etc. which helps the resident maintain good physical health and mobility. Games include table games such as puzzles, dominoes, checkers, etc. which help to retain hand to eye coordination, fine motor skills, and cognitive functioning. Arts and crafts includes building a birdhouse, greeting card design, water color painting, flower arrangement, photo album design, or any project desired by the residents. Education may include educational videos, books, lectures, etc.

Residents will be encouraged to participate in meal and snack preparation if they so desire. Books, magazines, and newspapers will be available. Resident socialization will be encouraged by offering reading aloud, tea and coffee chats, ice cream socials, birthday parties, etc.

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
9:00am	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise
10:30am	Make a Picture Wall Board of Favorite things	Group” Read yur Favorite Poem”	Pet visit	Gin Rummy Tourny	Discuss current events	Create Holiday Greeting cards Cards	Watercolor Painting
2:00pm	Ballroom Dance Time	Greeting card design	Backyard Walk	Group Sing-A-Long	Backyard Picnic (weather permitting)	Read Favorite Poems	Pair Up & Dance the Waltz!
4:00pm	Board Games	Read Aloud	Arts & Craft Time	Discuss Current Events	Sing-a-Long	Backyard Stroll	Card Games
7:00pm	Group Sing-A-Long	“Connect Four” game	Evening Stretch to music	“Spin Records” & Dance	Charades	“Disco” Stretch-Time	Scrabble Tournament

9:00am	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise
10:30am	Bingo Time!	Backyard Croquet	Invite “School Kids”	Gin Rummy Tourny	Yoga Class In-House	Pet visit	Pet Visit
2:00pm	“Spin Records” & Dance	“Paint & Personalize” Flower Pots	Backyard Walk	Bingo Time!	Backyard Picnic (weather permitting)	“Invite A Musician” Hour	Patriotic sing-a-long
4:00pm	Board Games	Read Aloud	Arts & Craft Time	Discuss Current Events	Sing-a-Long	Backyard Stroll	Card Games
7:00pm	Group Sing-A-Long	“Connect Four” game	Evening Stretch to music	“Spin Records” & Dance	Charades	“Disco” Stretch-Time	Scrabble Tournament

9:00am	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise
10:30am	Bingo Time!	Backyard Walk	Discuss current events	Gin Rummy Tourny	Children Visit	Family & Friends Barbecue	Watercolor Painting
2:00pm	Ballroom Dance Time	Group “Tea Party”	Favorite Board Games	“Spin Records” & Dance	Backyard Picnic (weather permitting)	Favorite Board Games	Group “Nature Yard Walk”
4:00pm	Group Sing-A-Long	“Hearts” Tourny	Evening Stretch to music	Group Board games	Group Sing-A-Long	“Disco” Stretch-Time	Scrabble Tournament
7:00pm	Board Games	Read Aloud	Arts & Craft Time	Discuss Current Events	Sing-a-Long	Backyard Stroll	Card Games

9:00am	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise	Morning exercise
10:30am	Bingo Time!	Group “Tea Party”	Backyard Walk	Gin Rummy Tourny	Nurf Ball Toss	Backyard Croquet	Monthly Tea & Biscuit Party
2:00pm	Ballroom Dance Time	“Spin Records” & Dance	Favorite Board Games	“Invite A Musician” Hour	Backyard Picnic (weather permitting)	Favorite Board Games	Make photo album
4:00pm	Group Sing-A-Long	“Hearts” Tourny	Evening Stretch to music	Group Board games	Group Sing-A-Long	“Disco” Stretch-Time	Scrabble Tournament
7:00pm	Group Sing-A-Long	Water Color Painting Group Lesson	Group” Read yur Favorite Poem”	Group Sing-A-Long	“Connect Four” game	“Disco” Stretch-Time	Scrabble Tournament