

Shanti Gardens

ADULT DAY CARE

DAILY SCHEDULE



- 6:30-7:30** Welcome/Meet & Greet
7:30-8:30 Client's choice, Sm.Group Fun
8:30-9:30 Current Affairs
9:30-10:30 **Continental Breakfast**
10:30-11:00 Exercise/ Yoga
11:00-12:00 AM Activity
12:00-12:30 Individual Time
12:30-1:30 **LUNCH TIME**
1:30-2:00 Board Games
2:00-3:00 PM Activity
3:00-3:30 **SNACK**
3:30-4:00 Reminisce / Sing-A-Long
4:00-5:00 Trivia/Tell a Story
5:00-5:30 End of Day Discussions

