



Resident Engagement Schedule

Daily leisure, productive, wellness, self-care, rest and restoration activities.

This is a sample schedule. Daily activities will vary.

7:30-9:00 am	BREAKFAST
9:00 am	<p>Greet the Day Together!</p> <p>Sing-Along to Familiar Anthems <i>Star Spangled Banner, Hawai 'i Pono 'ī, and God Bless America</i></p> <p>Chit-Chat <i>Historical and news events, seasonal topics, weather</i></p>
9:30 am	<p>Exercise <i>Movements for range of motion, flexibility, balance and strength</i></p>
10:15 am	<p>Garden Walk <i>Get outside for some sunshine and smell the flowers</i></p>
10:30 am	SNACK
11:00 am	<p>Creative Corner <i>Arts & crafts projects to reflect seasons, holidays, different cultures and interests</i></p>
12:00 pm	LUNCH
1:00 pm	<p>Rest & Restoration <i>Table-top tasks (matching, sorting, cutting), quiet music, hand massage, manicures, reclining, napping</i></p>
1:30 pm	<p>Taking Care of Business <i>Folding laundry, baby & pet care, cooking, helping prepare supplies for future activities</i></p>
2:15 pm	<p>Brain Games <i>Cognitive exercises (puzzles, trivia, memory and word games) and table games (bingo, board and card games)</i></p>
3:00 pm	SNACK
3:30 pm	<p>Music & Movement <i>Seated dance, singing, and musical performances</i></p>
4:30 pm	<p>Garden Walk <i>Outdoor walk before dinner to stimulate the senses Washing up for dinner</i></p>
5:00 pm	DINNER
6:30 pm	<p>Evening Cinema <i>Dining room is transformed into a movie theater for a movie from the 1940s-early 1960s.</i></p>