

# TYPICAL SCHEDULE OF A PURPOSEFUL DAY

## MORNING ACTIVITIES

- 5:00 - 6:00 Rise and Shine for Early Risers**  
Assist with Activities of Daily Living (ADL's), coffee, tea, juice while awaiting breakfast
- 6:00 - 7:30 Rise and Shine**  
Assist with ADL's, 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 ADL's 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 SimpleC, 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 ADL's 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

- 3:00 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 ADL's, 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 ADL's

## EVENING ACTIVITIES

- 7:00- 8:30 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 ADL's, quiet time, calm TV, reading and relaxation, lights dimmed