

# Villa Lakeside Daily Rhythm

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Get Ready for Day Breakfast						
9:00 AM	Music & Memory		Music & Memory	Music & Memory			
9:30 AM	Beach Ball Bop	Health & Wellness iN2L- Physical Fitness	Walkers Club/Snack Music & Memory	Ball Toss	Health & Wellness iN2L- Physical Fitness	Exercise Club	Bean Bag Toss
10:30 AM	Sip 'N Snack		Rhythm Renewal	Sip 'N Snack			
11:00 AM	Polka Polka Polka Ch 38.1, Comf Break	Conversations/ Comfort Break					
11:30 AM	Lunch						
12:30 PM	Bible Stories-iN2L Chicken Soup for Soul	Sing Along-iN2L	Reminisce- Memory Bio iN2L	Time to Travel- Guided Tours iN2L	Sing Along-iN2L	Health & Wellness iN2L Common Sayings	Sing Along-iN2L
1:15 PM	Comfort Break, Quiet Rest Time					Walkers Club Music-Village Hall	Comfort Break Quiet Rest Time
2:30 PM	Hymn Sing	Craft Time	Pretty Nails/ Hand Massage	Bingo	Recipe Search, Create Store List, Clip Coupons	Picture Collage or Word Find	Dice Game
3:30 PM	Snack & Chat Sorting	Snack & Chat/ Reminisce-Magazine	Snack & Chat/ Reading Club	Snack & Chat/ Table Games	Snack & Chat Busy Hands: Sorting	Snack & Chat/ Reminisce-Magazine	Snack & Chat/ Reading Club
4:00 PM	Music & Memory, Comfort Break						
4:30 PM	Dinner						
5:30 PM	Sunday at the Memories iN2L	Aromatherapy Nail Care	Recipe Reminisce	Health & Wellness iN2L- Sensory or Kindermusik	Aromatherapy Spa Time	Aromatherapy Hand Massage	Health & Wellness- Sensory Relaxation iN2L
6:30 PM	Comfort Break						
7:15 PM	Snack and Movie iN2L (Classic TV & movie- Movies or Therapeutic Music) Get Ready for Bed						
10:00 PM	Sleep (Snacks and Quiet, Individual Activities as needed)						



KEY	
Bedroom	Living Room
Dining Room	Chapel

CHAPEL- MASS/SERVICES
Catholic 9:30 AM Daily, 4:00 PM Sat
Lutheran 10:30 First, Third, and Fifth Wed

iN2L= It's Never 2 Late Computer System

Protestant 2:00 PM Second and Fourth Wed