



Typical Day in Adult Program

7:30am- 9am	Table Toppers, Lifestyle Stations, Music & Coffee Time
9am-9:30am	Breakfast
9:30am-9:45am	Morning Moments
9:45am-10am	Memory Exercise, Brain Teasers, or Discussion Topic
10am-10:30am	Morning Activity or IG Friends
10:30am-11am	IG Friends or Morning Activity
11:15am-11:45am	Movers & Groovers
11:45am-12:30am	Participant Choice of Music
12n-12:30pm	Lunch
12:30pm-2pm	Zen Den
2pm-3pm	Afternoon Activity or IG Friends
3pm-3:30pm	Snack
3:30pm-4pm	Short Activity or IG Friends
4pm-5pm	Table Toppers, Lifestyle Stations, Music & Free Time