

# Daily Schedule



# December



- 7:00am-9:00am Wake-up / Personal Grooming / Breakfast
- 9:00am-10:00am Clean up after breakfast / Exercise / Resting / Newspaper
- 10:00am-11:30am Hydration offered / Socializing / Physical / Sensory / Cognitive
- 11:30am-12:30pm Prepare and eat lunch
- 12:30pm-1:30pm Lunch clean-up / Personal Grooming / Hygiene
- 1:30pm-2:00pm Quiet time / Soft music / TV
- 2:00pm-3:30pm Socializing / Physical / Sensory Cognitive activity
- 3:30pm-4:00pm Snacks & hydration offered / Reminiscing / Soft music
- 4:00pm-5:00pm Table set-up for dinner / Quiet time / Soft music
- 5:00pm-6:00pm Prepare and eat supper
- 6:00pm-7:00pm Socializing / Supper clean-up / Movie / Music / Activities
- 7:00pm-8:00pm Low stimulus activities / Table activity / Music
- 8:00pm-9:00pm Snacks & hydration offered / Bedtime preparation / Quiet time
- 10:00pm-8:00am Activities & snacks offered to meet individual residents' needs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							9:15 Rise and Shine 10:30 am BINGO (N) 11:15 Relaxations 2:00 Group Board Games 3:30 Edible Art
	9:15 Good News/ Stretching 10:30 Holy Communion (CH) 1:15 Relaxations <b>1:30 Scenic Drive (O)</b> <b>3:00 Music Matters- Saxophone for the Holidays</b>	9:15 Current Events 10:30 Catholic Service 1:15 Relaxations 1:30 Hot Chocolate Bar 2:00 Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) <b>11:00 Christ Our King Tea (Catholics)</b> 1:15 Relaxations 2:00 Crafting- Sand Dollar Ornaments 3:30 Manicures <b>Beauty Salon Day</b>	<b>8:15 Toast of Mt. Pleasant (O)</b> 10:30 Advent Prayer (CH) 1:15 Relaxations 2:00 Baking with Brittany- Christmas Cookies 3:30 Walt Disney Day- Fun Facts <b>4:00 Mom's and Tots Carolers</b>	9:15 Stretching <b>9:45 Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa <b>3:30 Ellie &amp; Friends Music</b>	9:15 Rise and Shine <b>10:00 Art Therapy with Leigh-Ann!</b> 1:15 Relaxations 2:00 Making Christmas Cards <b>4:00 Holiday Festival of Lights with Dinner (O)</b>	9:15 Current Events <b>10:30 Palmetto Bronze Handbells (CH)</b> 1:15 Relaxations <b>2:30 Wando High School Caroling (Coming to all areas)</b> 3:30 Decorating Christmas Stockings
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Trivia Time! 3:30 Reminiscing	<b>9:00 Podiatrist Comes</b> 9:15 Rise and Shine 10:45 TimeSlips with Brittany/ Catholic Mass 1:15 Relaxations 1:30 Hot Chocolate Bar 2:00 Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 2:00 Crafting- Snowflakes /Pet Therapy 3:30 Manicures <b>Franke Gala 5-7 Beauty Salon Day</b>	9:15 Rise and Shine 10:30 Advent Prayer (CH) 1:15 Relaxations 2:00 Baking with Brittany- Gingerbread Houses 3:30 Ol' Blue Eyes Day- Fun Facts <b>6:00 Lion Cubs Carolers</b>	9:15 Stretching <b>9:45 Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa 3:00 Happy Hour with Ryan ☺	9:15 Current Events 10:30 Ball Toss and Facts 1:15 Relaxations 2:00 Seated Soccer <b>3:30 Dance Party!</b>	9:15 Rise and Shine 10:30 am BINGO with Girl Scouts (N) <b>1:00 Brad and Jennifer Moranz Christmas Show (O)</b> 1:15 Relaxations 2:00 Group Board Games <b>2:30 Girl Scout Troup Caroling (Coming to all areas)</b> 3:30 Science for Seniors- Bouncy Balls
	9:15 Good News/Stretching 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Trivia Time! <b>3:00 Franke Chorus Concert</b>	9:15 Current Events 10:30 Catholic Service 1:30 Hot Chocolate Bar 2:00 Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine <b>10:30 Mt. Pleasant Academy Children's Choir (CH)</b> 1:15 Relaxations 2:00 Crafting- 3:30 Manicures <b>Beauty Salon Day 5:45 Support Group</b>	9:15 Rise and Shine 10:30 Advent Prayer (CH) 1:15 Relaxations 2:00 Baking with Brittany- 3:30 Hard Candy Day- Fun Facts (Learning about the Candy Cane Story)	9:15 Rise and Shine 10:30 Cranium Crunch <b>11:15 Jim N' Nicks (O)</b> 1:15 Relaxations 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa <b>2:30 Birthday Bash (CH)</b> <b>7:00 Emily Remington's Christmas Sing-Along</b>	9:15 Rise and Shine <b>10:00 Art Therapy with Leigh-Ann!</b> 1:15 Relaxations 2:00 Seated Soccer <b>3:30 Ellie &amp; Friends Music</b>	9:15 Current Events 10:30 am BINGO (N) 1:15 Relaxations 2:00 Group Board Games 3:30 Christmas Coloring
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Trivia Time! 3:30 Reminiscing	9:15 Rise and Shine 10:30 TimeSlips with Brittany/ Catholic Service 1:15 Relaxations <b>1:30 Scenic Drive (O)</b> 3:30 Movie Matinee Monday <b>4:00 Franke's Christmas Eve Service (CH)</b>	9:15 Christmas Gifts! ☺ 10:30 Christmas Trivia 1:15 Relaxations 2:00 Movie Matinee- White Christmas 3:30 Karaoke Sing-Along- Christmas Music <b>Merry Christmas!</b>	9:15 Rise and Shine 10:30 Devotional 1:15 Relaxations 2:00 Baking with Brittany- 3:30 Winter Wonderland Wednesday- "Snow Ball Toss"	9:15 Rise and Shine <b>9:45 Music with Ashlee</b> 1:15 Relaxations 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa 3:00 Happy Hour with Ryan ☺	9:15 Current Events 10:30 Ball Toss and Facts 1:15 Relaxations 2:00 Seated Soccer <b>3:30 Dance Party!</b>	9:15 Rise and Shine 10:30 am BINGO (N) 1:15 Relaxations 2:00 Group Board Games 3:30 Edible Art
	9:15 Good News/ Stretching 10:30 Holy Communion (CH) 1:15 Relaxations <b>1:30 Scenic Drive (O)</b> 3:30 Reminiscing	9:15 Current Events 10:30 Catholic Service 1:15 Relaxations 1:30 Hot Chocolate Bar 2:00 Walking Club 3:30 Movie Matinee Monday <b>6:00 New Year's Eve Party!</b>					

### LOCATION KEY

- Courtyard (CY);
- Front Porch (FP); Outing (O);
- Narthex (N); Chapel (CH);
- Mappus Conference Room (MCR);
- Colonial Court (CC)
- Activity Center (AC)

**Franke at Seaside 1885 Rifle Range Road Mount Pleasant, SC 29464 Brittany Wilgus, Life Enrichment**  
 Pastor Thulie will provide 1:1 Pastoral Visits throughout the month.  
 Special events will occur as written on monthly calendar. Daily schedule is listed on the left.

All activities & times are subject to change.