



EVENING GRACE

Residential Care Facility for the Elderly

Sample of a Weekly Activity Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 AM - Social cookies and coffee	8.30 AM - Morning exercises	9.30 AM - Fruit cocktails at the swimming pool terrace	8.30 AM - Morning exercises	9.30 AM - Social cookies and coffee	8.30 AM - Morning exercises	8.30 AM - Morning exercises
4 PM - Cooking & preparing the BBQ	10 AM - Singing with Holly	1 PM - Painting / Gardening Hour	1 PM - Shopping	1 PM - Massage Therapy	3 PM - Pretty Nails and Hair for the Ladies	10 AM - Political Discussions for Gentlemen
5.30 PM - Sunday BBQ	2 PM - Bingo	3 PM - Playing Cards	6 PM - Old Movies Night	3 PM - Playing piano w/ Ernie	3 PM - Bingo	6 PM - Birthday Party

Type of Activity

Physical

Social

Beauty

Party

Entertainment

Artistic

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