

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Reminisce with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Creative Expression with Tricia or Game Time with Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Pat 12:00 Lunch 1:00 Music Therapy with Tommy or Reminisce with Linette 2:00 Up 2 You with Team OC & Carol or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	NO Beauty Shop Today 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Missy or Cards w/ Michelle 12:00 Lunch & Piano Serenade w/ Don 1:00 Music Therapy with Tommy 2:00 Up 2 You w/ Team OC& MaryC or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy 11:00 Music Therapy with Tommy or Reminisce with Lisa 12:00 Lunch 1:00 Music Therapy with Tommy or Game Time with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tommy or Creative Expression with Missy & Lisa 12:00 Lunch 1:00 Game Time with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia
10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Reminisce with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Creative Expression with Tricia or Game Time with Linette 2:00 Up 2 You with Judy & Team OC & Connie Lynn the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Pat 12:00 Lunch 1:00 Music Therapy with Tommy or Reminisce with Linette 2:00 Up 2 You with Team OC & Carol or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	Beauty Shop Open by Appointment 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Missy or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy ywith Tommy 2:00 Up 2 You w/ Team OC& MaryC or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy 11:00 Music Therapy with Tommy or Reminisce with Lisa 12:00 Lunch 1:00 Music Therapy with Tommy or Game Time with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tommy & Miss or Creative Expression with Lisa & Deb 12:00 Lunch 1:00 Game Time with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia
10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Reminisce with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Creative Expression with Tricia or Game Time with Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Pat 12:00 Lunch 1:00 Music Therapy with Tommy or Reminisce with Linette 2:00 Up 2 You with Team OC & Carol or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	Beauty Shop Open by Appointment 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Missy or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy with Tommy 2:00 Up 2 You w/ Team OC& MaryC or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy 11:00 Music Therapy with Tommy or Reminisce with Lisa 12:00 Lunch Happy April Birthdays! 1:00 Music Therapy with Tommy or Game Time with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tommy or Creative Expression with Lisa & Miss 12:00 Lunch 1:00 Game Time with Linette or Movie Matinee with Team OC 2:00 Up 2 You & Perry the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia
10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Reminisce with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Creative Expression with Tricia or Game Time with Linette 2:00 Up 2 You with Judy & Team OC & Connie Lynn the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Pat 12:00 Lunch 1:00 Music Therapy with Tommy or Reminisce with Linette 2:00 Alligator Sanctuary Educational Visit 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	Beauty Shop Open by Appointment 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Game Time with Lisa & Missy or Cards w/ Michelle 12:00 Lunch 1:00 Music Therapy with Tommy 2:00 Up 2 You w/ Team OC& MaryC or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole	10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy 11:00 Music Therapy with Tommy or Reminisce with Lisa 12:00 Lunch 1:00 Music Therapy with Tommy or Game Time with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Red the Therapy Dog	10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tommy & Miss or Creative Expression with Lisa & Deb 12:00 Lunch 1:00 Game Time with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia
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Daily Activities also include: 7:30 Chitchat & Preparations 8:00 Individual Recreation 8:30 News & Notes 9:30 Coffee Break 4:00 Helping Hands 4:30 Read & Reminisce

Color Code for Wellness Area of Focus: **Creative Expression**, **Cognitive Exercise**, **Sensory Stimulation**, **Life Skills & Hobbies**, **Physical Movement**, **Social Interaction & Spirituality**