

Daily Schedule

March

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 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations 1:30 Scenic Drive with Ice-Cream (O) 3:00 Remington Concert- Soprano and Piano	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 Mardi Gras Social Hour with Necklace Craft 3:30 Manicures Beauty Salon Day	9:15 Current Events 10:30 Trivia on the IN2L 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Banana Pudding 4:00 Ash Wednesday Service (CH) Ash Wednesday	9:45 Music Therapy 10:30 Sweetwine Christian Music with Valparaiso University (CH) 1:15 Relaxations 2:00 Hand Massages/ Pet Therapy 3:00 Happy Hour with Ryan ☺	9:15 Current Events 10:00 Art Therapy with Leigh-Ann 1:15 Relaxations 2:00 Science for Seniors- Invisible Ink 3:30 Sip and Sunshine	9:15 Rise and Shine 10:30 BINGO (N) 1:15 Relaxations 1:30 One-on-One's 2:00 Patio Chats- March Madness Brackets 3:30 Golf Cart Rides
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Balloon Toss with Music 3:00 Music Matters- Violin Sonatas	9:15 Rise and Shine 10:30 TimeSlips 10:45 Catholic Mass (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- Decorating Place Mats for Kairos Outside (Community Outreach)/ Pet Therapy 3:30 Manicures Beauty Salon Day	8:15 Page's Okra Grill (O) 10:45 Trivia on the IN2L 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Chocolate Chip Cookies 4:00 Holden Evening Prayer (CH)	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 Roger's Reptile Show (CH)	9:00 Grace Church Cathedral (CH) 9:15 Current Events 10:00 Art Therapy with Leigh-Ann 1:15 Relaxations 2:00 Science for Seniors- 3:30 Sip and Sunshine	9:15 Rise and Shine 10:30 BINGO (CH) 1:15 Relaxations 1:30 Scavenger Hunt for Pot O'Gold 3:00 Mark Mason- Oldies & Goodies (CC)
	9:15 Good News/Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations 1:30 One-on-One's 2-4 St. Patty's Day Party with Ted McGee Duo (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 1:00 Mt. Pleasant Academy Visit (O) 3:30 Manicures Beauty Salon Day 5:45 Alz Support Group	9:15 Rise and Shine 10:30 Trivia on the IN2L 1:15 Relaxations 1:30 One-on-One's 2:00 Iris Brown's Gospel Sing-Along 4:00 Holden Evening Prayer (CH)	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 Birthday Bash (CH) 4:00 Karaoke Sing-Along	9:15 Rise and Shine 10:30 Trivia Fun on the IN2L 1:15 Relaxations 1:00 Afternoon Beach Trip to IOP (O) 4:00 Karaoke Sing-Along	9:15 Current Events 10:30 BINGO (N) 1:15 Relaxations 2:00 Patio Chats 3:30 Giant Card Games
	9:15 Current Events 10:30 Holy Communion (CH) 1:15 Relaxations 2:00 Balloon Toss with Music 3:30 Trivia on the IN2L	9:15 Rise and Shine 10:30 TimeSlips/ Catholic Service (CH) 1:15 Relaxations 1-4 SC Aquarium with Friends (O) 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- Collages 3:30 Manicures Beauty Salon Day	9:15 Rise and Shine 10:30 Trivia on the IN2L 1:15 Relaxations 1:30 One-on-One's 2:00 Baking- Brownies 4:00 Holden Evening Prayer (CH)	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 Social Hour with Stingray's Hockey Players (CH) 3:30 Happy Hour with Ryan ☺	9:15 Current Events 10:30 Trivia Fun on the IN2L 1:15 Relaxations 2:00 Science for Seniors- 3:30 Sip and Sunshine	9:15 Rise and Shine 10:30 BINGO (N) 1:15 Relaxations 1:30 One-on-One's 2:00Patio Chats 3:30 Golf Cart Rides
	9:15 Good News/ Sunday Stretch 10:30 Holy Communion (CH) 1:15 Relaxations 1:30 Scenic Drive with Ice-Cream (O) 3:00 Mei Gawlik Violin Recital (CH)		PAVILION				

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.