



# Adult Day Center Typical Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	31	Jun 1	2	3	4
7 AM					
	Drop Off Begins	Drop Off Begins	Drop Off Begins	Drop Off Begins	Drop Off Begins
8 AM	Breakfast in Gracie's Diner	Breakfast in Gracie's Diner	Breakfast in Gracie's Diner	Breakfast in Gracie's Diner	Breakfast in Gracie's Diner
9 AM	Current Events	Current Events	Current Events	Current Events	Current Events
	Exercise & Music in Motion	TLC Hour	Exercise & Music in Motion	Chair Yoga	Exercise & Music in Motion
10 AM					
	Craft Activity / Games	Exercise & Music in Motion	Agrace University	Craft Activity / Games	Craft Activity / Games
11 AM					
12 PM	Lunch in Gracie's Diner	Lunch in Gracie's Diner	Lunch in Gracie's Diner	Lunch in Gracie's Diner	Lunch in Gracie's Diner
1 PM	Classic Film / Quiet Time in Capital Theater	Classic Film / Quiet Time in Capital Theater	Classic Film / Quiet Time in Capital Theater	Classic Film / Quiet Time in Capital Theater	Classic Film / Quiet Time in Capital Theater
2 PM		Relaxing Meditation		TLC Hour	
3 PM	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
	Craft Activity / Games	Craft Activity / Games	Craft Activity / Games	Craft Activity / Games	Happy Hour
4 PM					
	Pick Up & Farewell	Pick Up & Farewell	Pick Up & Farewell	Pick Up & Farewell	Pick Up & Farewell
5 PM					