



# Senior Focus Alzheimer's Day Care Resource Center Program Calendar

Monday-Friday							
Arrival Time	Brain Power	Exercise	Lunch	Afternoon Activities	Relaxation Time	Snack Time	Bus Time
10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:30	1:30-3:00	3:00-3:10	3:10	3:30
Name Tags, Juice, Socializing, and Nursing Assessments.	Current Events and Word Games 	Range of Motion and Low Impact Activities.	Relaxing environment: A slow pace to allow for enjoyment and success at mealtime.	Discussion, Fine-Motor, Gross-Motor, Sensory, and 1:1 Groups.  (See Below)	Music and Socialization.	Ice Cream. 	Jackets, Name Tags & Getting ready to go home.

Activities				
Discussion	Fine-Motor	Gross-Motor	Sensory	One on One
Encourage socialization Promote Reminiscing	Maintain skills Stimulate motor responses	Maintain range of motion Improve alertness	Provide pleasurable, sensory experiences	Improve self-esteem Maintain skills
Current Events Reminiscence Groups Jokes and Riddles Spelling Bee Superstitions Trivia Charades Scruples Wheel of Fortune Travel Adventures Penny Ante Hangman Radio Days Problem Solving Crossword Puzzles Home Remedies	Art Cooking Woodworking Bingo Sensory Puzzles Beauty Group Gardening Crocheting Knitting Lacing Cards Dominoes Mah-Jongg Fishing Horse Racing	Parachute Balloon Volleyball Ring Toss Bean Bag Toss Basketball Bowling Kickball Beach Ball Rhythm Sticks Tic Tac Toe Baton Geo Ball Toss	Music Rhythm Band Sing-a-long Karaoke Cooking Tactile Puzzles Sand Box Pet Therapy Peg Board Mystery Box Photo Album Pictures	Peg Board Lacing Cards Woodworking Magazines Newspaper Puzzles Books Office Work Folding Clothes Bolt Board

## Environment of Room

- Stimulation:** Low noise level increases participation and eliminates distractions.
- Activities:** All groups provide visual and auditory cues as well as promote success.
- Music:** Stimulates movement, communication, and reminiscence.
- Furniture:** Comfortable and home-like.
- Circle of chairs:** Designed to provide visual cueing and encourages participation.
- Staff:** Professional, compassionate, and caring.

