



SAMPLE
Daily Moments Calendar

TIME	ACTIVITY
7:30 AM	Breakfast
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	Start your day with Stretches and Weights
10:30 AM	
11:00 AM	Tea and Gardening on the Patio Calming Engagement: Outdoor Walking Club
11:30 AM	
12:00 PM	Lunch
12:30 PM	
1:00 PM	Lifelong Learning Brain Games Calming Engagement: Massage and Music
1:30 PM	
2:00 PM	Music Appreciation: The Rat Pack
2:30 PM	
3:00 PM	Paint and Sip Class Calming Engagement: Lemonade and Snacks on the patio
3:30 PM	
4:00 PM	Chef's Table on Netflix
4:30 PM	
5:00 PM	Dinner
5:30 PM	
6:00PM	Evening Movie – Resident Choice Calming Engagement: Puzzle Club
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	