



# ~Garden Court ~October

# 2021



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00—9:00	Breakfast/ Life Skills	Breakfast/ Life Skills	Breakfast/ Life Skills	Breakfast/ Life Skills	Breakfast/ Life Skills	Breakfast/ Life Skills	Breakfast/ Life Skills
9:00	Playing Cards	Play Cards	Playing Cards	Play Cards	Playing Cards	Play Cards	Playing Cards
10:30	Exercise or Group Exercise	Exercise	Exercise or Group Exercise	Play games	Exercise or Group Exercise	Walking club	Walking club
11:00—11:30	Get ready for lunch (hygiene)	Rest & get ready for lunch (hygiene)	Rest & get ready for lunch (hygiene)	Rest & get ready for lunch	Rest & get ready for lunch	Rest & get ready for lunch (hygiene)	Rest & get ready for lunch
11:30—1:00	Lunch	Lunch	Lunch	LUNCH	Lunch	Lunch	Lunch
1:00	Church Service/ Mass	Rest & Relaxation	Rest & Relaxation	Rest & Relaxation	Rest & Relaxation	Rest & Relaxation	Rest & Relaxation
1:30—2:00	(1:30-2:45) Bingo	Music Speaks 	(1:30-2:45) Bingo	Sensory/Stations/ Crafts	Sensory/Stations/ Crafts	Sensory/Stations/ Crafts	Sensory/Stations/ Crafts
2:00—3:00	(2:45-3:15) Snack & Chat	Afternoon Chat	(2:45-3:15) Snack & Chat	Afternoon Chat / MUSIC	Afternoon Chat / MUSIC	Afternoon Chat / MUSIC	Board Game
3:00—4:00	Games	Sensory/Stations/ Crafts	Games	Games	Games	Games	Games
4:00—4:45	Exercise/Walking	Exercise/Walking	Exercise/Walking	Exercise/Walking	Exercise/Walking	Exercise/Walking	Exercise/Walking
4:45—5:45	Dinner/Life Skills	Dinner/Life Skills	Dinner/Life Skills	Dinner/Life Skills	Dinner/Life Skills	Dinner/Life Skills	Dinner/Life Skills
5:45—7:00	Playing Cards	Playing Cards	Playing Cards	Playing Cards	Playing Cards	Playing Cards	Playing Cards
7:00—8:00	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night

*...embracing every moment*

*\*All activities are executed with Social Distancing & are subject to change.*