








EEE ADULT DAY CARE

AGING WITH PRIDE AND INDEPENDENCE

MON 	TUE 	WED 	THU 	FRI 
<p>8:00 a.m. Breakfast</p> <p>9:00 a.m. Greeting</p> <p>10:15 a.m. Weekend Review</p> <p>11:30 a.m. Lunch</p> <p>12:30 p.m. Rest</p> <p>13:00 p.m. Bingo</p> <p>13:30 p.m. Exercise</p> <p>14:00 p.m. Snacks</p> <p>15:00 p.m. Story time</p> <p>16:00 p.m. Reflection time</p> <p>17:00 p.m. Television/Rest</p> <p>18:00 p.m. Evening Meal</p>	<p>8:00 a.m. Breakfast</p> <p>9:00 a.m. Greeting</p> <p>10:15 a.m. Arts & Craft</p> <p>11:30 a.m. Lunch</p> <p>12:30 p.m. Rest</p> <p>13:30 p.m. Exercise</p> <p>14:00 p.m. Snacks</p> <p>15:00 p.m. Story time</p> <p>16:00 p.m. Reflection time</p> <p>17:00 p.m. Growing food</p> <p>18:00 p.m. Evening Meal</p>	<p>8:00 a.m. Breakfast</p> <p>9:00 a.m. Greeting</p> <p>10:15 a.m. Personal Projects (posters, puzzles & needle work)</p> <p>11:30 a.m. Lunch</p> <p>12:30 p.m. Rest</p> <p>13:30 p.m. Exercise</p> <p>14:00 p.m. Snacks</p> <p>15:00 p.m. Story time</p> <p>16:00 p.m. Reflection time</p> <p>17:00 p.m. Television/Rest</p> <p>18:00 p.m. Evening Meal</p>	<p>8:00 a.m. Breakfast</p> <p>9:00 a.m. Greeting</p> <p>10:15 a.m. Personal Projects (posters, puzzles & needle work)</p> <p>11:30 a.m. Lunch</p> <p>12:30 p.m. Rest</p> <p>13:30 p.m. Exercise</p> <p>14:00 p.m. Snacks</p> <p>15:00 p.m. Story time</p> <p>16:00 p.m. Reflection time</p> <p>17:00 p.m. Television/Rest</p>	<p>8:00 a.m. Breakfast</p> <p>9:00 a.m. Greeting</p> <p>10:15 a.m. Exercises</p> <p>11:30 a.m. Lunch</p> <p>12:30 p.m. Rest</p> <p>13:30 p.m. Glamor Day Nails and Hair</p> <p>14:00 p.m. Snacks</p> <p>15:00 p.m. plan for weekend</p> <p>16:00 p.m. Reflection time</p> <p>17:00 p.m. Television/Rest</p> <p>18:00 p.m. Evening Meal</p>

