

# 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 One on One's/ 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

## 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 Current Events 10:30 Bingo (CC) 1:15 Relaxations 2:00 Crafting- New Year Celebration Hats 3:30 Trivia on IN2L <b>Beauty Salon Day</b>	9:15 Current Events 10:30 Reminiscing 1:15 Relaxations 2:00 Baking- Vanilla Pudding with Strawberries 3:30 Family Feud Trivia	9:45 <b>Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Hand Massages/Pet Therapy 3:30 Karaoke Sing-Along with Instruments	9:15 Rise and Shine <b>10:00 Art Therapy with Leigh-Ann</b> 1:15 Relaxations 1:30 One-on-One's 2:00 Penny Anty 3:30 New Year's Resolutions	9:15 Current Events 10:30 Bingo (N) 1:15 Relaxations 2:00 Balloon Volleyball Tournament 3:30 Card Games
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations <b>3:00 Music Matters- Mairead Flory Cello Performance</b>	9:15 Rise and Shine 10:30 TimeSlips with Brittany/ Catholic Service (CH) <b>11:15 Sticky Fingers (O)</b> 1:15 Relaxations 1:30 One-on-One's 2:00 Walking Club 3:30 Movie Matinee Monday College National Championship Game	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Mason Jar Snow Globes/ Pet Therapy 3:30 Manicures <b>Beauty Salon Day</b>	9:15 Rise and Shine 10:30 Reminiscing 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Chex Mix Munch 3:00 Family Feud Trivia	9:45 <b>Music Therapy</b> 10:30 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- Making Butter (N) <b>3:00 Happy Hour with Ryan ☺</b>	9:15 Current Events 10:30 Planet Earth Travelogue 1:15 Relaxations 2:00 Penny Anty 3:30 Guess That Tune	9:15 Rise and Shine 10:30 Bingo (N) 1:15 Relaxations 1:30 One-on-One's 2:00 Balloon Volleyball Tournament 3:30 Tea Party <b>National Hot Tea Day</b>
	9:15 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations <b>1:30 Scenic Drive (O)</b> 3:00 Music Matters- Abigail Kent Harp Performance	9:15 Current Events 10:45 Catholic Mass (CH) 1:15 Relaxations 2:00 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- Snow Clay 3:30 Manicures <b>Beauty Salon Day</b>	<b>8:15 Egg's Up Grill (O)</b> 10:30 Reminiscing- Mr. Sandman with Kinetic Sand 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Smore's Cookies 3:30 Family Feud Trivia	9:45 <b>Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Hand Massages/ Pet Therapy/ Strolling in Tad's Chair with Alisa <b>2:30 Birthday Bash (CH)</b> 4:00 Karaoke Sing-Along	9:15 Rise and Shine <b>10:00 Art Therapy with Leigh-Ann</b> 1:15 Relaxations 1:30 One-on-One's 2:00 Penny Anty <b>3:30 Buddy Cox's Guitar Performance</b>	9:15 Current Events 10:30 Bingo (N) 1:15 Relaxations 2:00 Balloon Volleyball Tournament 3:30 Card Games <b>National Michigan Day</b>
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations <b>3:00 Remington Concert- Chee-Hang See Solo Piano Recital</b>	9:15 Rise and Shine 10:30 TimeSlips with Brittany/ Catholic Service (CH) 1:15 Relaxations 1:30 One-on-One's 2:00 Walking Club 3:30 Movie Matinee Monday <b>Martin Luther King Jr. Day</b>	9:15 Rise and Shine 10:30 Bingo (CC) 1:15 Relaxations 1:30 One-on-One's 2:00 Crafting- Snowflake Yarn Art/Pet Therapy 3:30 Manicures <b>Beauty Salon Day</b>	<b>8:15 IHOP (O)</b> 10:30 Reminiscing 1:15 Relaxations 2:00 Movie Matinee 3:30 Family Feud Trivia	9:45 <b>Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Hand Massages/Pet Therapy <b>3:00 Happy Hour with Ryan ☺</b>	<b>Franke Health and Wellness Fair 9-12</b> 9:15 Current Events 10:30 Planet Earth Travelogue 1:15 Relaxations 2:00 Penny Anty 3:30 Guess That Tune	9:15 Rise and Shine 10:30 Bingo (N) 1:15 Relaxations 1:30 One-on-One's 2:00 Balloon Volleyball Tournament 3:30 Card Games
	9:15 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations <b>1:30 Scenic Drive (O)</b> 3:30 Reminiscing <b>NFL Pro Bowl Game</b>	9:15 Current Events 10:30 Catholic Service (CH) 1:15 Relaxations 2:00 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- New Year's Door Hanger/Pet Therapy 3:30 Manicures <b>Beauty Salon Day</b>	9:15 Rise and Shine 10:30 Reminiscing 1:15 Relaxations 1:30 One-on-One's <b>2:00 Iris Brown's Gospel Sing-Along</b> 3:30 Family Feud Trivia	9:45 <b>Music Therapy</b> 10:30 Cranium Crunch 1:15 Relaxations 1:30 One-on-One's 2:00 Hand Massages/ Pet Therapy 3:30 Karaoke Sing-Along with Instruments <b>National Favorite Sports Team Day</b>		

Franke at Seaside 1885 Rifle Range Road Mt. Pleasant, SC 29464 Brittany Wilgus, Life Enrichment  
 Special events will occur as written on the monthly calendar. Daily schedule is listed on the left.

All activities & times are subject to change.