Monday Nursing Home Activity Schedule

Insert date here

Sitting room =SR Dining room= DR Individual activities= IA

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| **Time** | **Activity** | **Where** |
| 10:00 – 11:00 | Therapy Dog |  |
| 10:30 – 12:30 | Hand Massages, manicures | IA |
| 11:00 – 11:20 | Seated Exercises | SR |
| 11:15 – 11:40 | Memory games and a story | SR |
| 11:40 – 12:15 | Music and Sing-along | SR |
| 12:30 – 1:30 | Lunch | DR |
| 1:20 – 2:10 | Creative Writers Group | DR |
| 2:30 – 3:15 | Bingo | SR |
| 3:00 – 4:00 | Reminiscence in individual rooms | IA |
| 5:00 – 6:00 | Dinner | DR |
| 7:00 | Movie or Card game | SR/DR |