



Adult Care: “A Typical Day”

- 9:00 a.m. Morning Moments-** Start each day by consistent acclimation of participants for the day ahead. This includes a quote of the day, weather forecast, this day in history, food menu, and activities.
- 9:30 a.m. Breakfast**
- 10:00 a.m. I.G. Friends-** Intergenerational time with children. Each day a class of children visits the adult room. Together, we read stories, craft, sing, play with puzzles, blocks, playdough, show and tell, and so much more.
- 10:30 a.m. Activity-** A varied mix of activities is offered during this time with an emphasis on physical, social, cognitive, and emotional wellbeing to promote and maintain our highest level of independence and functioning.
- 11:00 a.m. Movin’ and Groovin’-** The infants and toddlers will visit during this time on a daily basis to exercise with their adult friends. This time may also include songs and dance.
- 12:00 p.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 can 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 celebrating special events and holidays, physical programming, discussions, board games, Bingo, and other creative programming highlighting the interests of the participants.