

# Memory Care

## Activities Schedule

### 9:00 Home Economics

(Cleaning after breakfast, organizing activities materials, preparing snacks and hydration stations, laundry folding, etc..)

### 9:30 Exercise Class

(Walking club, yoga, exercise routine, balloon toss, volleyball, stretching routine, etc..)

### 10:00 Music/Around the World

(Entertainment, discover a country day, music bingo, hymns, sing-a-long, etc..)

### 11:00 Relaxation Hour

(Nifty Nails, meditation, hand massages, watering plants, etc..)

### 2:00 Crafts/Games

(Water color painting, small craft projects, sorting, coloring therapy, puzzles, bingo, Uno, brain games, etc..)

### 3:00 Snack & Hydration

(Popcorn, ice cream socials, happy hour, healthy snacks carts, etc..)

### 3:45 Story Time

(Religious related activities, reading out loud, book club, etc..)

### 4:15 Dinner Set Up

(Trivia, brain games, trivia, etc..)

- ◆ All activities are subject to change.