

# 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 / 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   |  |
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|  | 9:15 Good News/ Stretching 5<br>10:30 Holy Communion (CH)<br>1:15 Relaxations<br>2:30 Cinco De Mayo Social (FP)<br>3:00 Refreshment Cart<br>3:30 Cinco De Mayo Fun Facts<br><br><b>Cinco De Mayo</b> | 9:15 Rise and Shine 6<br>10:30 TimeSlips- Creative Storytelling<br>1:15 Relaxations<br>2:00 Mindy and Ellen Visit/ Noodle Derby Races<br>3:00 Refreshment Cart<br>3:30 Movie Matinee Monday                      | 9:15 Rise and Shine 7<br>10:30 Bingo (N)<br>11:15 Carrabba's Italian Grill (O)<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Crafting- Making Gift Bags for National Nurses Week<br>3:00 Refreshment Cart<br>3:30 Manicures<br><br><b>Beauty Salon Day</b> | 9:15 Rise and Shine 8<br>10:30 Reading Nook<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Cooking Time- Buttery Lemon Cake<br>3:00 Refreshment Cart<br>3:30 Trivia on the IN2L   | 9:15 Current Events 1<br>10:30 Reading Nook- Nursery Rhymes<br>1:15 Relaxations<br>2:00 Cooking Time- M&M Cookie Balls<br>3:00 Refreshment Cart<br>3:30 Buddy Cox on the Guitar<br><br><b>May Day &amp; National Mother Goose Day</b> | 9:45 Music Therapy with Jessica 2<br>10:45 Cranium Crunch<br>1:15 Relaxations<br>2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa<br>3:00 Refreshment Cart<br>3:30 Hand Massages  | Witchy Poo Gifts Sale 11-4 3<br>9:15 Current Events<br>10:00 Art Therapy with Leigh-Ann<br>1:15 Relaxations<br>2:00 Sip and Sunshine<br>3:00 Refreshment Cart<br>3:30 Reminiscing- Frankie Valli | 9:15 Current Events 4<br>10:30 am BINGO (N)<br>1:15 Relaxations<br>2:00 Patio Chats<br>3:00 Refreshment Cart<br>3:30 Card Games<br><br><b>Kentucky Derby Day On NBC at 6:50 pm</b> |
|  | 9:15 Good News/ Sunday Stretch 12<br>10:00 Mother's Day Flowers<br>10:30 Holy Communion (CH)<br>1:15 Relaxations<br>1:30 Scenic Drive (O)<br>3:00 Mother's Day Piano and Poetry (CH)                 | 9:15 Current Events 13<br>10:45 Catholic Mass/ Trivia on the IN2L<br>1:15 Relaxations<br>2:00 Mindy and Ellen Visit/ Walking Club<br>3:00 Refreshment Cart<br>3:30 Movie Matinee Monday                          | 9:15 Rise and Shine 14<br>10:30 Bingo (N)<br>1:15 Relaxations<br>1-2:30 Mt. Pleasant Academy Visit (O)<br>2:00 Pet Therapy<br>3:00 Refreshment Cart<br>3:30 Manicures<br><br><b>Beauty Salon Day</b>   | 9:15 Rise and Shine 15<br>10:30 Reading Nook<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Cooking Time- Apple Pie<br>3:00 Refreshment Cart<br>3:30 Trivia on the IN2L           | 9:45 Music Therapy with Jessica 16<br>10:45 Cranium Crunch<br>1:15 Relaxations<br>1:30 Golf Cart Rides<br>2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa<br>3:00 Happy Hour with Ryan ☺/ Refreshment Cart<br>3:30 Chair Yoga   | 9:00 Grace Church Cathedral Service (CH) 17<br>9:15 Rise and Shine<br>10:00 Art Therapy with Leigh-Ann<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Sip and Sunshine<br>3:00 Refreshment Cart<br>3:30 Reminiscing- Spring | 9:15 Current Events 18<br>10:30 am BINGO (N)<br>1:15 Relaxations<br>2:00 Patio Chats<br>3:00 Refreshment Cart<br>3:30 Card Games   |  |
|  | 9:15 Good News/Sunday Stretch 19<br>10:30 Holy Communion (CH)<br>1:15 Relaxations<br>2:00 Patio Chats<br>3:00 Refreshment Cart<br>3:30 Group Board Games   | 9:15 Rise and Shine 20<br>10:30 TimeSlips- Creative Storytelling<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Mindy and Ellen Visit/ Walking Club<br>3:00 Refreshment Cart<br>3:30 Movie Matinee Monday | 9:15 Rise and Shine 21<br>10:30 Bingo (N)<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Crafting- Daffodil Banner<br>3:00 Refreshment Cart<br>3:30 Manicures<br>5:45 Alzheimer's Support Group (MCR)<br><b>Beauty Salon Day</b>                            | 8:15 Egg's Up Grill (O) 22<br>10:45 Reading Nook<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Cooking Time- Strawberry Whip<br>3:00 Refreshment Cart<br>3:30 Trivia on the IN2L | 9:45 Music Therapy with Jessica 23<br>10:45 Cranium Crunch<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Pet Therapy/ Strolling in Tad's Chair with Alisa<br>2:30 Birthday Bash with Jim Seem (CH)<br>4:00 Hand Massages      | 9:15 Current Events 24<br>10:30 Green Thumb Garden Club with Linda<br>1:15 Relaxations<br>2:00 Sip and Sunshine<br>3:00 Refreshment Cart<br>3:30 Reminiscing- "Mary Had a Little Lamb"   | 9:15 Rise and Shine 25<br>10:30 am BINGO (N)<br>1:15 Relaxations<br>1:30 One-on-One Visits<br>2:00 Patio Chats<br>3:00 Mark Mason's Oldies and Goodies (CC)/ Refreshment Cart                    |  |
|  | 9:15 Good News/ Sunday Stretch 26<br>10:30 Holy Communion (CH)<br>1:15 Relaxations<br>1:30 Scenic Drive (O)<br>3:00 Refreshment Cart<br>3:30 Group Board Games                                       | 9:15 Rise and Shine 27<br>10:30 Memorial Day Program<br>1:15 Relaxations<br>2:00 Mindy and Ellen Visit/ Walking Club<br>3:00 Refreshment Cart<br>3:30 Movie Matinee Monday<br><br><b>Memorial Day</b>            | 9:15 Rise and Shine 28<br>10:30 Bingo (N)<br>1:15 Relaxations<br>2:00 Crafting- Silhouettes/ Pet Therapy<br>3:00 Refreshment Cart<br>3:30 Manicures<br><br><b>Beauty Salon Day</b>   | 8-12 Senior Health and Wellness Day 29<br>10:30 Reading Nook<br>1:15 Relaxations<br>2:00 Iris Brown's Gospel Sing-Along<br>3:00 Refreshment Cart<br>3:30 Trivia on the IN2L              | 9:15 Current Events 30<br>10:30 Cranium Crunch<br>1:15 Relaxations<br>2:00 Pet Therapy<br>3:00 Refreshment Cart<br>3:30 Hand Massages   | 9:15 Current Events 31<br>10:30 Green Thumb Garden Club<br>1:15 Relaxations<br>2:00 Sip and Sunshine<br>3:00 Refreshment Cart<br>3:30 Reminiscing- Walt Whitman  |  |  |

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.