

SAMPLE DAILY SCHEDULE

7:00-9:30 AM Breakfast, Individualized Programs, Personal Hygiene, Household Chores, Service Projects, Pet Care

9:30-10:00 AM Exercise

10:00-11:00 AM Small or Large Group Programming (e.g. Gardening, Woodworking, Baking, Devotions, Travelogue, Storytelling)

11:00-11:30 AM Current Events

11:30 AM -12:30 PM Lunch

12:30-1:30 PM Personal Care/Therapeutic Exercises/Rest Time

1:30-2:30 PM Large Group Programming, e.g. Music, Dancing, Sing-a-long, Tone Chimes

2:30-3:30 PM Small or Large Group Programming (e.g. Art, Puzzles, Family Album, Service Projects, Reminiscing)

3:30-4:00 PM Snack

4:00-6:00 PM Individualized Programs (e.g. Household Chores, Service Projects, Family Album, Games, Discussion)

Adult Day Services include being with friends, making new friends, using old skills, learning new skills, exercise, therapeutic activities, experiencing, relaxing, training opportunities for students and health care workers while serving as a viable resource for persons who want community-based health care.