

OPEN ARMS MEMORY CARE Daily Program Schedule

	<u>AM</u>	
7:00-9:00	RISE AND SHINE.....	(personal care, prepare for the day, household tasks)
7:30-9:00	BREAKFAST YOUR WAY.....	(household tasks, personal care, cleanup after breakfast)
9:00-9:30	MEET AND GREET	(re-introductions, current events, discussion of schedule)
9:30-10:00	STRETCH AND GO	(recreational/exercise activity, outdoor activity)
10:00-10:15	SNACK AND SOCIALIZE	(snack, hydration, socialize, reminisce, personal care)
10:15-11:15	FUN STUFF ACTIVITIES.....	(creative project, arts/crafts, service project, cooking)
11:15-12:00	FEELING FOCUSED.....	(household projects, socialization, bathroom, lunch prep)
	<u>PM</u>	
12:00-1:00	LUNCH TIME.....	(lunch and cleanup afterwards)
1:00-2:00	RELAX.....	(individual time, quiet time, rest and relax, quiet socialization)
2:00-3:00	TRIVIA/GAMES	(low key activities, puzzles, games, interaction)
3:00-3:15	SNACK AND SOCIALIZE	(snack, hydration, socialize, bathroom break)
3:15-4:00	BALANCE/FITNESS.....	(recreational/exercise activity, outdoor activity)
4:00-4:45	MUSIC AND MORE.....	(sing along, reminiscing with music, dinner prep, bathroom)
4:45-5:00	FEELING FOCUSED.....	(dinner set-up, individual household projects)
5:00-6:00	SUPPER.....	(supper and cleanup afterwards)
6:00-7:00	GAMES AND NEWS.....	(tv game shows and catch up on the news)
7:00-8:00	WIND DOWN	(relaxation, aromatherapy, light music, reading, personal care)
8:00-8:15	FEEL GOOD AT BEDTIME.....	(emotionally supportive interactions, readings, devotions, personal care, individual bedtime routines)

Special Weekly Schedule

MONDAYS	10:15	Bird Watching and Logging
TUESDAYS	1:30.....	"Let's Go" Scenic Drive
WEDNESDAY	10:30.....	Worship Services
THURSDAY	1:30.....	Special Crafts Projects and Puzzle Making
FRIDAY	9:30.....	Worship Services
FRIDAY	3:00	Happy Hour

Schedule subject to change without notice based upon the needs of our residents.