



# St. Francis Daily Rhythm Alternate

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Get Ready for Day Breakfast						
9:00 AM	Chapel (9:30 AM, channel 12.1)/ Comfort Break/Walk				Walkers Club	Chapel (9:30 AM)/ Comfort Break/Walk	
10:30 AM	Beach Ball Bop	Sensory Nubby Ball Toss	Beach Ball Bop	Ball Toss	Rhythm Renewal/ Music & Memory	Ring Toss	Bean Bag Toss
11:00 AM	Music & Memory/Walk, Comfort Break				Comfort Break	Music & Memory/Walk, Comfort Break	
12:15 PM	Lunch						
1:30 PM	Read Newspaper	Aromatherapy Hand Massage	IN2L-Health & Wellness- Laughter	IN2L-Reminisce- Commercials	Aromatherapy Hand Massage	IN2L-Reminisce- Commercials	Reading Stories
2:15 PM	Comfort Break, Quiet Rest Time						
3:00 PM	Sip 'N Snack	Sip 'N Snack	Sip 'N Snack	Sip 'N Snack	Sip 'N Snack	Sip 'N Snack	Sip 'N Snack
3:30 PM	IN2L- Health & Wellness- Sensory	Sing Along	Read Stories	Reminisce Kit	Table Game	Read Stories	Chapel/ Hand Massage
4:15 PM	Walk/ Comfort Break						
5:00 PM	Dinner						
5:45 PM	Aromatherapy Hand Massage	Reading Stories- Books or Magazine	Aromatherapy Hand Massage	Aromatherapy Hand Massage	Reading Stories- Books or Magazine	Aromatherapy Hand Massage	IN2L- Spiritual- Christianity
6:30 PM	Comfort Break						
7:15 PM	Movie or Relaxation Music- IN2L (Music, TV & films- Movies or Music First/Start Now/Sundowning) Get Ready for Bed/Walk						
10:00 PM	Sleep (Snacks and Quiet Activities as needed)						

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

**LOCATION KEY**  
 Bedroom                      Living Room  
 Dining Room                Memory Lane Hall/Aviary

**Protestant 2:00 PM Second and Fourth Wed**