

# PROVIDENCE ASSISTED LIVING

## MONTHLY ACTIVITY SCHEDULE

Activity Schedule is adapted to residents' individual needs and interests

TIME OF DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen	Rise and Shine Breakfast in the Kitchen
8 - 9	Stretch & Strengthen	Stretch & Strengthen	Stretching & Walk	Stretching & Strengthen	Stretching & Walk	Stretch & Strengthen	Stretch & Strengthen
9 - 9:15	Gardening	Gardening	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
9:15 - 9:30	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
10 - 10:30	"Memories & More"	Card Games in the Sunroom	Card Games in the Sunroom	"Windbenders" trivia challenge	Music Appreciation	Morning Snack	Transportation to Morning Services
10:30 - 11	Library Fieldtrip	"Memories & More"	Sunroom	"Windbenders" trivia challenge	Music Appreciation	Morning Snack	Transportation to Morning Services
11 - 12	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)
12 - 1	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)	Mid-day Meal (Dining Room)
<b>P. M.</b>							
1 - 2	Book Club	Swimming at Willis Park Pool	Swimming at Willis Park Pool	Beauty Day: Manis, Pedis, Stylist come to You	Croquet in the Garden	Whiffle Ball in the Garden	Family Time
2 - 3	Horseshoes in the Garden	Shopping Fieldtrip	Swimming at Willis Park Pool	Pedis, Stylist come to You	Croquet in the Garden	Whiffle Ball in the Garden	Family Time
3 - 3:30	Afternoon Tea	Shopping Fieldtrip	Swimming at Willis Park Pool	Pedis, Stylist come to You	Croquet in the Garden	Whiffle Ball in the Garden	Family Time
4 - 5	Memories in the Making	Scrapbooking	Internet Class	Quilting Bee	Internet Class	Volunteer Visitor	Volunteer Visitor
5:30--6:30	Supper (Dining Room)	Supper (Dining Room)	Supper (Dining Room)	Supper (Dining Room); Family Guest Night	Supper (Dining Room)	Supper (Dining Room)	Supper (Dining Room)
6 - 7		Canasta Game in the Sunroom	Canasta Game in the Sunroom			RADIO HOUR: Prairie Home Companion!	
7 - 8	Assisted Bathing	Assisted Bathing	Assisted Bathing	Assisted Bathing	Assisted Bathing	Assisted Bathing	Assisted Bathing
8 - 9	Prepare to Retire	Prepare to Retire	Prepare to Retire	Prepare to Retire	Prepare to Retire	Prepare to Retire	Prepare to Retire
<b>Monthly Events</b>							
2nd Saturday						Dine out for Lunch	
4th Tuesday		Senior Center Series Events					
3rd Wednesday		Field trip to the Cinema					
1st Saturday						Library Book Sale	