



APRIL 2021



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Breakfast / Life Skills	Breakfast / Life Skills	Breakfast / Life Skills	Breakfast / Life Skills	Breakfast / Life Skills	Breakfast / Life Skills	Breakfast / Life Skills
9:00 Physical	Chair yoga CD	Stretches	Stretches	Stretches	9:15 Stretches	Stretches	Chair yoga CD
10:00 Spiritual	Gospel CD	Devotions	Hymn Sing	Inspirational Stories	Bible study	Devotions	Gospel CD
11:00 Emotional/Social	Morning Music	Morning Music	Morning Music	Morning Music	Morning Music	Morning Music	Morning Stretch
12:00	Lunch / Oshibori	Lunch / Oshibori	Lunch / Oshibori	Lunch / Oshibori	Lunch / Oshibori	Lunch / Oshibori	Lunch / Oshibori
1:00 Social/Intellectual	Positive Affirmations	Creative coloring	Puzzles	Manicures	Creative Coloring	Word games	Positive Affirmations
2:00 Social/Spiritual	Ice Cream Social	Social/snack	Social/snack	Devotions W/ Peter	Social/snack	Social/snack	Social/snack
3:00 Physical/Cognitive	Walk/wheels	Trivia	Havin' A Ball	Kickball	Cards	Have You Ever?	Walk/Wheels
4:00 Physical	Walk and Wheels	Walk and Wheels	Walk and Wheels	Walk and Wheels	Walk and Wheels	Walk and Wheels	Walk and Wheels
5:00	Dinner / Oshibori	Dinner / Oshibori	Dinner / Oshibori	Dinner / Oshibori	Dinner / Oshibori	Dinner / Oshibori	Dinner / Oshibori
6:00 Intellectual/Social/lifeskill	Towel folding	Dice	Story Time	Bingo	Hand Massage	Friday Night at the Movies	Oldies But Goodies
7:00 Emotional/Social	Hand Massages	TV/Movie	TV/Movie	TV/Movie	TV/Movie		TV/Movie

HHAs: Refer to shaded BLUE boxes for the activities you are responsible for

Daily 8-8 Wellness Schedule

*Devotions with Peter won't start until 4/28