

Daily Schedule



- 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 / Travelogues
- 7:00pm-8:00pm Low stimulus activities / Table activity / Music
- 8:00pm-9:00pm Snacks & hydration offered / Bed-time preparation / Quiet time
- 10:00pm-8:00am Activities & snacks offered to meet individual residents' needs

LOCATION KEY

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							9:15 Rise and Shine 10:00 Art Therapy with Leigh-Ann 1:15 Relaxations 1:30 One-on-One's 2:00 Giant Dice Games 3:30 Science for Seniors- Learning about our Fingerprints	9:15 Current Events 10:30 BINGO (N) 1:15 Relaxations 1:30 Groundhog's Day Facts 3:00 Mark Mason- Oldies and Goodies (CH) Groundhog Day
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Love Baskets and Singing with All Saints Church (CH) 3:30 Oldies Television Show Super Bowl Sunday 6:30 pm on CBS	9:15 Rise and Shine 10:30 TimeSlips/ Catholic Service (CH) 11:15 Steel City Pizza (O) 1:15 Relaxations 1:30 One-on-One's 2:00 Mindy & Ellen Visit/ Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Heart Wreath 3:30 Manicures Beauty Salon Day	9:15 Rise and Shine 10:45 Guess That Tune 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Maple Crispy Bars (CC) 3:30 Reminiscing- Black History Month National Maple Syrup Day	9:45 Music Therapy 10:45 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa 2:30 Science for Seniors with Friends (N) 3:30 Trivia on the IN2L	9:15 Current Events 10:00 Art Therapy with Leigh-Ann 1:15 Relaxations 2:00 Group Board Games 3:30 Balloon Toss with Music	9:15 Rise and Shine 10:30 BINGO (N) 1:15 Relaxations 1:30 One-on-One's 2-3:30 Pavilion's Valentine's Day Bash	
	9:15 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations 1:30 Scenic Drive (O) 3:00 Music Matters- Piano Recital (CH) Grammy Awards Show 8:00 pm on CBS	9:15 Current Events 10:45 Catholic Mass (CH) 1:15 Relaxations 2:00 Mindy & Ellen Visit/ Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Valentine's Cards 3:30 Manicures Beauty Salon Day	9:15 Rise and Shine 10:30 Guess That Tune 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Valentine's Cookies 3:30 Reminiscing- Tennessee Ernie Ford	9:45 Music Therapy 10:45 Valentine's Day Fun Facts 1:15 Relaxations 1:30 One-on-One's 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa 3:00 Happy Hour with Ryan ☺ Sweetheart Ball with Citadel Cadets 6-8	9:00 Grace Episcopal Service (CH) 9:15 Rise and Shine 10:30 Trivia Fun on the IN2L 1:15 Relaxations 1:30 One-on-One's 2:00 Seated Soccer 3:30 Science for Seniors- Red Slushies	9:15 Current Events 10:30 BINGO(N) 1:15 Relaxations 2:00 Balloon Volleyball 3:30 Giant Card Games	
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 3:00 Remington Concert- Piano and Violin with Rex Connor and Janet Elshazly (CH)	9:15 Rise and Shine 10:30 TimeSlips/ Catholic Service (CH) 1:15 Relaxations 1:30 One-on-One's 2:00 Mindy & Ellen Visit/ Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Colored Sand Art 3:30 Manicures Beauty Salon Day Support Group 5:45 (MCR)	9:00-11:30 North Charleston and American LaFrance Fire Museum (O) 1:15 Relaxations 1:30 Baking- Rice Crispy Treats 3:30 Reminiscing- Music	9:45 Music Therapy 10:45 Cranium Crunch 1:15 Relaxations 1:45 Ryan & Jessica's Performance ☺ 2:00 Strolling in Tad's Chair with Alisa 2:30 Birthday Bash (CH) 3:45 Karaoke Sing-Along	9:15 Current Events 10:30 Trivia Fun on the IN2L 1:15 Relaxations 2:00 Group Board Games 3:30 Balloon Toss with Music	9:15 Rise and Shine 10:30 BINGO (N) 1:15 Relaxations 1:30 One-on-One's 2:00 Balloon Volleyball 3:30 Giant Card Games	
	9:15 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations 1:30 Scenic Drive (O) 3:00 St. Matthew's (WELCA) Afternoon Tea (CH)	9:15 Current Events 10:30 Catholic Service (CH) 1:15 Relaxations 2:00 Mindy & Ellen Visit/ Walking Club 3:30 Movie Matinee Monday	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Geometric Painting 3:30 Manicures Beauty Salon Day	9:15 Rise and Shine 10:30 Guess That Tune 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Pretzel Bites 3:30 Reminiscing- People Magazine	9:45 Music Therapy 10:45 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa 3:00 Happy Hour with Ryan ☺ Ballet Show- Coastal Elite Dance (CH) 6:30			

All activities & times are subject to change.

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.