



Adult Care: "A Typical Day"

- 9:00 a.m. Morning Moments-** We start each day with a morning gathering; consistently acclimating participants for the day ahead. Morning moments includes singing the morning song, the Pledge of Allegiance, a quote of the day, discussion of special days in history, and sharing.
- 9:30 a.m. Breakfast**
- 10:00 a.m. Intellectual Activity-** Participants are encouraged to put on their "thinking caps" in order to promote and maintain mental fitness and well-being. Through use of reflective and contemplative techniques, nature and the natural world, trivia, and various other activities participants are able to utilize critical thinking skills and problem solve!
- 10:30 a.m. Music/Art Therapy-** With an emphasis on creativity, sensory exploration, and discovery; participants have the opportunity to express themselves as they engage all the senses. Through use of listening, reminiscing, and creating music; along with art and craft activities, each participant will have the chance to fully engage at their unique level of ability.
- 11:00 a.m. Movers and Groovers-** Seated exercise, stretching, yoga, dance, grounding, and breathing techniques are the backbone of this group. Providing participants the opportunity to engage in safe adaptive physical movement, while promoting overall health and wellness.
- 11:30 a.m. (Tentative) I.G. Pen Pal Friends-** This is our Covid-19 friendly way for our adult participants to remain in touch and engaged with their young friends. Participants have the opportunity to check their mailbox and respond to their various pen pals; along with virtual story time and song experiences!
- 11:45 a.m. Lunch**
- 12:30 p.m. Quiet Time-** This time provides opportunity for the participants to rest and recharge for the remainder of the day. Each participant is assisted to their designated recliner, relaxing music is played, and lights are dimmed. Participants use this time to read, work on a puzzle, or simply close their eyes.
- 2:30 p.m. Snack**
- 3:00 p.m. Afternoon Activity-** Offering a wide variety of FUN and stimulation; afternoon activity includes virtual guest appearances, special events, discussion of local events, community resources, and other creative programming highlighting interests of the participants.