

house of welcome adult day services

specialized programs for people with memory loss

Day Program Schedule

9:00 a.m.	Morning session and full-day begins Discussion/coffee/snack/newspaper
9:45 a.m.	Morning meeting/schedule
10:00 a.m.	Small-group activities*
11:00 a.m.	Beverage break
11:15 a.m.	Exercise
12:00 p.m.	Morning session participants go home Lunch for full-day participants
1:00 p.m.	Afternoon session begins Meeting/schedule
1:30 p.m.	Small-group activities*
2:30 p.m.	Beverage break
2:45 p.m.	Small-group activities*
3:30 p.m.	Exercise
4:15 p.m.	Small-group activities*
5:00 p.m.	Full-day and afternoon session participants go home

***Small-Group Activities:**

Active games, art/crafts, dance/movement, discussion groups, exercise, gardening/plant care, holiday celebrations, humor, music, one-to-one activities, pet therapy, poetry/storytelling, reminiscence, spirituality, travel discussions, trivia, word and table games, and more!

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